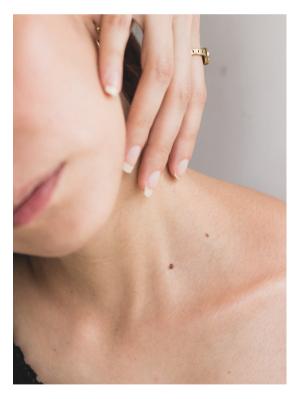
3 DAY DETOX skin + body

Kick start healthy living, glowing skin, and a more positive you. Beautiful, glowing skin is a result of consistent, healthy skincare routine plus healthy diet, sleep and proper hydration.

Let's dive in!







BY LAUREN VOGT

GROCERY LIST

VEGETABLES

2 cucumbers 6-8 celery stalks Bushel kale Fennel ½ red cabbage ½ green cabbage 4-5 hot house tomatoes 3 white onions 3 heads garlic Ginger (about 3 inches) 4-5 large carrots 1 head cauliflower 1 bunch radishes Italian Parsley

SEEDS + LEGUMES

Hemp Hearts 1 can garbanzo beans Walnuts Pumpkin seeds Chia Seeds

OIL + VINEGAR

Apple cider vinegar Red Wine Vinegar Olive Oil Honey

FRUITS

1 Pineapple (sub pre-cut) 2 bananas 3 lemons 1 avocado 1 green apple Strawberries (1 small container) Blueberries (1 small container) 1 can coconut milk

SPICES + SEASONINGS

Red curry paste Cumin Coriander Salt Pepper

DAIRY

1 can coconut milk Plain greek yogurt

MISC

Coconut Water 2 quarts chicken or vegetable stalk Filtered Water (3-4 cups) Aloe Vera (½ cup) Liquid Probiotic (1 dropper full) Electrolytes (1 scoop) Liquid Chlorophyll (1 dropper full)

DAILY BREAKDOWN

BREAKFAST

Green Smoothie

LUNCH Green Apple Fennel Salad

> **DINNER** Carrot Ginger Soup

BREAKFAST

Chia Seed Pudding (prepare night 1)

LUNCH Hearty Cabbage Pumpkin Seed Salad

DINNER Thom Kha Soup

BREAKFAST

Oven Baked Frittata

LUNCH Spinach & Strawberry Salad

DINNER Tomato Basil with Roasted Garlic

Day 1

Day 2



DAY I

BREAKFAST

Green Smoothie

Ingredients

Coconut water (½ cup) ½ Cucumber 4 pieces Pineapple ½ teaspoon grated Ginger Handful Ice ½ banana Celery (can be juiced) (2-3 stalks)



Directions

Blend all ingredients together until smooth

Drink immediately to avoid separation

DAY I

LUNCH

Green Apple Fennel Salad



Fennel 2 stalks Celery (finely chopped) 1⁄4 cups Walnuts (chopped) 1⁄2 Green apple (sliced in small pieces) 2 tablespoons Hemp seeds Italian parsley 11⁄2 cup olive oil 1⁄3 cup Apple Cider Vinegar Juice from 1⁄2 lemon Salt Pepper

Directions

Add all ingredients to medium sized salad bowl and mix in dressing.

For the Dressing:

In separate bowl add olive oil, Apple Cider Vinegar, lemon and salt & pepper together. Wisk and add to salad.

DAY I

DINNER

Carrot Ginger Soup

Ingredients

2 tablespoons coconut oil
4 large carrots chopped
1 medium onion, chopped
2 garlic cloves minced
2 tsp fresh grated ginger
1 tsp cumin
1 tsp coriander
2 cups chopped cauliflower
4 cups vegetable or chicken stock
¼ cup raw pumpkin seeds



Directions

Add coconut oil to a large pot on medium heat Add onions, garlic, ginger, simmer Add cumin and coriander, cook until fragrant Add carrots and cauliflower, cook until soft Add entire mixture to blender/ vitamix and puree until smooth Serve directly into blow and garnish with pumpkin seeds

BREAKFAST

Chia Seed Pudding

Ingredients

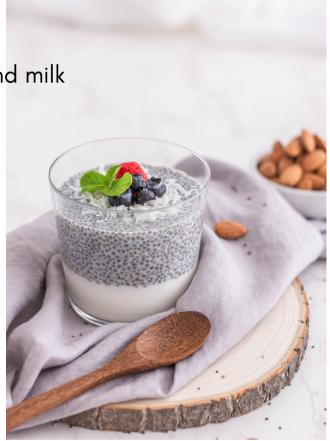
1 cup unflavored unsweetened almond milk
1 cup plain greek yogurt
2 tablespoons maple syrup
1 tsp vanilla extract
Kosher Salt
¼ cup chia seeds
1 pint strawberries or blueberries
½ up sliced almonds, toasted



Previous Day:

In a medium bowl, gently whisk the almond milk, yogurt, 2 tablespoons maple syrup, the vanilla and 1/8 teaspoon salt until just blended. Whisk in the chia seeds; let stand 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.

Day of: In a medium bowl, toss the berries with the remaining 4 teaspoons maple syrup. Mix in the almonds.



LUNCH

Hearty Cabbage Pumpkin Seed Salad

Ingredients

14 Red cabbage (finely chopped) 14 Green cabbage (finely chopped) 12 Cucumber (chopped) 1-2 stalks Celery (finely chopped) 23 Radishes (thinly sliced) 14 c Garbanzo beans 12 Avocado Handful Pumpkin seeds 12 cup avacado oil or olive oil Juice from one lemon S + P to taste 1 small clove garlic, minced



Chop all ingredients and add to medium sized bowl, except avocado. Add that right before you dress the salad.

For the Dressing:

In small bowl add oil, juice from one lemon, garlic and salt & pepper together. Wisk and add to salad.

DINNER

Thom Kha Soup

Ingredients

TBLS Coconut Oil 1–2 cloves Garlic ½ yellow onion 1–2 inches fresh ginger root, grated 1 Jalapeno TBLS red curry paste 4 cups chicken stock (can sub veggie) Coconut milk (½-full can) Mushrooms (optional) Garnish with cilantro + green onions + lime wedge



In the bottom of large pan add 1 tbls coconut oil Add garlic, onions, ginger, jalapeno and simmer for 3 mins Add red curry paste Add chicken stock, simmer for 2 mins Add coconut milk, simmer for 10 mins Garnish with cilantro + green onions + lime wedge

Option to add protein directly to soup before serving

BREAKFAST

Oven Baked Frittata

Ingredients

2 eggs Spinach White onion Goat cheese Italian parsley Side of microgreens (optional)

Directions

Preheat the oven to 400



Lightly beat the eggs in a large bowl. Chop the herbs. Crumble the goat's cheese into the bowl, then add the herbs+ salt and pepper to taste

Line a 20.5cm (8in) square baking tin with parchment paper and pour in the egg mixture.

Cook for 12–15min until slightly risen and cooked through. Remove from the tin still in the parchment paper, then take out of the paper to serve.

Serve with salad and a simple dressing. Mix together 3tbsp extra virgin olive oil and 1tbsp balsamic vinegar, then drizzle over salad.

LUNCH

Spinach & Strawberry Salad

Ingredients

3 cups Spinach 5 strawberries sliced thin 14 cup hemp seeds 14 cup sliced almonds Rice vinaigrette

Directions

Chop all ingredients and add to medium sized bowl.

For the Dressing:

In small bowl add oil, juice from, vinegar and salt & pepper together. Wisk and add to salad.



DINNER

Tomato Basil with Roasted Garlic

Ingredients

4-5 Hot house tomatoes
1 white onion
2 heads garlic
Oregano
Fresh Basil
1 quart chicken or vegetable stock
Olive oil
Salt
Pepper

Directions



Cut tomatoes in quarter and place skin side up on baking sheet Cut onion into 4ths and place on baking sheet Cut top of garlic bulb (skin on) and face up on baking sheet Drizzle generously with olive oil Season with oregano, S + P Roast at 400 for 45 minutes Add roasted tomatoes and onions mixture to blender Add handful fresh basil to blender Squeeze roasted garlic into blender and blend all together Transfer blended mixture to pan Add stock Simmer for 20 minutes then serve with fresh basil