

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

Day 1

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

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 1

LUNCH

Green Apple Fennel Salad

Ingredients

Fennel

2 stalks Celery (finely chopped)

¼ cups Walnuts (chopped)

½ Green apple (sliced in small pieces)

2 tablespoons Hemp seeds

Italian parsley

1½ cup olive oil

⅓ cup Apple Cider Vinegar

Juice from ½ 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 1

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 bowl and garnish with pumpkin seeds

DAY 2

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



Directions

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.

DAY 2

LUNCH

Hearty Cabbage Pumpkin Seed Salad

Ingredients

¼ Red cabbage (finely chopped)
¼ Green cabbage (finely chopped)
½ Cucumber (chopped)
1-2 stalks Celery (finely chopped)
⅔ Radishes (thinly sliced)
¼ c Garbanzo beans
½ Avocado
Handful Pumpkin seeds
½ cup avocado oil or olive oil
Juice from one lemon
S + P to taste
1 small clove garlic, minced

Directions

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.

DAY 2

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

Directions

In the bottom of large pan add 1 tbs 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**

DAY 3

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.

DAY 3

LUNCH

Spinach & Strawberry Salad

Ingredients

3 cups Spinach
5 strawberries sliced thin
¼ cup hemp seeds
¼ 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.



DAY 3

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