

7-Day Detox Challenge – Optional Detox Drink Prep Sheet

This optional daily detox support drink is intended to support hydration, digestion, and the body's natural detox pathways. It is not a meal replacement or extreme cleanse.

Ingredients to Purchase Ahead of Time

- 1 Filtered or spring water
- 2 Organic, unsweetened cranberry juice (no added sugar)
- 3 Fresh lemons
- 4 Organic apple cider vinegar
- 5 Optional: fiber supplement (powder or capsules)

How to Use

- 1 Mix ingredients as instructed during the kickoff session
- 2 Drink once daily or up to three times per day, based on tolerance
- 3 Best taken in the morning or before meals

Important Notes

- 1 This drink is optional and flexible
- 2 If you cannot tolerate vinegar, you may omit it
- 3 Listen to your body and adjust as needed

Full guidance and education will be provided during the Day 1 kickoff session.