

# CLEANSE DAY 1

## Morning alkalizing drink:

1 glass filtered water, pinch of Himalayan Salt, squeeze of lemon/lime and a tablespoon of apple cider vinegar

## Meal 1:

Detox Smoothie (choose one from last page)



## Meal 2:

Detox Smoothie (choose one from last page)



### **Meal 3**

- 3-6 cups of raw leafy organic vegetables;
- 2oz avocado;
- 1tbsp extra virgin olive oil
- 5-8oz lean chicken or white fish



### **Before bed:**

Two “Herbal Laxative” Tea bags

## **CLEANSE DAY 2**

### **Morning alkalizing drink:**

1 glass filtered water, pinch of Himalayan Salt, squeeze of lemon/lime and a tablespoon of apple cider vinegar

### **Meal 1-4**

Organic (doesn't have to be organic) fruit every 2 hours (including tomatoes, apples, bananas, and avocados, as much fruit as you like!)

### **Meal 5**

- 3-6 cups of raw leafy organic vegetables;
- 2oz avocado;
- 1tbsp extra virgin olive oil
- 5-8oz lean chicken or white fish



### **Meal 6**

Fruit- as much as you like!

# **Detox Smoothies (blend all until smooth):**

## **SMOOTHIE CHOICE #1**

### **Super Green:**

- 1 cup organic kale
- 1 cup organic blueberries
- 2 organic celery stalks
- Juice of ¼ organic lemon
- ½ cup water
- 4 ice cubes

## **SMOOTHIE CHOICE #2**

### **Kale-avacado:**

- 1 cup organic kale
- ¼ avocado
- ½ organic cucumber
- ½ organic pear
- Juice of ½ organic lemon
- ½ cup pure organic coconut water
- 4 ice cubes

## **SMOOTHIE CHOICE #3**

### **Greens Apple:**

- 1 cup organic kale
- ½ organic cucumber
- ½ organic green apple
- Juice of ½ organic lemon
- Pinch of cinnamon
- 4 ice cubes