

DETOX REJUVENATE YOUR BODY BOOTCAMP - WEEK 2 MEAL PLAN

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Upon Rising	Drink juice of 1/2 a lemon in 16 oz. of warm filtered water on an empty stomach- wait 1/2 hour before eating breakfast. Drink 3 quarts pure filtered water throughout the day each day, also lots of herb teas, kombucha, kefir water, etc. No white, green or black tea.						
Breakfast	Green Apple Crunch	Overnight Oats with Fruit	Almond Chia Pudding	Smoothie Bowl	Green Smoothie	Almond Chia Pudding	Green Apple Crunch
Mid Morning	Carrot Lemon Ginger Juice		Beet The Blues Juice	Beet The Blues Juice	Super Detox Juice		Green Smoothie
Lunch	Creamy Kale Salad with Orange Tahini Dressing	Creamy Kale Salad with Orange Tahini Dressing	Lettuce Wraps with Hummus & Guacamole	Rainbow Cole Slaw Salad	Spinach Super Salad	Nori Rolls with Sunflower Hummus	Spinach Super Salad
Mid Afternoon		Ginger Tea		Peppermint Red Clover Tea		Ginger Tea	
Dinner	Taco Salad	Zucchini Soup and Taco Salad	Zucchini Soup	Carrot Coconut Ginger Soup	Buddha Bowl with Hummus & Guacamole	Carrot Coconut Ginger Soup	Zucchini Zoodles with Pesto
Optional Snacks	Fresh Fruit or Fresh Vegetable Sticks	Raw Nuts and Seeds	Fruit Smoothie with Fresh or Frozen Fruit and Almond Milk	Left Over Smoothie Bowl	Almond Milk Herb Teas Kombucha Kefir Water	Almond Chia Pudding	Guacamole with Fresh Vegetables Sticks

NOTE: Drink 3 Quarts of Pure Filtered Water Throughout the Day Each Day!