

DETOX REJUVENATE YOUR BODY BOOTCAMP WEEK 1 MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upon Rising	Drink juice of 1/2 lemon in 16 oz. 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	Almond Chia Pudding	Overnight Oats with Fruit	Smoothie Bowl	Green Apple Crunch	Almond Chia Pudding	Overnight Oats with Fru
Mid Morning	Carrot Lemon Ginger Juice		Beet The Blues Juice		Super Detox Juice		Green Smoothie
Lunch	Rainbow Cole Slaw Salad with Orange Tahini Dressing	Spinach Super Salad	Buddha Bowl with Hummus & Guacamole	Rainbow Cole Slaw Salad	Nori Rolls with Sunflower Hummus	Spinach Super Salad	Lettuce Wraps with Hummus & Guacamole
Mid Afternoon		Ginger Tea		Peppermint & Red Clover Tea		Ginger Tea	
Dinner	Taco Salad	Zucchini Soup & Taco Salad	Carrot Coconut Ginger Soup	Zucchini Soup	Coconut Mango Soup	Gazpacho	Gazpacho
Optional Snacks		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!

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