

21-Day Meal Plan

The weekend before your detox, begin to switch out your coffee for herbal tea. Eliminate caffeine from all other sources. Eliminate alcohol. Start adding in more vegetables and cut back on meat and dairy. Enjoy a smoothie or greens drink once/day. Increase your water intake.

	Upon Rising	Breakfast	Lunch	Dinner	Snacks	Before Bed	Notes/To-Do
Days 1-7	hot water with lemon + probiotic taken with 8 oz of water	Greens Drink/Smoothie + liver cleanse	Digestive Enzyme + Vegetable or Quinoa Salad OR Smoothie	Digestive Enzyme + Chicken/Fish & vegetables/salad OR Smoothie	As needed, see list of options + liver cleanse	Probiotic, with 16 oz of water	Ease into your detox; listen to your body; watch for detox signs
Days 8-14	hot water with lemon + probiotic taken with 8 oz of water	Greens Drink/Smoothie + liver cleanse	Digestive Enzyme + Vegetable or Quinoa Salad OR Smoothie	Digestive Enzyme + Chicken/Fish & vegetables/salad OR Smoothie	As needed, see list of options + liver cleanse	Probiotic, with 16 oz of water	Consider 2-3 vegetarian OR all raw days this week
Days 15-21	hot water with lemon + probiotic taken with 8 oz of water	Greens Drink/Smoothie + liver cleanse	Digestive Enzyme + Vegetable or Quinoa Salad OR Smoothie	Digestive Enzyme + Chicken/Fish & vegetables/salad OR Smoothie	As needed, see list of options + liver cleanse	Probiotic, with 16 oz of water	Consider 2-3 all smoothie days this week



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