

21-Day Meal Plan

The week 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	Afternoon Snack	Dinner	Before Bed	Notes/To-Do
Days 1-7	hot water with lemon + probiotic taken with 8 oz water	Greens Drink/Smoothie (add <i>chlorella</i> tablets) + liver cleanse Supplement	Digestive Enzymes + Vegetable or Grain Salad or Soup + Fish Oil	See list of options + liver cleanse supplement	Digestive Enzymes + Chicken/Fish or Beans + vegetables/salad	Probiotic , with 16 oz of water	Ease into your detox; listen to your body; watch for detox signs <i>Herbal teas only at night</i>
Days 8-14	hot water with lemon + probiotic taken with 8 oz water	Greens Drink/Smoothie (add <i>chlorella</i> tablets) + liver cleanse supplement	Digestive Enzymes + Vegetable or Grain Salad or Soup + Fish Oil	See list of options + liver cleanse supplement	Digestive Enzymes + Chicken/Fish or Beans + vegetables/salad	Probiotic , with 16 oz of water	Try going vegetarian a few days this week <i>Herbal teas only at night</i>
Days 15-21	hot water with lemon + probiotic taken with 8 oz water	Greens Drink/Smoothie (add <i>chlorella</i> tablets) + liver cleanse supplement	Digestive Enzymes + Vegetable or Grain Salad or Soup + Fish oil	See list of options + liver cleanse supplement	Digestive Enzymes + Chicken/Fish or Beans + vegetables/salad	Probiotic , with 16 oz of water	Try a few all-raw days this week <i>Herbal teas only at night</i>