

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Whole Food Green Smoothie	Whole Food Green Smoothie	Whole Food Green Smoothie	Whole Food Green Smoothie	Whole Food Green Smoothie	Whole Food Green Smoothie	Whole Food Green Smoothie
	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea	8 oz green tea
	8 oz lemon water	8 oz lemon water	8 oz lemon water	8 oz lemon water	8 oz lemon water	8 oz lemon water	8 oz lemon water
Lunch	steamed veggies or green salad	steamed veggies or green salad	steamed veggies or green salad	steamed veggies or green salad	steamed veggies or green salad	steamed veggies or green salad	steamed veggies or green salad
	16 oz herbal tea or water	16 oz herbal tea or water	16 oz herbal tea or water	1/4 c pecans, almonds, or cashews	1/4 c pecans, almonds, or cashews	1/4 c pecans, almonds, or cashews	1/4 c pecans, almonds, or cashews
	toxic waste smoothie (either at lunch or dinner, not both)	green smoothie, your choice	toxic waste smoothie (either at lunch or dinner)	green smoothie, your choice	toxic waste smoothie (either at lunch or dinner)	smoothie, your choice	16 oz herbal tea or water
	Bone Broth (optional)	Bone Broth (optional)	Bone or Ultra Broth (optional)	Bone or Ultra Broth (optional)	Bone or Ultra Broth (optional)	Bone or Ultra Broth (optional)	toxic waste smoothie
							Bone or Ultra Broth (optional)
Dinner	Sauteed or roasted Veggies	Sauteed or roasted Veggies	Sauteed or roasted Veggies	Italian Tuna or chicken Salad served on bed of greens with chopped fresh veggies	Easy Baked Salmon	Chickpea Curry (this is a crockpot recipe!)	Detox Soup
	small piece of fruit (either at lunch or dinner)	small piece of fruit (either at lunch or dinner)	small piece of fruit (either at lunch or dinner)	small piece of fruit (either at lunch or dinner)	Roasted asparagus	1 c sauteed kale or spinach	small piece of fruit
	bone broth (optional)	bone broth (optional)	bone broth (optional)	16 oz herbal tea or fruit water	small green salad	kombucha or herbal tea	16 oz herbal tea or water
	kombucha or herbal tea	16 oz herbal tea or fruit water	kombucha or herbal tea		kombucha or herbal tea		
Dessert				baked apple with cinnamon, fruit or chia seed pudding	baked apple with cinnamon, fruit or chia seed pudding	baked apple with cinnamon, fruit or chia seed pudding	baked apple with cinnamon, fruit or chia seed pudding
Snacks. 1-2/day is fine!				Fresh veggies, apple slices, handful of almonds, cashew, or pistachios, and chia seed pudding	Fresh veggies, apple slices, handful of almonds, cashew, or pistachios, and chia seed pudding	Fresh veggies, apple slices, handful of almonds, cashew, or pistachios, and chia seed pudding	Fresh veggies, apple slices, handful of almonds, cashew, or pistachios, and chia seed pudding