

## 7 day detox – Meal Plan and Guidelines

Rules: (cause I love rules)

No dairy

High Protein & Fiber

No Gluten

High Variety

No Added Sugar (real or otherwise)

Highly Colorful

No Alcohol, Coffee, or Energy Drinks

Exercise Daily & Sleep Enough

No processed foods

High Water Intake (80oz+)

### Tuesday, April 10, 2018 (Day 1)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Oat Cup

Lunch: Southwest Bowl + Orange

P.M. Snack: White Bean Dip + Carrots & Cherry Tomatoes

Dinner: Pumpkin Soup w/Blackened Broccoli

### Wednesday, April 11, 2018 (Day 2)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Chia Cup

Lunch: Southwest Bowl + Orange

P.M. Snack: Red Pepper Hummus + Broccoli & Red Pepper

Dinner: Pumpkin Soup w/Blackened Broccoli

### Thursday, April 12, 2018 (Day 3)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Oat Cup

Lunch: Northwestern Farmers Market Bowl + Orange

P.M. Snack: White Bean Dip + Carrots & Cherry Tomatoes

Dinner: Cauliflower Fajitas with Avo Crema + ½ apple

Friday, April 13, 2018 (Day 4)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Chia Cup

Lunch: Northwestern Farmers Market Bowl + Orange

P.M. Snack: Red Pepper Hummus + Broccoli & Red Pepper

Dinner: Cauliflower Fajitas with Avo Crema + ½ apple

Saturday, April 14, 2018 (Day 5)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Oat Cup

Lunch: Costa Rican Bowl + Orange

P.M. Snack: White Bean Dip + Carrots & Cherry Tomatoes

Dinner: Asian Zoodles w/Chickpeas + ½ Apple

Sunday, April 15, 2018 (Day 6)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Chia Cup

Lunch: Costa Rican Bowl + Orange

P.M. Snack: Red Pepper Hummus + Broccoli & Red Pepper

Dinner: Asian Zoodles w/Chickpeas + ½ Apple

Monday, April 16, 2018 (Day 7)

Breakfast: Fruit + Kale Smoothie + Hard Boiled Egg

A.M. Snack: Oat Cup

Lunch: Leftovers! (i.e. bowl of goodness)

P.M. Snack: White Bean Dip + Carrots & Cherry Tomatoes

Dinner: Leftovers! (i.e. dinner plate of goodness)