

NAKED CLEANSE MEAL PLAN
2 DAY CARB WASHOUT CLEANSE!

Breakfast

Snacks

Lunch

Dinner

<p>DON'T SKIP</p> <hr/> <p>1 cup (soy, almond, rice or hemp milk 1 cup berries 1 tsp. peanut butter 1 cup ice Blend all together</p>	<p>AM Snack</p> <p>1c sliced cucumber Starbucks Grande Iced Green Tea no sweetener</p> <p>1 Liter Water NUTRITIONAL INFO Cal. 16 Protein 1g Carbs 4g Fats 0g Sugars 2g Sodium 2mg</p> <p>PM Snack</p> <p>12-Asparagus Spears blanched Starbucks Tall Green Iced Tea no sweetener</p> <p>1 Liter Water NUTRITIONAL INFO Cal. 25 Protein 2g Carbs 4g Fats 0mg Sugars 2g Sodium 0mg</p>	<p>2 c mixed greens ½ cucumber diced ½ c diced tomato 4-6 oz. chicken breast (beef, fish) 2 Tbsp. Braggs Vinaigrette (Sprouts)</p> <p>*Other sources of protein could be: firm tofu, lean beef, and fish. *Other sources of steamed or raw greens are: romaine, spinach, Bok choy, arugula, endive, Watercress.</p>	<p>Sauté 1 cup spinach ½ tsp olive oil Sauté 4oz tilapia with Pam 4 minutes each side.</p> <p>*Other sources of protein could be: firm tofu, lean beef, and fish. *Other sources of steamed or raw greens are: romaine, spinach, Bok choy, arugula, endive, Watercress.</p>
<p>NUTRITIONAL INFO Cal.195 Protein 6g Carbs 21g Fats 12g Sugars 14g Sodium 245mg</p>	<p>REMINDERS Keep your water intake up!</p>	<p>NUTRITIONAL INFO Cal. 370 Protein 28g Carbs 13 g Fats 13g Sugars 5g Sodium 269mg</p>	<p>NUTRITIONAL INFO Cal. 167 Protein 21 g Carbs 1g Fats 10g Sugars 0g Sodium 99 mg</p>

Shopping List

- WATER Mixed berries Almond milk unsweetened Peanut Butter
- Mixed greens Cucumber Tomato Spinach
- Braggs Healthy Vinaigrette Tilapia Starbucks
- Asparagus Olive oil
-
-