

2 DAY DETOX DIET

WHY DETOX? HIT RESET BUTTON BOOST METABOLISM ALKALIZE BLOOD REDUCE BAD BACTERIA AND YEAST REDUCE CRAVINGS

<p>WAKEUP: Start your day with:</p> <ul style="list-style-type: none"> • 12 oz water • ½ juice lemon • ½ “ grated fresh ginger (squeeze juice) • ¼ tsp turmeric <p>Breakfast: Green Smoothie</p> <ul style="list-style-type: none"> • 1 celery stalk • 1/3 cucumber peeled • 1 c greens • 1-2 slices lemon juice • ½ apple peeled and cored • 1 tsp flax • 1 tsp chia • ½-1c water • Blend 	<p>LUNCH: FRESH GREEN SALAD</p> <ul style="list-style-type: none"> • 2 c romaine, arugala or Dandelion greens, iceberg lettuce • 1 avocado • ½ cucumber • ½ c diced tomato • 1 grated carrot • ½ c garbanzo, kidney or cannellini beans <p>Salad dressing:</p> <ul style="list-style-type: none"> • 1 tsp apple cider vinegar • 1 tbsp olive oil • Juice 1 lemon slice 	<p>LATE AFTERNOON SNACK:</p> <ul style="list-style-type: none"> • Green Smoothie • Green Tea • Chamomile 	<p>Dinner: Vegan Ramen with Zoodles</p> <ul style="list-style-type: none"> ½ grated carrot 1 tsp garlic 1 tsp fresh grated ginger 2 green onions 3 c mushrooms sliced 1 c spinach 3 zucchini: spiralize into noodles * can buy premade at Sprouts 5 c vegetable stock 1 tbsp gluten free soy sauce ½ tbsp. sesame oil <p>Make it:</p> <p>Saute garlic, ginger, and mushrooms with sesame oil in soup pan. Add zoodles and heat for 5 minutes. Add stock and soy sauce. Bring to a boil. Lower heat and cook until zoodles are soft. 5-10 minutes. Add spinach, carrots, green onions and pinch sea salt and pepper. Serve hot!</p>
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Shopping List: apple, flax seeds, chia seeds, lettuce, avocado, tomato, carrots, beans, apple cider vinegar, olive oil, green tea, garlic, green onions, mushrooms, spinach, zuchinni, vegetable stock, gluten free soy sauce, sesame oil, water, lemon, fresh ginger, turmeric powder, celery, cucumber, greens