Gentle Detox & Cleanse Support Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Quinoa-1/2 c. Eggs – 2; boiled	Quinoa-1/2 c. Eggs – 2; boiled	Quinoa-1/2 c. Eggs – 2; boiled or	Quinoa-1/2 c. Eggs – 2; boiled	Quinoa-1/2 c. Eggs – 2; boiled or	Quinoa-1/2 c. Eggs – 2; boiled or
		or poached	or poached	poached	or poached	poached	poached
		Warm salad	Warm salad	Warm salad greens –	Warm salad	Warm salad greens	Warm salad greens
		greens – 1 cup	greens – 1 cup	1 cup wilted/2 cups	greens – 1 cup	- 1 cup wilted/2	- 1 cup wilted/2
		wilted/2 cups	wilted/2 cups	fresh (kale, spinach,	wilted/2 cups	cups fresh (kale,	cups fresh (kale,
		fresh (kale,	fresh (kale,	endive with avocado	fresh (kale,	spinach, endive	spinach, endive
		spinach, endive	spinach, endive	or olive oil, Celtic	spinach, endive	with avocado or	with avocado or
		with avocado or	with avocado or	sea salt, garlic & red	with avocado or	olive oil, Celtic sea	olive oil, Celtic sea
		olive oil, Celtic	olive oil, Celtic	pepper).	olive oil, Celtic	salt, garlic & red	salt, garlic & red
		sea salt, garlic &	sea salt, garlic &	, ,, ,	sea salt, garlic &	pepper).	pepper).
		red pepper).	red pepper).	May sub with	red pepper).	, ,, ,	, ,, ,
		,	,	breakfast bowl from	,	May sub with	May sub with
		May sub with	May sub with	Rock It Pinterest	May sub with	breakfast bowl	breakfast bowl
		breakfast bowl	breakfast bowl	boards.	breakfast bowl	from Rock It	from Rock It
		from Rock It	from Rock It		from Rock It	Pinterest boards.	Pinterest boards.
		Pinterest boards.	Pinterest boards.		Pinterest boards.		
Lunch		Salmon/Halibut	Salmon/Halibut	Salmon/Halibut	Salmon/Halibut	Salmon/Halibut	Baked Chicken &
Lunch		/Lobster/Shrimp	/Lobster/Shrimp	/Lobster/Shrimp	/Lobster/Shrimp	/Lobster/Shrimp	Cauliflower Rice⁵
		/Haddock/Cod in	/Haddock/Cod in	/Haddock/Cod in	/Haddock/Cod in	/Haddock/Cod in	
		Foil Wraps (use	Foil Wraps (use	Foil Wraps (use	Foil Wraps (use	Foil Wraps (use	
		asparagus/Leeks	asparagus/Leeks	asparagus/Leeks	asparagus/Leeks	asparagus/Leeks	
		/Artichoke Hearts	/Artichoke	/Artichoke Hearts	/Artichoke	/Artichoke Hearts	
		instead of green	Hearts instead of	instead of green	Hearts instead of	instead of green	
		beans) ²	green beans) ²	beans) ²) ²	green beans) ²	beans) ²	
Dinner		Cleansing Detox	Cleansing Detox	Moroccan Lentil	Moroccan Lentil	Leftovers	Leftovers
Diffici		Soup ¹ + 3 oz	Soup ¹ + 3 oz	Soup ⁴ – add 3 oz	Soup ⁴ – add 3 oz		
		chicken breast	chicken breast	ground beef	ground beef		
Snacks &		Beet detox	Beet detox	Beet detox	Beet detox	Beet detox	Beet detox
Doggrams		smoothie ³ (may	smoothie ³ (may	smoothie ³ (may	smoothie ³ (may	smoothie ³ (may	smoothie ³ (may
Recovery		exclude dates) +	exclude dates) +	exclude dates) +	exclude dates) +	exclude dates) +	exclude dates) +
		Whey Protein	Whey Protein	Whey Protein	Whey Protein	Whey Protein	Whey Protein
		Nuts, nut butter,	Nuts, nut butter,	Nuts, nut butter,	Nuts, nut butter,	Nuts, nut butter,	Nuts, nut butter,
		apples, oranges,	apples, oranges,	apples, oranges,	apples, oranges,	apples, oranges,	apples, oranges,
		cherries - no	cherries - no	cherries - no	cherries - no	cherries - no	cherries - no
		peanuts	peanuts	peanuts	peanuts	peanuts	peanuts
			F 244.5			F 24.14.0	·
Fluids		Plenty of Water,	Plenty of Water,	Plenty of Water,	Plenty of Water,	Plenty of Water,	Plenty of Water,
		Green Tea, The	Green Tea, The	Green Tea, The	Green Tea, The	Green Tea, The	Green Tea, The
		Republic of Tea's	Republic of Tea's	Republic of Tea's	Republic of Tea's	Republic of Tea's	Republic of Tea's
		"Get Clean"	"Get Clean"	"Get Clean"	"Get Clean"	"Get Clean"	"Get Clean"
Dron	See Notes on	Make dinner.		-Make enough	Get Clean		-Make lunch
Prep	page 2			quinoa for 3 days'			and idition
Needed	P-0			breakfast.			
				-Boil eggs for 3 days'			
				breakfast.			
				-Make Moroccan			
				Lentil Soup with			
				beef.			
Pacina Links				2001.			

Recipe Links:

- 1. http://www.theglowingfridge.com/cleansing-detox-soup/
- 2. https://www.pinterest.com/pin/341288477996588834/
- 3. http://peachypalate.com/2014/01/03/princess-smoothie/
- 4. http://littlespicejar.com/moroccan-sweet-potato-lentil-soup/
- 5. https://www.pinterest.com/pin/Ab-p5G364IWDs3W-WknqJqYHV9nC4Lzq1o5AcQQf5waopeq8XcltbDc/

Gentle Detox & Cleanse Support Week #1

Shopping List

Dairy	Meat	Bread	Produce	Grocery	Frozen	Staples	Other

Notes:

Sunday Prep for the Week:

- 1. Make enough quinoa for 3 days' breakfast
- 2. Boil eggs for 3 days' breakfast
- 3. Make beet detox smoothies (enough to cover recovery for the week). Leave out almond milk. Freeze in ice cubes. When it is time to drink the shake, place ice cubes and almond milk in blender.
- 4. Make 5 day's worth of lunch (refrigerate 3 meals after cooking and freeze remaining 2)

