

Choose one of the 3 following food plans for your detox.

Or, begin with no. 1, then move into no. 2 to go lighter, and no. 3 when you're ready for very light (you'll know because you won't be hungry -that's your cue to go lighter with each step).

1. Detox Easy

blends*, juice, herbal tea, lemon water, & 1 salad.

2. Medium Challenge

- blends*, juice, herbal tea, & lemon water.

3. Advanced

- juice, herbal tea, & lemon water.

We suggest drinking 4+ combined liters per day:

According to what your body asks for, lemon water, fresh juice, herbal tea, & optionally raw blends*.

*raw smoothies & soups

Green Juice **Recipe**

celery
cucumber
greens
green apple
lemon
fresh ginger
fresh turmeric