



FIX YOUR PERIOD CLEANSE

A 5-DAY DETOX
FOR YOUR HORMONES

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Welcome to your 5 day cleanse! It's such an honor to support you on your journey to hormonal health. This is a life changing program with tons of different options for your unique body and life. My cleanse is a simple, food-based detox that any woman can do...and should do! I'll show you how to ditch the junk and eat liver-cleansing "whole foods" to flush your body of toxins and begin the hormonal healing process!

Of course I want you to get the most out of your cleanse (and I know you do too) so please follow all suggested assignments to get the maximum results. I have also found that asking questions and sharing in the Facebook group helps you and your fellow cleansers. You will often be experiencing the same things they are and have the same questions so feel free to chime in!

Congrats on taking charge of your hormonal health—I look forward to supporting you every step of the way!

WHY CLEANSE? YOU'VE GOT TO LOVE YOUR LIVER!

You have this awesome organ that is an amazing detox machine. It keeps you healthy, but to do its job, it needs to be healthy too! It serves as your body's engine, pantry, food processor and garbage disposal. It also maintains hormonal balance and regulates fat, digestion, and circulation.

Generally, the liver takes harmful substances and purifies them, then eliminates them from the body naturally via bile, urine and stool. But trouble starts when toxins enter the bloodstream faster than the liver can break them down; the liver becomes overwhelmed, sluggish and even toxic.

Some signs of a sluggish liver include allergies, chemical sensitivities, constipation and weight gain.

One of the biggest signs of a toxic liver is a condition called Estrogen Dominance, which occurs when the liver can no longer break down excess estrogen and send it to the colon for removal. This causes harmful estrogen to re-circulate throughout the body.

How does estrogen dominance affect a woman's health? It has been linked to: Increased PMS symptoms, menstrual migraines, fibrocystic breasts, fertility problems, endometriosis, fibroids, heavy periods, irregular or breakthrough bleeding, and ovarian cysts.

THIS IS WHY CLEANS-
ING YOUR LIVER 2-3
TIMES A YEAR IS SO
VITALLY IMPORTANT TO
YOUR HORMONAL AND
OVERALL HEALTH!

MORNING DETOX DRINKS

LOVIN' MY GREEN JUICE

4 stems kale leaves
(substitute any greens you like—
spinach, swiss chard etc.)
½ cucumber
2 ribs celery
½ bunch of parsley
½ lemon, with skin on
½ granny smith apple

*Juice all ingredients in a juicer
and serve immediately.*

DETOX LEMON ELIXIR

10 oz warm or room temp water
1 T of raw apple cider vinegar
½ lemon
Pinch of cinnamon
Couple drops of stevia

*Add all ingredients to the water
and drink immediately.*

CRANBERRY CLEANSER

2 T 100% pure cranberry juice
6 ounces of room temp water

*Combine cranberry juice and
water and drink immediately.*

LIVER LOVE TIP:

CRANBERRIES ARE
GREAT FOR FLUSHING
THE LYMPH AND TO
CLEANSE THE BLADDER
AND KIDNEYS.



LOVIN' MY GREEN JUICE



CURRY SPICED SWEET POTATOES

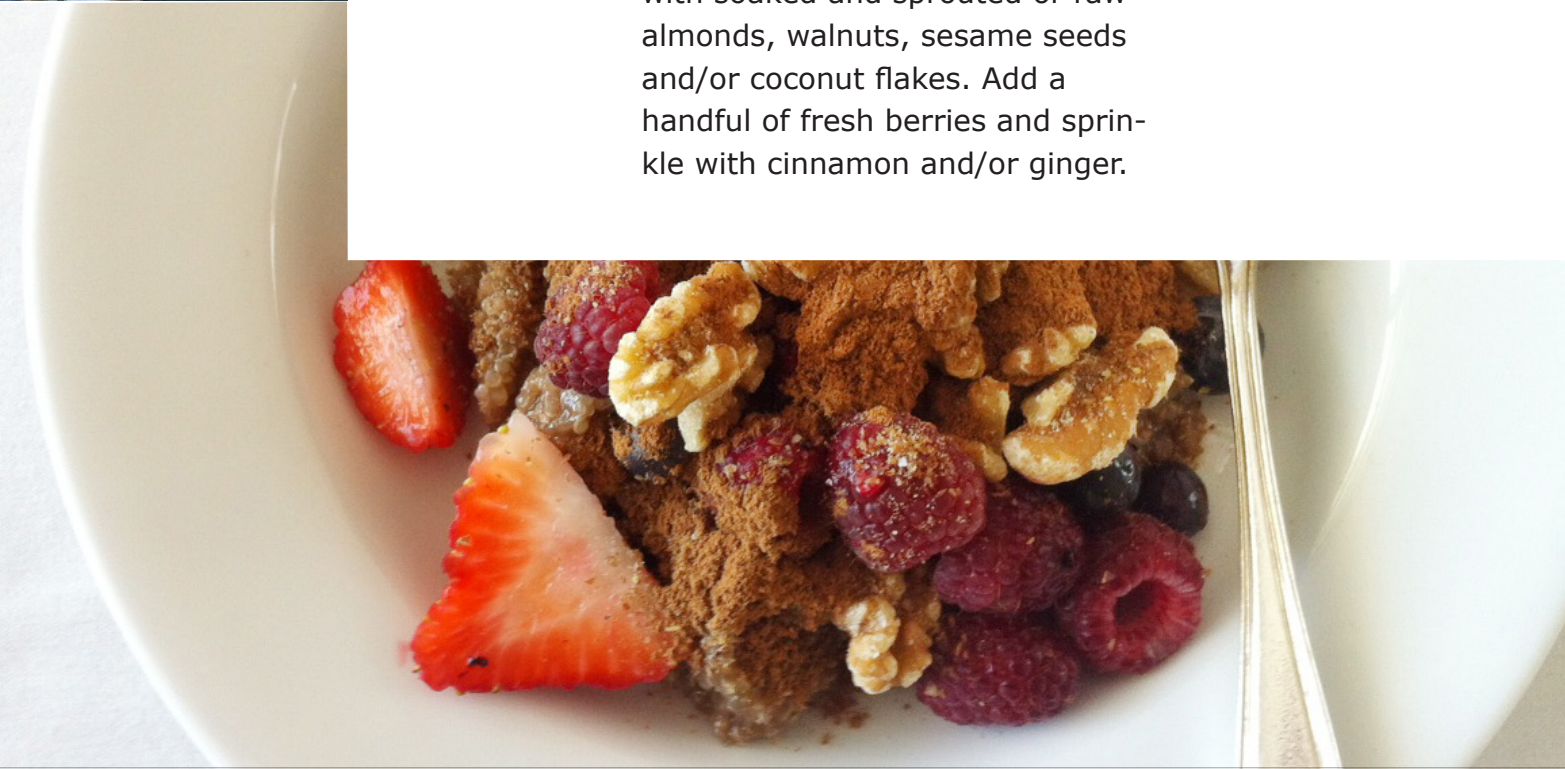
MEAL IDEAS

BERRYLICIOUS QUINOA BREAKFAST BOWL

Bring 1 cup of quinoa and 1 cup of almond milk to a boil. Lower heat and cook for 5 minutes or until creamy. Serve with cinnamon, chia seeds, chopped walnuts and your favorite berries.

MILLET BREAKFAST PORRIDGE

Place 1 cup of cooked whole grains in a bowl. (Some grains to try: millet, kasha, quinoa or amaranth). Cover with unsweetened almond or hemp milk. Top with soaked and sprouted or raw almonds, walnuts, sesame seeds and/or coconut flakes. Add a handful of fresh berries and sprinkle with cinnamon and/or ginger.



BEET, FENNEL, & AVOCADO SALAD

3 beets
1 cup fennel bulb, diced (save some fronds for garnish)
1 avocado cut into 1 inch cubes
1 small onion, coarsely chopped
2 oranges, zested and juiced
1 cup balsamic vinegar
1 tsp crushed anise seeds
Black pepper to taste

Place beets in a pot and cover with 1 inch of water. Boil for 20-30 minutes, until a fork pierces easily through the middle of each beet. Drain beets and cool by running under cold water. Peel off the skin, it should come right off. Chop the beets coarsely. Mix all ingredients (except the avocado) and let sit for 2 hours. Add avocado and garnish with fronds.

SWEET RED CABBAGE SLAW (makes 2-3 servings)

combine these ingredients and add dressing (recipe below)
½ head red cabbage, finely chopped
3 apples, cored and diced
½ cup walnut pieces

FOR THE SLAW DRESSING—
mix the following ingredients together

¼ cup pumpkin seeds or hemp seeds
¼ cup whole raw sunflower seeds
2 tsp gluten free tamari sauce
1 T raw honey
1 T fresh lemon or lime juice
½ clove garlic, minced (optional)
¼ tsp ginger, minced
¼ cup filtered water



LIVER LOVE TIP:
LEAFY GREENS OFFER A POWERFUL PROTECTIVE MECHANISM FOR THE LIVER. THEY REMOVE ENVIRONMENTAL TOXINS FROM THE BLOODSTREAM, AND NEUTRALIZE HEAVY METALS, CHEMICALS AND PESTICIDES.

LIVER LOVE TIP:
AVOCADO IS A NUTRIENT-DENSE SUPER-FOOD THAT HELPS THE BODY PRODUCE GLUTATHIONE, A COMPOUND THAT IS NECESSARY FOR THE LIVER TO CLEANSE HARMFUL TOXINS.

LEMON-BEET-ROSEMARY-APPLE SALAD (makes 2 servings)

2 medium green apples peeled, cored and cubed
¼ cup raisins, soaked in hot water for 5 minutes
¼ tsp fresh rosemary, finely chopped
1 lemon - squeeze the juice on the salad
1 cup roasted or boiled beets - see above recipe
1 T olive oil
1 T pumpkin seeds

Mix all ingredients together well. Enjoy!

SUPER SIMPLE STEAM SAUTÉED GREENS

1 lb. of your favorite leafy greens, tear them up and remove stems - dandelion greens are super liver cleansers so make sure to include them in this recipe.
1 small onion, sliced
2-3 cloves garlic, minced
½ T sea salt
½ cup cold water

Sauté onions and garlic in sauté pan. Add greens. Heat through on medium heat and sprinkle with sea salt. Give it a minute, then add ½ cup of cold water. Cover, turn off heat and let steam for 5 minutes. Add spices of your choice.

EASY VEGETABLE SOUP

1 T coconut oil
 1 cup no sodium vegetable broth
 2-3 cloves garlic, chopped
 1 small onion, chopped
 Any vegetables you like, chopped in 2-inch chunks - celery, tomatoes, leeks, leafy greens, carrots, broccoli, etc.

In a large pot, heat the oil over medium-high heat. Add the onion and garlic cooking until softened about 3-5 minutes. Add the rest of the chopped veggies to the pot with veggie broth just covering them, add water if liquid does not cover the veggies. Bring to a boil and then lower to a simmer. When a fork can go through the veggies the soup is done, this usually takes 20 minutes. Add spices of your choice.

LIVER LOVE TIP:
 GARLIC HAS HIGH AMOUNTS OF ALLICIN AND SELENIUM, TWO NATURAL COMPOUNDS THAT AID IN LIVER CLEANSING.

**NOURISHING NORTHERN BEAN & ESCAROLE SOUP**

1 ½ cups cannellini beans soaked overnight
 1 head escarole
 3 cups water
 1 T olive oil
 1 onion, minced
 4 cups chicken stock
 2 bay leaves
 1 T fresh rosemary, finely chopped
 1 T fresh thyme, finely chopped
 3-4 garlic cloves, minced
 1 tsp sea salt

Discard soaking water from beans and cook with 3 cups fresh water. Bring to a boil and skim off foam that rises. Lower flame to simmer, cover and cook for 1 hour. Add 1 tsp. sea salt and continue cooking for 30 minutes (add water throughout the cooking process to ensure beans are just covered). In a separate frying pan sauté onion and garlic for 2-3 minutes. Add escarole and cook until wilted. Put the escarole mixture into the bean cooking pot, plus add 4 cups of chicken stock, bay leaves, rosemary and thyme. Bring all ingredients to a boil. Lower heat to simmer and cook additional 25-30 minutes. Remove bay leaves and season to taste.

**SESAME SHIITAKE & BABY BOK CHOY**

1 small onion, sliced
 2 cloves garlic, minced
 4 heads baby bok choy, sliced
 6 fresh shiitake mushrooms, sliced
 1 T toasted sesame oil
 1 T gluten free tamari
 1-2 T black sesame seeds

Heat the oil in a frying pan. Add onions and garlic, cooking on medium-low heat for about 5 minutes. Add the shiitakes, bok choy and tamari to the pan. Cover and cook for 3 minutes. Top with sesame seeds and serve.

BUTTERNUT SQUASH SOUP

2 leeks chopped (use both green and white part)
 1 3-pound butternut squash, peeled and cut into 1-inch pieces
 1 bay leaf
 5 cups low or no sodium vegetable broth
 1 T fresh rosemary, roughly chopped
 1 T olive oil
 ¼ cup shelled raw pumpkin seeds, roughly chopped
 1 tsp salt
 ¼ tsp black pepper

Place the leeks, squash, bay leaf, broth, salt, black pepper in a large pot and bring to a boil. Reduce heat and simmer, stirring occasionally, until the squash is tender, 10-12 minutes. Remove the bay leaf. Working in batches, puree the soup in a blender until smooth (or use a handheld immersion blender). Heat the oil in small skillet over medium heat. Add the rosemary and pumpkin seeds and stir until fragrant, 2-3 minutes. Divide the soup among bowls and top with the rosemary mixture.

CURRY SPICED SWEET POTATOES (PG 8)

2 large sweet potatoes - cut into cubes
 1 T coconut oil
 ¼ cup finely chopped shallots
 ½ tsp sea salt
 1 T curry powder
 1 tsp turmeric
 ½ tsp ground cumin
 ¼ tsp ground cinnamon
 ¼ tsp ground red pepper
 ½ cup almond milk
 1 T fresh lemon

Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain well; return to pan. Keep warm. Heat coconut oil in skillet. Add shallots to pan; cook 6 minutes or until tender, stirring occasionally. Stir in salt, curry powder, turmeric, cumin, cinnamon, and red pepper; cook 1 minute, stirring constantly. Add shallot mixture, almond milk, and lemon juice to potato. Mash potato mixture with a potato masher to desired consistency.

ROASTED ROOT VEGGIES WITH TAHINI DRESSING

(serves 2)

5 cups of root veggies, chopped uniformly (any combo of beets, turnips, rutabaga, fennel, carrots, parsnips, sweet potatoes, butternut squash etc.)
 2 T of coconut oil
 1 big handful of parsley, chopped

Preheat the oven to 350 degrees. Toss veggies with coconut oil and spread out onto a baking sheet. Bake for about 30 minutes or until slightly browned. Season with a pinch of salt and pepper; top with parsley. Serve as is or with tahini dressing (recipe below).

FOR THE TAHINI DRESSING—

½ cup tahini
 ½ cup cilantro or parsley
 1 clove garlic, minced
 1 T wheat free tamari or Braggs aminos
 1 lemon, juiced
 ¼ cup water

Whisk or blend all ingredients together. Add more water until desired consistency is reached.



CREAMY CAULIFLOWER MASH WITH PARSNIPS & CARROTS

(4 servings)

3 T olive oil
5 medium parsnips, coarsely chopped
2 large carrots, coarsely chopped (slightly smaller than parsnips)
1 small head of cauliflower, coarsely chopped
4 whole garlic cloves
½ onion, coarsely chopped
½ cup unsweetened coconut/almond milk
½ cup water or vegetable broth
freshly ground pepper to taste

Boil or steam the cauliflower, carrot and parsnip pieces until tender. Drain and then puree them in a blender or food processor with 2 T of olive oil, coconut milk/almond milk, water or veggie broth, garlic and pepper. Sauté the onions in remaining oil until they are soft. Spoon the cauliflower mash into bowls, cover with some onions and enjoy.



RED BEAN & QUINOA CHILI

1 cup dried red kidney/black beans, soaked and drained
3 cups water
2 tsp ground cumin
1 T olive oil
1 medium onion, chopped
2 tsp sea salt
2 cloves garlic, minced
1 large green pepper, chopped
1 tsp dried oregano
1 tsp ground cinnamon
1 tsp cayenne pepper
1 cup quinoa, rinsed and drained
1 cup fresh or frozen organic corn
1 can organic stewed tomatoes
1 avocado, sliced (for garnish)

Place beans in a large pot with 2 cups of water and 1 tsp. cumin. Bring to a boil. Simmer over low heat while covered until tender, about 50-60 minutes. Heat oil in a separate pot on medium heat. Add onion, 1 tsp. salt, garlic, green pepper, cumin and the rest of the spices. Sauté for 5 to 10 minutes. Add quinoa and stir in. Add corn, stewed tomatoes and 1 cup of water to mixture. Simmer for 20 minutes. Add cooked beans and 1 tsp. salt. Simmer for another 10 minutes.

Garnish with avocado.

SNACK OPTIONS

A WORD ABOUT PROTEIN:

If you feel like you need more protein, please add some to any of your meals. YOU know your body best! Consider adding 3 ounces of (hormone and antibiotic-free or pasture-raised if possible) chicken, turkey or wild-caught fish.



HERE ARE OUR FAVORITE SIMPLE, GUILT FREE "PICK ME UP" SNACKS:

- ¼ cup of sunflower or pumpkin seeds (raw is best)
- 1-2 T of almond butter on celery sticks
- Kale chips (next page)
- 1 sliced cucumber with a pinch of sea salt + a dash of cayenne
- Celery with 2 T Deliciously Detoxing Pesto or 2 T No Bean Hummus (next page)
- ½ grapefruit, 1 Apple, ½ cup frozen grapes, 1 kiwi, 1 orange, 1 pear
- ½ avocado with sea salt + watercress + dandelion leaves
- ¼ cup Brazil nuts, raw almonds, or walnuts
- Fresh green juice
- Raw veggie delight: carrot, celery, cucumber, red pepper and add 1 T of hummus or pesto (next page)



KALE CHIPS

1 bunch of kale
 1 T olive oil
 2 T water
 Spices of your choice: Try curry powder, garlic powder, cayenne pepper, nutritional yeast or kelp flakes.

Preheat oven to 425 degrees. Remove kale from stalk, leaving the greens in large pieces. Put olive oil and water in a spray bottle and lightly coat the kale. Place kale on baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it as it can burn quickly. Add spices of your choice.

NO BEAN HUMMUS

2 organic zucchini, chopped
 ¾ cup Tahini
 ½ cup fresh lemon juice
 2 ½ tsp sea salt
 3 garlic cloves

Mix all ingredients in a food processor and serve.



DELICIOUSLY DETOXING PESTO

2 cups loosely packed stemmed fresh herbs - basil, cilantro, parsley, and mint. Choose the ones you like!

½ cup sunflower or pumpkin seeds

2 cloves fresh garlic

½ cup good tasting extra virgin olive oil, as needed

Pinch of sea salt, to taste

Optional: add 2 T dulse flakes

Combine fresh herbs, seeds, dulse flakes and garlic in a blender or food processor and process the mixture until it turns into a coarse meal. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable. Season with sea salt, to taste. Cover and store chilled for at least an hour to saturate the flavors. I like to pour a thin layer of extra virgin olive oil over the top to help keep it bright green.

LIVER LOVE TIP:
 CILANTRO HELPS
 RID THE BODY
 OF TOXINS AND
 HEAVY METALS SO
 WE SUGGEST THIS
 AMAZING HERB
 DAILY IN YOUR
 SMOOTHIES, SAL-
 ADS, JUICES OR
 THIS PESTO.

DAY 1

WHAT TO EXPECT

Welcome to your first day of cleansing! Hopefully you have cleared most of your schedule allowing yourself to rest so you can give your body what it needs. During the cleanse allow yourself to be flexible: everyday is different.

Remember it takes about 15 minutes for your brain and body to recognize that you have eaten and for your body to process the glucose and convert it into energy. Take time to chew your food well—most ladies are pleasantly surprised to find that they feel energized until the next meal. Continually check in with yourself to see how you're feeling.

JOURNALING

Start of the day: The first day is great for writing about what you plan to accomplish during this cleanse. What are you hoping to get out of this cleanse? What are you looking forward to today?

End of the day: How did you feel during your first day? Did you have a strong craving for something? Was it a food craving or was your body calling for something else?

FEEL GOOD

How will you celebrate and honor yourself today? Try a mini spa night for yourself that includes an Epsom Salt bath or a Hot Towel Scrub to relieve tension. Have fun with it—put on your favorite music, a mud mask and paint your toes!

SNACK TIP: IF YOU WANT A SNACK, START WITH A SMALL PORTION, CHEW THAT FOOD (REMEMBER DIGESTION STARTS IN YOUR MOUTH) AND THEN SEE IF YOU ARE SATISFIED. IF YOU NEED MORE FOOD, THEN EAT MORE. IT'S THAT SIMPLE!

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Berrylicious Quinoa Breakfast Bowl

MORNING SNACK

Celery with Deliciously Detoxing Pesto

LUNCH

Large salad—include beans, nuts and seeds, colorful veggies & protein if you feel you need it

AFTERNOON SNACK

Piece of fruit

DINNER

Easy Vegetable Soup & Steam Sauteed Greens with tahini

Drinking lots of water is imperative when cleansing to flush out toxins. A good way to stay on track is to drink a glass of water 15 minutes before your next meal.

DAY 2

WHAT TO EXPECT

Congratulations you've made it through your first day! Take a few minutes to note how you are feeling. You may be feeling more light and energized or you may be feeling sluggish or some discomfort. These are both signs that your body is beginning to detox from the foods you eat every day. Wherever you are is okay. Remember we are here to support you!

JOURNALING

Start of the day: What are you looking forward to today? Name 3 things you are thankful for today?

End of the day: How did you feel after your second day? Were there any strong messages your body was sending you? Were there feelings of resistance to these messages?

FEEL GOOD

Schedule something that feels extra good for you today! Is there a yoga or pilates class you want to take? Is the sauna calling your name?

CLEANSE TIP: IF YOU'RE CONSTIPATED, MIX THE FIBER POWDER WITH WATER AND CONTINUE USING IT UNTIL CONSTIPATION IS RELIEVED.

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Easy Vegetable Soup or one of the breakfast options

MORNING SNACK

No Bean Hummus with your favorite veggies

LUNCH

Beet Fennel & Avocado Salad + Steam Sautéed Greens

AFTERNOON SNACK

Orange or any fruit you like

DINNER

Nourishing Northern Bean & Escarole Soup + greens of your choice

Remember to drink a glass of water 15 minutes before your next meal.

DAY 3

WHAT TO EXPECT

You may start to feel the detox effects more intensely today and tomorrow so you may need a little more downtime. Remember this is your time to treat yourself well so listen to your body - you know what is best for you! Taking one or two things off your to-do list can be super helpful.

As we lessen our food and release toxins we will start to be clearer about our emotional, mental and spiritual feelings. What has come up for you? Was there anything unexpected?

JOURNALING

Start of the day: Think about what else (besides food) you'd like to detox from your daily routine - what would you like to rid yourself of? Be aware of them throughout your day. Did something surprising come up?

End of the day: How can you start to detox the non-food items in your life that don't serve you anymore? Make a list of them and work on removing just one thing in the next week.

FEEL GOOD

Watch the sunset from a special place outdoors and go to bed early—let yourself rest! As an added feel good you can also try one of the breathing exercises before bed. You will instantly feel relaxed!

CLEANSE TIP: TAKE THE CHLORELLA TABLETS EACH MORNING AND EVENING. CHLORELLA IS A POTENT LIVER CLEANSING FOOD.

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Millet Breakfast Porridge

MORNING SNACK

¼ cup raw pumpkin or sunflower seeds

LUNCH

Red Bean & Quinoa Chili + a large green salad

AFTERNOON SNACK

½ cup of frozen grapes

DINNER

Roasted root veggies with tahini dressing + greens of your choice

Remember to drink a glass of water 15 minutes before your next meal.

WHAT TO EXPECT

Welcome to Day 4, you are almost there! By now you might be feeling light, energized and ready to tackle the last 2 days of the cleanse. Or you may be feeling more severe detox symptoms like breakouts, body odor, and a lot of bowel movements. These are completely normal physical reactions so don't freak out.

Remember to make yourself as comfortable as possible and let all of your bodily reactions run their course. Give yourself the space today to really feel all that you are feeling—physical, mental and emotional.

JOURNALING

Start of the day: What positive changes have you noticed in yourself since you started the cleanse? How will you keep these positive changes after the cleanse?

End of the day: How did you feel today? Did anything in particular come up for you?

FEEL GOOD

Celebrate yourself for all of the work you've done during the cleanse and schedule a treatment where all you have to do is show up and relax! How about getting a manicure? Or a massage? It may be just what your body is asking for!

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Berrylicious Quinoa Breakfast Bowl

MORNING SNACK

Apple & celery with almond butter

LUNCH

Curry Spiced Sweet Potatoes and Super Simple Steam Sautéed Greens

AFTERNOON SNACK

¼ cup Brazil nuts, raw almonds or walnuts

DINNER

Lemon Beet Rosemary Apple Salad + Sesame Shiitake and Baby Bok Choy

Remember to drink a glass of water 15 minutes before your next meal.

WHAT TO EXPECT

It's the last day of the cleanse! Take a moment to congratulate yourself and thank yourself for all the hard work you've done this week. Think back to the non-food items that you want to detox from your life. Taking time out of your busy schedule and really listening to your body can bring up lots of things that you want to change. How will you honor these feelings in the future?

JOURNALING

Start of the day: How do you feel knowing it's the last day of the cleanse? Relief, satisfaction and feelings of accomplishment are pretty normal.

End of the day: How are you feeling overall? You have showed your body lots of love the past 5 days—you rock! Name three things you flat-out adore about yourself. Look at this list whenever you are having one of "those" days.

FEEL GOOD

Time to get in your cozy pj's and indulge in your favorite non-food guilty pleasure (you know the tv show or trashy book we're talking about). You deserve it!

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Super Simple Steam Sautéed Greens + Roasted Root Vegetables

MORNING SNACK

Pear or fruit of your choice

LUNCH

Butternut squash soup + big green salad

AFTERNOON SNACK

Sliced cucumber with a pinch of sea salt + a dash of cayenne

DINNER

Creamy Cauliflower Mash with Parsnips and Carrots + Sweet Red Cabbage Slaw

Remember to drink a glass of water 15 minutes before your next meal.

BREAKING THE CLEANSE

This step is just as important as cleansing! You have worked hard to cleanse and don't want to overeat or fall back into old habits. We don't want you to ruin all the hard work you've done. And you have done well – honor that and know that you can do anything you put your mind to!

We want to slowly introduce more foods into your digestive system, including animal protein. Be sure to avoid caffeine, dairy, processed foods and heavy starches for the next 3 days...or better yet all together now that you have eliminated them from your diet!

While we are on the subject – how great do you feel now that you've removed all sugar and refined grains from your diet?! Have you noticed a change in your cravings and taste buds?

Here is a suggested meal plan to keep you on track. Substitute any of your favorite recipes or a new recipe you enjoyed from the cleanse. Experiment with new recipes – variety is the spice of life!

Continue **journaling** in the morning or evening.

Continue treating yourself to a **feel good** at least twice a week. It's easy to get caught up in the busyness of life so you must make time to show yourself some love!

MENU OPTIONS & IDEAS

UPON WAKING

Choose one of the Detox Morning Drinks

BREAKFAST

Scrambled egg + greens of your choice

MORNING SNACK

Fruit of your choice

LUNCH

Veggie soup + favorite grain + beans of your choice.
Small salad if still hungry.

AFTERNOON SNACK

Deliciously Detoxing Pesto or No Bean Hummus with your favorite veggies

DINNER

Healthy animal protein of your choice (serving size of your palm) with Super Simple Steam Sautéed Greens + Curry Spiced Sweet Potatoes.

Your body is loving all the hydration so keep on the same water schedule for the next 3 days at least. It's ideal to drink this much every day.

LOTS OF LIVER LOVE TO YOU!

Lisa

