

Gentle Detox & Cleanse Support Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>	<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>	<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>	<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>	<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>	<p>Quinoa-1/2 c. Eggs – 2; boiled or poached Warm salad greens – 1 cup wilted/2 cups fresh (kale, spinach, endive with avocado or olive oil, Celtic sea salt, garlic & red pepper).</p> <p>May sub with breakfast bowl from Rock It Pinterest boards.</p>
Lunch		Salmon/Halibut /Lobster/Shrimp /Haddock/Cod in Foil Wraps (use asparagus/Leeks /Artichoke Hearts instead of green beans) ²	Salmon/Halibut /Lobster/Shrimp /Haddock/Cod in Foil Wraps (use asparagus/Leeks /Artichoke Hearts instead of green beans) ²	Salmon/Halibut /Lobster/Shrimp /Haddock/Cod in Foil Wraps (use asparagus/Leeks /Artichoke Hearts instead of green beans) ²	Salmon/Halibut /Lobster/Shrimp /Haddock/Cod in Foil Wraps (use asparagus/Leeks /Artichoke Hearts instead of green beans) ²	Salmon/Halibut /Lobster/Shrimp /Haddock/Cod in Foil Wraps (use asparagus/Leeks /Artichoke Hearts instead of green beans) ²	Baked Chicken & Cauliflower Rice ⁵
Dinner		Cleansing Detox Soup ¹ + 3 oz chicken breast	Cleansing Detox Soup ¹ + 3 oz chicken breast	Moroccan Lentil Soup ⁴ – add 3 oz ground beef	Moroccan Lentil Soup ⁴ – add 3 oz ground beef	Leftovers	Leftovers
Snacks & Recovery		Beet detox smoothie ³ (may exclude dates) + Whey Protein	Beet detox smoothie ³ (may exclude dates) + Whey Protein	Beet detox smoothie ³ (may exclude dates) + Whey Protein	Beet detox smoothie ³ (may exclude dates) + Whey Protein	Beet detox smoothie ³ (may exclude dates) + Whey Protein	Beet detox smoothie ³ (may exclude dates) + Whey Protein
Fluids		Nuts, nut butter, apples, oranges, cherries - no peanuts	Nuts, nut butter, apples, oranges, cherries - no peanuts	Nuts, nut butter, apples, oranges, cherries - no peanuts	Nuts, nut butter, apples, oranges, cherries - no peanuts	Nuts, nut butter, apples, oranges, cherries - no peanuts	Nuts, nut butter, apples, oranges, cherries - no peanuts
		Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"	Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"	Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"	Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"	Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"	Plenty of Water, Green Tea, The Republic of Tea's "Get Clean"
Prep Needed	See Notes on page 2	Make dinner.		-Make enough quinoa for 3 days' breakfast. -Boil eggs for 3 days' breakfast. -Make Moroccan Lentil Soup with beef.			-Make lunch

Recipe Links:

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

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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)