



DETOX FOOD PLAN – A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> ■ Scrambled Eggs with Greens* ■ Gluten-Free Baking Powder Biscuits* ■ Melon 	<ul style="list-style-type: none"> ■ Rainbow Smoothie* 	<ul style="list-style-type: none"> ■ Poached Eggs over Spinach* ■ LO Gluten-Free Baking Powder Biscuits* ■ Berries 	<ul style="list-style-type: none"> ■ Hemp Chia Steel-Cut Oats in a Jar* ■ Peppermint Green Tea 	<ul style="list-style-type: none"> ■ Strawberry Mango Smoothie* 	<ul style="list-style-type: none"> ■ Tofu Scramble* ■ Fresh Mixed Berries 	<ul style="list-style-type: none"> ■ Gluten-Free Steel-Cut Oats* ■ Topped with Coconut Kefir, Flax meal, Pomegranate, Pecans and Berries
Snack	<ul style="list-style-type: none"> ■ Almonds ■ Multi-Greens Smoothie* 	<ul style="list-style-type: none"> ■ LO Lemon Cream with Blackberries and Raspberries* 	<ul style="list-style-type: none"> ■ Rice Cakes ■ Sunflower Seed Butter 	<ul style="list-style-type: none"> ■ Multi-Greens Smoothie* ■ Pecans 	<ul style="list-style-type: none"> ■ Celery ■ Almond Butter 	<ul style="list-style-type: none"> ■ Hard-Boiled Egg ■ Balsamic Roasted Beets* 	<ul style="list-style-type: none"> ■ Fresh Pear ■ Pumpkin Seeds
Lunch	<ul style="list-style-type: none"> ■ Beans and Greens Soup* ■ Asian Salad* 	<ul style="list-style-type: none"> ■ LO Beans and Greens Soup* ■ LO Asian Salad* 	<ul style="list-style-type: none"> ■ LO Stir-Fried Chicken with Ginger Broccoli* ■ Basic Greens* 	<ul style="list-style-type: none"> ■ Black Soy Bean and Quinoa Soup* ■ Spring Mix Salad with Shaved Radishes 	<ul style="list-style-type: none"> ■ LO Black Soy Bean and Quinoa Soup* ■ Marinated Vegetables* 	<ul style="list-style-type: none"> ■ LO Curried Vegetable Stew* ■ Rice Crackers 	<ul style="list-style-type: none"> ■ Almond Cocoa Smoothie*
Snack	<ul style="list-style-type: none"> ■ Lemon Cream with Blackberries and Raspberries* 	<ul style="list-style-type: none"> ■ Walnuts ■ Multi-Greens Smoothie* 	<ul style="list-style-type: none"> ■ Avocado, sliced/ chopped with Cumin, Salt and Pepper, Lemon Juice 	<ul style="list-style-type: none"> ■ Red Pepper & Jicama Strips ■ Sweet Potato Hummus* 	<ul style="list-style-type: none"> ■ Brazil Nuts ■ Multi-Greens Smoothie* 	<ul style="list-style-type: none"> ■ Sunflower Seeds ■ Multi-Greens Smoothie* 	<ul style="list-style-type: none"> ■ LO Sweet Potato Hummus* ■ Kohlrabi, Daikon, Radish, and Jicama
Dinner	<ul style="list-style-type: none"> ■ Salmon with Roasted Cherries* ■ Cooked Red Quinoa* ■ Asparagus and Kohlrabi Salad* 	<ul style="list-style-type: none"> ■ Stir-Fried Chicken with Ginger Broccoli* ■ Black or Brown Rice ■ Steamed Artichokes* 	<ul style="list-style-type: none"> ■ Sirloin Dijon with Sautéed Kale* ■ Rosemary Roasted Potatoes* ■ Mixed Greens ■ Balsamic Mustard Vinaigrette* 	<ul style="list-style-type: none"> ■ Curried Vegetable Stew* ■ Mushroom and Pepper Sauté with Arugula* ■ Fresh Mixed Berries 	<ul style="list-style-type: none"> ■ Seasoned Turkey Burger* ■ Sautéed Baby Bok Choy* ■ Orange Roasted Beet Arugula Salad* 	<ul style="list-style-type: none"> ■ Fenugreek-Spiced Chicken with Sautéed Red Chard* ■ Black Rice ■ Roasted Cauliflower with Pine Nuts* 	<ul style="list-style-type: none"> ■ Collard-Wrapped Wild Cod* ■ Kasha, Potatoes, and Mushrooms* ■ Shaved Brussels Sprouts*

*Recipe included Leftover – LO

Green Tea Emphasis: Aim for 1-3 cups per day, served hot or cold.