

DAILY MEAL PLAN

ON WAKING

Drink a large glass of warm water with a squeeze of fresh lemon juice. It helps flush out your gallbladder and liver and will kickstart your digestive enzymes. Make sure you brush your teeth before drinking it.

BREAKFAST

I recommend a smoothie, oatmeal and/or a piece of sprouted grain or gluten-free toast. NOTE that you need to fast for 12 hours between dinner and breakfast.

TRY NOT TO SNACK BETWEEN MEALS

You need to give your body a chance to fully digest the meal it's just eaten.

LUNCH

A large salad or warm grain bowl full of **COOKED AND RAW** veggies, nuts, seeds and include specific "detox foods" on downloadable sheet.

DINNER

A delicious hearty soup (try my beet detox soup - recipe on "detox foods" cheat sheet).