

DAY 1

Meal 1:

Kale Broccoli salad
2 servings of fruit with 1 small handful of almonds and pumpkin seeds
Green smoothie 12 ounces

Meal 2:

Big salad with as many toppings as possible with choice of approved dressings
Apple or other fruit of choice
Green Smoothie 12 ounces

Meal 3:

Large serving of marinated vegetables
Gazpacho
Choice of Berries 1 cup
Unsweetened herbal tea of choice

DAY 2

Meal 1:

Golden/Red Beet Salad
1/2 cup of chia seed pudding
Pear or fruit of your choice
Green smoothie 12 ounces

Meal 2:

Avocado and Cucumber roll
Medium salad with favorite toppings with choice of approved dressings
Apple(do not peel) or other similar fruit
Green smoothie 12 ounces

Meal 3:

Zoodle Zucchini & Cucumber Pasta
Marinated mushrooms
1 serving of berries of your choice
Unsweetened herbal tea of choice

DAY 3

Meal 1:

Raw veggie Platter w/ ACV Dressing
1/2 serving of berry sorbet
1 piece of fruit
Green smoothie 12 ounces

Meal 2:

Oyster Mushroom Ceviche with Arugula or your choice of greens
Cucumber and avocado wraps, 4-6
Side of carrot sticks or baby carrots
Green smoothie 12 ounces

Meal 3:

2 Collard wraps
Golden beet salad
Choice of berries, 1 cup
Unsweetened herbal tea of choice

DAY 4

Meal 1:

Side butter leaf lettuce salad
2 servings of fruits w/ walnuts or almonds
Green smoothie 12 ounces

Meal 2:

Medium salad with as many toppings with choice of approved dressings
2 jicama tacos
Choice of fruit
Green smoothie 12 ounces

Meal 3:

Mushroom ceviche with Arugula or your choice of greens
Gazpacho
Choice of berries, 1 cup
Unsweetened herbal tea of choice

DAY 5

Meal 1:

Golden/Red Beet Salad
Chia seed pudding
Piece of fruit
Green smoothie 12 ounces

Meal 2:

Big salad with as many toppings as possible with choice of approved dressings
Cucumber and Avocado wraps, 4-6
Green smoothie 12 ounces

Meal 3:

2 Collard Wraps
side of variety of raw vegetables of choice
berries of choice
Unsweetened herbal tea of choice

DAY 6

Meal 1:

Kale Broccoli salad
2 pieces of fruit with small handful of almonds and pumpkin seeds
Green smoothie 12 ounces

Meal 2:

Medium salad with as many toppings with choice of approved dressings
1 - 2 jicama tacos
fruit of choice
Green smoothie 12 ounces

Meal 3:

Gazpacho
Arugula Salad
1 cup of berries of choice
Unsweetened herbal tea of choice

DAY 7

Meal 1:

Raw veggie Platter w/ ACV Dressing
1/2 cup chia seed pudding
1 serving of berries of choice
Green smoothie 12 ounces

Meal 2:

Medium or large salad with as many different greens and toppings as possible
2 jicama tacos
Choice of fruit
Green smoothie 12 ounces

Meal 3:

Zoodle Zucchini & Cucumber Pasta
Golden Beet Salad
Choice of fruit
Unsweetened herbal tea of choice

DAY 8 - DAY 14

**START WITH DAY 1
AGAIN AND REPEAT
FOR 7 DAYS**