

SPRING CLEANSE MEAL PLAN

Click on each recipe for the instructions



DAILY CHECKLIST

- 1 glass of water upon waking (add 1 tsp apple cider vinegar, if desired)
- Daily bowel movement (any time of day, but necessary)
- Breakfast with herbal tea
- Supplements and first litre of water
- Lunch
- Second litre of water and/or herbal tea
- Dinner (at least 3 hours before sleep)
- Herbal tea 1 hour before sleep
- 7-8 hours of sleep

BEST PRACTICES

- Cook all meals at home with fresh, whole ingredients that do not come in a package or are processed
- Keep meals to just a handful of ingredients to give your digestion a break
- Use fresh or dried herbs and spices in any meal including plenty of garlic
- Eat at the same time every day. Your body loves routine!
- Keep meals to a small portion so that you don't feel over full, especially at night
- Eat your last meal at least 3 hours before bed
- Try a short, gentle walk after each meal to aid in digestion and blood sugar regulation
- You must get in at least 2L water each day, including herbal teas
- Plan ahead by choosing 2 recipes from each category and cook a double batch to save time
- Monitor your metrics with this [digital body composition scale](#) (visceral fat, subcutaneous fat, metabolic age)
- Avoid alcohol, processed/packaged foods, excess caffeine, refined carbohydrates

SUPPLEMENTS

- [Liver support with Milk Thistle](#)
- [Vitamin C with Lysine](#)
- [Artichoke](#)
- Psyllium husk (1 Tbsp in a glass of water daily for extra fibre)
- [Magnesium citrate](#)

HERBAL TEAS

- [Dandelion Root](#)
- [Nighty Night Tea-Passionflower, Lemon Balm and Valerian Root](#)
- Ashwagandha
- Room temperature water with lemon juice
- [Wholy Detox Tea](#)
- Chamomile
- Lavender
- [Smooth Move laxative tea](#) (use no longer than 2 weeks)

SPRING CLEANSE MEAL PLAN #1

Click on each recipe for the instructions

BREAKFAST

Protein Smoothie with Chia



Poached Egg on Salad



Granola with Oat Milk or Yogurt



LUNCH

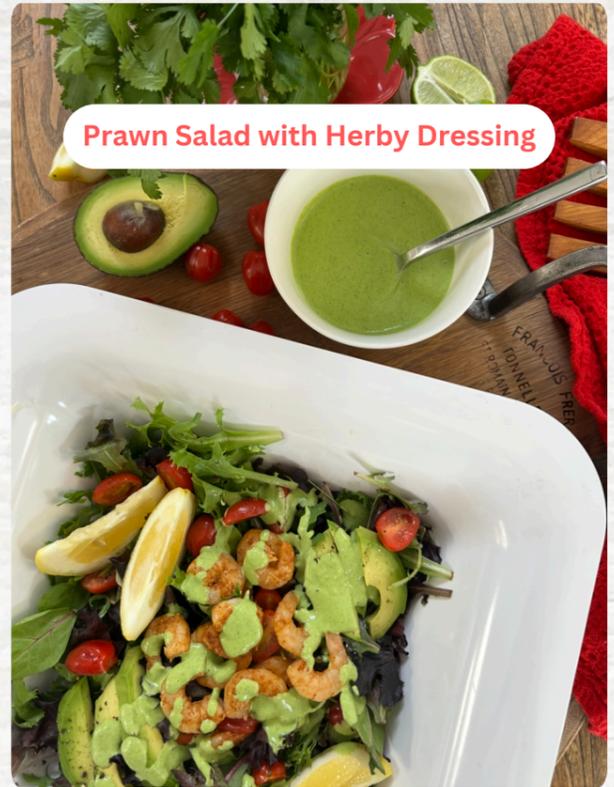
Green Pea Pesto with Zucchini Noodles or Veggie Sticks



Anti-inflammatory Carrot Soup with Salad



Prawn Salad with Herby Dressing



DINNER

Chickpea Caesar with Healthy Dressing



Southwest Salad



Chicken Cacciatore with Vegetables and Salad



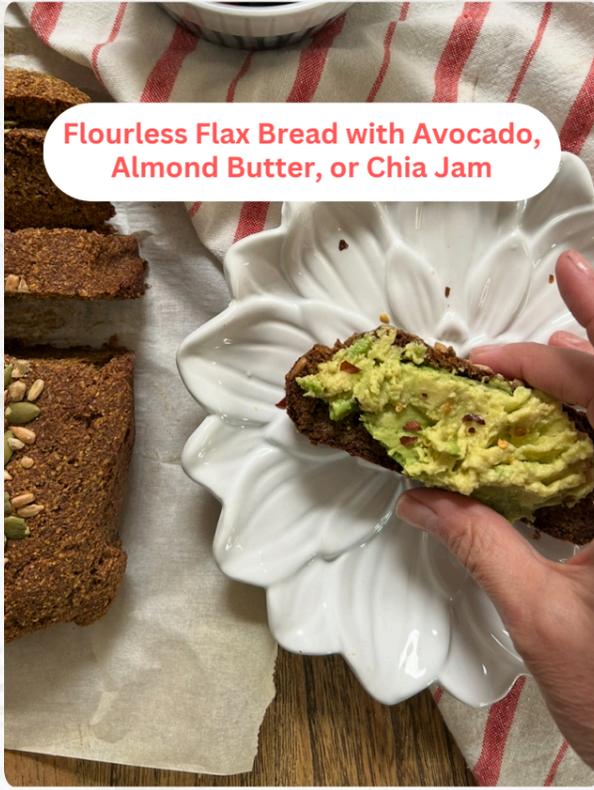
SPRING CLEANSE MEAL PLAN #2

Click on each recipe for the instructions

BREAKFAST



Zucchini Egg Cups



Flourless Flax Bread with Avocado, Almond Butter, or Chia Jam



Strawberry Ricotta Smoothie

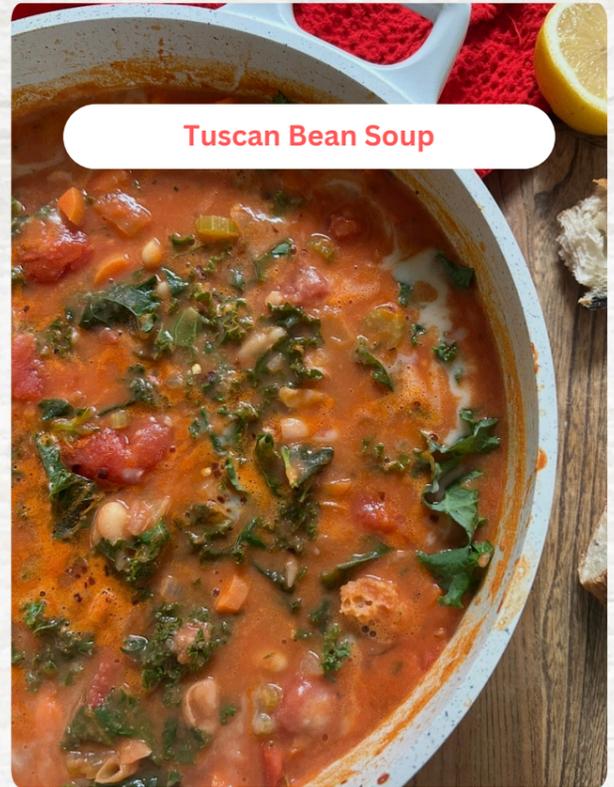
LUNCH



Carrot, Apple & Walnut Salad with Chickpeas or Chicken



Garlic Hummus with Veggie Sticks

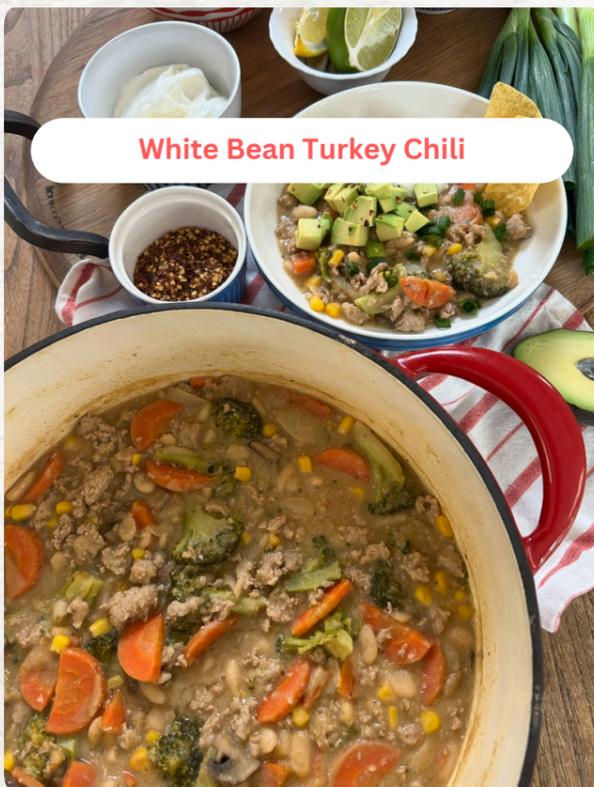


Tuscan Bean Soup

DINNER



Roasted Chicken with Coconut Cauliflower "Rice"



White Bean Turkey Chili



Mediterranean Detox Salad