

3 Day Holiday Detox

Tips for Success:

- Avoid added sodium, processed sugar, diet drinks, anything out of a box/can/drive-thru, and alcohol
- Start each day with warm lemon water
- Include some form of relaxation for 10 minutes each day
- Sleep 6-8 consecutive hours on each of the three nights
- Eat a superfood or herbs at each meal
- Get plenty of fiber and drink lots of water

	Day 1	Day 2	Day 3
Start Your Day Drink a glass of warm lemon water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meal #1 1/2 Grapefruit with a non-artificial sweetener (like monkfruit) + 1/2 cup prepared oats with berries + drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One Hour Later Drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meal #2 2 cups of cabbage soup + drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One Hour Later Drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meal #3 1 cup roasted veggies + 1/2 cup of lentils or quinoa + drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One Hour Later Drink 10 oz. of plain water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>