

## *The TWHB 7 Day Cleanse*

	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
BREAKFAST	ONE GRAPEFRUIT, GREEN TEA W/ LEMON (*NO SUGAR!)	¼ CUP BLUEBERRIES, GREEN TEA W/ LEMON (*NO SUGAR!)	1 BANANA, 6 BLACKBERRIES, GREEN TEA W/ LEMON (*NO SUGAR!)	OATMEAL W/ RAISINS & BLUEBERRIES GREEN TEA W/ LEMON (*NO SUGAR!)	PINEAPPLE & APPLE, GREEN TEA W/ LEMON (*NO SUGAR!)	PROTEIN SMOOTHIE (NON-DAIRY MILK, CHIA & FLAX SEEDS, MINT, SPINACH, ½ BANANA, ICE)	PROTEIN SMOOTHIE (KALE, KIWI, ½ BANANA, NON-DAIRY MILK)
SNACK (10 AM)	½ AVOCADO W/PINCH OF SALT	¼ CUP BLUEBERRIES, 1 APPLE GREEN TEA W/ LEMON (*NO SUGAR!)	ONE CUCUMBER W/ APPLECIDER VINEGAR AND PINCH OF SALT	LIGHT POPCORN AND CAYENNE PEPPER	RASPBERRIES AND NON-DAIRY YOGURT	BLUEBERRIES AND NON-DAIRY YOGURT	10 ALMONDS
LUNCH	BEEF AND KALE SALAD	BABy CARROTS	BAKED EGGPLANT AND ZUCCHINI	SALAD (DANDELION LEAVES, ONION, APPLES, LEMON JUICE, TOMATO BASIL BALSAMIC VINAIGRETTE)	SALAD (SPINACH, ALMONDS, TOMATO, CUCUMBER, APPLES, LEMON, BALSAMIC VINAIGRETTE)	SALAD (KALE, BEETS, APPLE W/ OLIVE OIL, VINEGAR AND LEMON JUICE)	GUACAMOLE AND WHOLE GRAIN CHIPS
SNACK (3 PM)	½ AVOCADO W/PINCH OF SALT	ARTICHOKE	CELERY STICKS	CELERY STICKS	CELERY STICKS AND WATERMELON	½ AVOCADO	WATERMELON
DINNER	BAKED SWEET POTATO AND BROCCOLI	GARLIC AND BAKED RED POTATOES W/ ASPARAGUS	GARLIC ROASTED BROWN RICE AND COLLARD GREENS	GARLIC LEEKS WITH CILANTRO AND OLIVE OIL	CABBAGE AND STEAMED GREEN BEANS W/ LEMON AND PINCH OF SALT	SAUERKRAUT, GARLIC ROASTED BROWN RICE AND ½ AVOCADO	BAKED SWEET POTATO AND ROASTED CARROTS W/ ONION, FENNEL, CORIANDER & CUMIN
BEDTIME SNACK	---	FIRE CIDER (ONION, GINGER, GARLIC, TURMERIC, BLACK PEPPERCORN, ROSEMARY, THYME, HONEY, APPLE CIDER)	FIRE CIDER (ONION, GINGER, GARLIC, TURMERIC, BLACK PEPPERCORN, ROSEMARY, THYME, HONEY, APPLE CIDER)	½ GRAPEFRUIT	LIGHT POPCORN AND CAYENNE PEPPER	FIRE CIDER (ONION, GINGER, GARLIC, TURMERIC, BLACK PEPPERCORN, ROSEMARY, THYME, HONEY, APPLE CIDER)	FIRE CIDER (ONION, GINGER, GARLIC, TURMERIC, BLACK PEPPERCORN, ROSEMARY, THYME, HONEY, APPLE CIDER)

