

Detox and De-Bloat Meal Plan:

Day 1	Food	Drinks
Breakfast	2 eggs, handful of fresh berries, sautéed kale and spinach	Green tea with lemon, 1 cup black coffee
Lunch	Pulled chicken and quinoa vegetable salad (1/2 tbsp EVOO and rice vinegar for dressing)	Water
Snack	Turkey deli slices wrapped in romaine lettuce and cucumber	Green tea with lemon
Dinner	Salmon and asparagus (1/2 tbsp EVOO and salt/pepper)	Water, other decaf tea
Day 2		
Breakfast	2 egg and egg whites omelette with mushrooms and peppers	Green tea with lemon, 1 cup black coffee
Lunch	Leftover salmon with green salad (1/2 tbsp EVOO, apple cider vinegar, Dijon mustard)	Water
Snack	Green apple, handful of raw almonds	Green tea with lemon
Dinner	Pulled chicken tacos on lettuce wraps with salsa and ½ avocado	Water, other decaf tea
Day 3		
Breakfast	Strawberry smoothie with almond milk, ½ green banana, 1 scoop VEGA vanilla protein powder	Green tea with lemon, 1 cup black coffee
Lunch	Greek salad (olives, light feta cheese, tomatoes, cucumbers) with 2 grilled pork kebobs	Water
Snack	Carrots, cucumber, 1 kebob	Green tea with lemon
Dinner	Grilled tilapia, brown rice (1/2 cup), green beans	Water, other decaf tea