

the detox diet

fill-in-the-blanks menu plan

Meal 1 (7am)

Complex Carbohydrate 1 cup

Fruit 1 small piece or 1/4 cup

snack (10am)

Vegetable

AND/OR

Fruit 1 small piece or 1/4 cup

1SP or 2oz of GOOD FAT

Meal 2 (1pm)

Protein 3-4oz

Complex Carbohydrate 1/2 cup

Vegetable

AND/OR

Fruit 1 small piece or 1/4 cup

snack (4pm)

Vegetable

Good fat

Meal 3 (7pm)

Protein 3-4oz

Vegetable

AND/OR

Fruit 1 small piece or 1/4 cup

Depending on hunger and intense workout level you may add:

Complex Carbohydrate 1/3 cup

Metabo-Snacker (10pm - if awake)

Vegetable

AND/OR

Fruit 1 small piece or 1/4 cup

1tsp or 2oz GOOD FAT

Example day might look like this:

Meal 1:

1 cup oatmeal

Cinnamon

Flaxseed

Top with fresh strawberries to sweeten

Snack:

Celery Sticks and apple slices

with almond butter

Meal 2:

Chicken breast

Brown Rice

Stir fried with tons of vegetables.

Snack:

Salad

cucumbers, avocado, spinach, walnuts

top with balsamic and olive oil

Meal 3:

Tilapia on bed of greens

Fresh berries

Snack:

Sliced peppers, hummus

and a banana

