



Three Days Detox Plan

Day 1

Breakfast: Banana/ (For diabetics Apple) Chia Smoothie

- **Ingredients:** 1 Banana/Apple, 1 tbsp chia seeds, 1 cup almond milk, 5 soaked almonds.
- **Recipe:** Blend all ingredients until smooth. Serve chilled.

Mid-Morning: Fresh Coconut Water with Pumpkin Seeds

- **Ingredients:** 1 glass fresh coconut water, 1 tbsp pumpkin seeds.
- **Recipe:** Drink coconut water with a side of pumpkin seeds.

Lunch: Rainbow Salad with Steamed Vegetables

- **Ingredients:** 1 cup cucumber, 1 cup carrot, 1 cup bell pepper, 1/2 cup steamed broccoli, lemon, salt, pepper.
- **Recipe:** Toss raw veggies with lemon juice, salt, and pepper. Add steamed broccoli on top.

Evening Snack: Pineapple Mint Juice

- **Ingredients:** 1 cup pineapple, a few mint leaves, 1/2 cup water.
- **Recipe:** Blend pineapple and mint with water. Strain and serve chilled.

Dinner: Carrot Ginger Soup with Sautéed Vegetables

- **Ingredients:** 1 cup carrots, 1/2 inch ginger, 1/2 cup zucchini, 1/2 cup spinach, salt, pepper.
- **Recipe:** Boil carrots and ginger, blend until smooth. Sauté zucchini and spinach with salt and pepper as a side.

Day 2

Breakfast: Green Detox Smoothie

- **Ingredients:** 1 cup spinach, 1/2 apple, 1 tbsp chia seeds, 1 cup coconut water.
- **Recipe:** Blend all ingredients until smooth. Serve immediately.

Mid-Morning: Orange with Flax Seeds

- **Ingredients:** 1 orange, 1 tbsp flax seeds.
- **Recipe:** Peel the orange and have it with a side of flax seeds.

Lunch: Cucumber & Tomato Salad with Steamed Sweet Potatoes

- **Ingredients:** 1 cup cucumber, 1 cup tomato, 1 cup steamed sweet potatoes, lemon, salt.
- **Recipe:** Mix cucumber and tomato with lemon juice and salt. Serve with steamed sweet potatoes.

Evening Snack: Pomegranate Juice

- **Ingredients:** 1 cup pomegranate, a few mint leaves.
- **Recipe:** Blend Pomegranate and mint. Strain if desired and serve chilled.

Dinner: Spinach Soup with Sautéed Mushrooms

- **Ingredients:** 1 cup spinach, 1/2 cup mushrooms, salt, pepper.
- **Recipe:** Boil spinach, blend until smooth. Sauté mushrooms with salt and pepper. Serve soup with mushrooms on top.

Day 3

Breakfast: Berry Almond Smoothie

- **Ingredients:** 1/2 cup strawberries, 1/2 cup blueberries, 1 cup almond milk, 1 tbsp chia seeds.
- **Recipe:** Blend all ingredients until smooth. Serve cold.

Mid-Morning: Apple with Walnuts

- **Ingredients:** 1 apple, 5-6 walnuts.
- **Recipe:** Slice apple and enjoy with a handful of walnuts.

Lunch: Beetroot & Carrot Salad with Steamed Green Beans

- **Ingredients:** 1 cup grated beetroot, 1 cup grated carrot, 1 cup steamed green beans, lemon, salt.
- **Recipe:** Mix grated veggies with lemon juice and salt. Serve with steamed green beans.

Evening Snack: Sweet Lime Juice

- **Ingredients:** 1 Sweet Lime seeds.
- **Recipe:** Blend the sweet Lime with water, strain, and serve chilled.

Dinner: Pumpkin Soup with Sautéed Bell Peppers

- **Ingredients:** 1 cup pumpkin, 1/2 cup mixed bell peppers, salt, pepper.
- **Recipe:** Boil pumpkin and blend until smooth. Sauté bell peppers with salt and pepper, serve with soup.