7 Day Cravings Reset & Body Detox Meal Plan - Vegetarian/Vegan

10 DAY CRAVINGS RESET & BODY DETOX

	Day 1 – Liquid –	Day 2 – Liquid –	Day 3 – Liquid –
Breakfast	Lemon Water Kale & Avocado Smoothie	Lemon Water Clean & Green Smoothie	Lemon Water Berry Almond Butter Smoothie
Snack	Herbal Tea	Herbal Tea	Herbal Tea
Lunch	Emerald Smoothie	Berry Almond Butter Smoothie	Emerald Smoothie
Snack	Lemon + Ginger water To 2 cups boiling water add 2 slices of lemon and a diced 1" cube of ginger. Let stand until water is cool enough to drink.	Lemon + Ginger water	Lemon + Ginger water
Dinner	Butternut Squash Soup	Sweet Potato Soup	Leftover soup (your choice)
Before Bed	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea

Note: Go easy on yourself during the first three days of your cleanse. If you need to have a solid food snack, choose a handful of unsalted almonds or pecans. This is also a good time for rest and reflection. Make sure you're drinking lots of water!

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	Day 4	Day 5	Day 6	Day 7
Breakfast	Lemon Water ¾ cup Overnight Steel Cut Oats with suggested toppings (recipe).	Lemon Water ¾ cup Overnight Steel Cut Oats with suggested toppings (recipe).	Lemon Water Quick Quinoa Breakfast "cereal" with almond milk, chopped nuts, hemp seeds, cinnamon (eat hot or cold)	Lemon Water Chickpea Breakfast Scramble bowl
Lunch	Leftover – Sweet potato or butternut squash soup	(Same as day 4 dinner) Black Bean Lettuce Wraps	(Leftover) Curried Cauliflower Soup [Everyday Eats p.48] Served with a mixed greens salad dressed with balsamic vinegar and olive oil (if desired).	2 cups Mediterranean Quinoa & Lentil Salad Top with alfalfa/bean sprouts and serve with ½ avocado, sliced.
Snack	Lemon + Ginger water 1 medium apple + 1tbsp. Almond butter for dipping.	Herbal Tea 2 -3 energy bites [Everyday Eats p.59 or 62]	Fresh & Easy Fruit Salad	Hummus with carrot, bell pepper, and celery sticks. + 5 olives [Everyday Eats p.87]
Dinner	Black Bean Lettuce Wraps	Curried Cauliflower Soup [Everyday Eats p.48] Eat with a mixed greens salad dressed with balsamic vinegar and olive oil (if desired).	Mediterranean Tomato Salad with chickpeas Option to eat it over a mixed greens salad or to include ½ cup cooked quinoa.	Hearty Lentils in Tomato Sauce [Everyday Eats p.108] Serve with a mixed greens salad dressed with balsamic vinegar and olive oil.
Before Bed	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea

Note: Eat until you're 80% full. Eat slowly and mindfully. Pay attention to the cues from your body, stopping when you're satisfied. The snacks suggested can be eaten at any time throughout the day. Feel free to omit snacks or eat less than what's suggested on this meal plan, according to your body's needs.

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	Day 8	Day 9	Day 10
Breakfast	Lemon Water (Leftover) Chickpea scramble breakfast bowl.	Lemon Water Clean & Green Smoothie	Lemon Water Berry Almond Butter smoothie
Lunch	(Leftover) Hearty lentils in tomato sauce, with a mixed greens salad dressed with balsamic vinegar and olive oil (if desired).	(Leftover) Easy Homemade Minestrone Soup [Everyday Eats p. 53] Serve with mixed greens salad with ¼ avocado + salt + pepper.	(Leftover) Curried Chickpeas With Wild Rice [Everyday Eats p.100] Served with mixed greens salad with olive oil and lemon juice dressing.
Snack	Fresh pineapple chunks covered with shredded coconut (put them in a container and shake).	Hummus with carrot, bell pepper, and celery sticks. + 5 olives [Everyday Eats p.87]	Green Pea Guacamole with cucumber slices and carrot sticks [Everyday Eats p.86]
Dinner	Easy Homemade Minestrone Soup [Everyday Eats p. 53] Serve with mixed greens salad with ¼ avocado + salt + pepper.	Curried Chickpeas With Wild Rice [Everyday Eats p.100] Served with mixed greens salad with olive oil and lemon juice dressing.	Black Bean Lettuce Wraps
Before Bed	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea	Probiotic Omega 3 Oil Herbal Tea

Key Ingredients:

-Lentils & Chickpeas

-Avocado

-Sprouts

-Kimchi

Cleansing Teas:

-Peppermint Tea

-Dandelion Tea

-Everyday Detox Tea (Traditional Medicinals brand)

Cooking Tips:

-Use only coconut oil for cooking

-Oils for dressings (do not heat): XV Olive oil, flax seed oil

-Lightly steam vegetables rather than having them completely raw. Steaming for 5 minutes (so they're still crisp) will ensure digestibility and keep nutrients intact.