7 Day Cravings Reset & Body Detox Meal Plan - Protein

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 Fish Oil Herbal Tea	Probiotic Fish Oil Herbal Tea	Probiotic Fish 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 1 serving of Make Ahead Baked Oatmeal [Everyday Eats p. 30] + 1 Tbsp. whipped coconut cream (if desired)	Lemon Water Quinoa "cereal" with almond milk, chopped nuts, hemp seeds, cinnamon (enjoy warm)	Lemon Water 1 serving of Make Ahead Baked Oatmeal [Everyday Eats p. 30] + 1 Tbsp. whipped coconut cream (if desired)	Lemon Water 2 On-the-Go Egg Muffins [Everyday Eats p.22]
Lunch	Leftover – Sweet potato or butternut squash soup	Mixed greens salad with Oven Roasted Mixed Vegetables (recipe), with 4 oz. of leftover chicken. Dress with olive oil and balsamic vinegar.	(Leftover) Lemon Chicken Soup with ½ a baked sweet potato with coconut oil, salt and pepper.	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.	Green Pea Guacamole with cucumber slices and carrot sticks [Everyday Eats p.86]	Hummus with carrot, bell pepper, and celery sticks. + 5 olives [Everyday Eats p.87]	Herbal Tea 2 -3 energy bites [Everyday Eats p.59 or 62]
Dinner	Roasted Lemon Rosemary Chicken with steamed green beans and broccoli, drizzled with olive oil.	Lemon Chicken Soup [Everyday Eats p.49]	Mediterranean Tomato Salad with chickpeas Option to eat it over a mixed greens salad or to include ½ cup cooked quinoa.	Pickerel with Lemon & Thyme with leftover Oven Roasted Mixed Vegetables and mixed greens salad.
Before Bed	Probiotic Fish Oil Herbal Tea	Probiotic Fish Oil Herbal Tea	Probiotic Fish Oil Herbal Tea	Probiotic Fish 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 Berry Almond Butter smoothie	Lemon Water 2 On-the-Go Egg Muffins [Everyday Eats p.22]	Lemon Water Clean & Green Smoothie
Lunch	Lettuce Wraps with Chicken	(Leftover) Minestrone soup with brown + wild rice. Mixed greens salad with ¼ avocado + salt + pepper.	(Leftover) Halibut with Crunchy Walnut Crust [Everyday Eats p.110] Served with sautéed Swiss Chard with Olives [Everyday Eats p.110]
Snack	Herbal Tea 2 -3 energy bites [Everyday Eats p.59 or 62]	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]
Dinner	Easy Homemade Minestrone Soup [Everyday Eats p. 53] Serve with mixed greens salad with ¼ avocado + salt + pepper.	Halibut with Crunchy Walnut Crust [Everyday Eats p.110] Served with sautéed Swiss Chard with Olives [Everyday Eats p.110]	Curried Chickpeas With Wild Rice [Everyday Eats p.100] Served with mixed greens salad with olive oil and lemon juice dressing.
Before Bed	Probiotic Fish Oil Herbal Tea	Probiotic Fish Oil Herbal Tea	Probiotic Fish Oil Herbal Tea

Key Ingredients:

-Eggs

-Avocados

-Sprouts

-Kimchi

Cleansing Teas:

-Peppermint Tea

-Dandelion Tea

-Everyday Detox Tea by Traditional Medicinals

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.