2 Day Detox

Day 1

Breakfast

Chia Berry Green Protein Smoothie

- 1 cup of water
- 1/2 cup mixed frozen berries
- 1-2 cups of spinach
- handfull of ice
- 1 serving of protin powder
- sprinkle of chia seeds

Tip: blend the water and greens fitst; then add the rest of the ingredients

Snack

- apple

Lunch

Veggie "Detox" Letuce Wraps

- 2 large butter lettuce leaves
- sliced veggies - no corn, beans, nuts or seeds
- fresh squeezed lemon dressing or vinegar

Dinner

- large salad with lots of veggies and fresh squeezed lemon dressing

Day 2

Breakfast

Chia Berry Green Protein Smoothie

- 1 cup of water
- 1/2 cup mixed frozen berries
- 1-2 cups of spinach
- handfull of ice
- 1 serving of protin powder
- sprinkle of chia seeds

Tip: blend the water and greens fitst; then add the rest of the ingredients

Snack

- apple

Lunch

Veggie "Detox" Letuce Wraps

- 2 large butter lettuce leaves
- sliced veggies - no corn, beans, nuts or seeds
- fresh squeezed lemon dressing or vinegar

Dinner

- large salad with lots of veggies and fresh squeezed lemon dressing
- 6 oz chiecken breast or tofu

During the detox, drink water only (sparkling water is OK). Do not drink coffee, tea or soda. No caffeine or artificial sweeteners either. Don't worry, you can have them back in 48 hours!