

Grocery List Detox

- Raspberries, 4 cups
- Blueberries, 4 cups
- Peaches, 2
- Lemons, 6
- Pineapple, 2 cups
- Bananas, 2
- Avocado, 1
- Carrots, 2 large
- Celery, 2 stalks
- Leeks, 3 medium-large
- Parsley
- Garlic, 1 bulb
- Baby Kale, 2 boxes (or 2 bunches of any kale)
- Baby Spinach, 2 boxes
- Coconut Water, 2 large boxes
- Flaxmeal (or flaxseed to mill)
- Red lentils: 2 cups
- Almond Butter (all natural, no added salt, sugar, or oils)
- Veggie Stock, 3 boxes
- Cayenne Pepper
- Almond Milk
- Green Tea
- Detox Tea (or any herbal tea)
- Lavender Essential Oils (for bath)
- Epsom Salt (for bath)
- Multi-Vitamin
- Fish Oil
- Probiotic
- Stevia (optional)



3 Day Detox recipes



- energy**
- ¾ cup water
 - ½ cup almond milk
 - 1 cup raspberries
 - ½ peach or 4 wedges
 - ½ banana
 - Large handful of baby spinach
 - 1 Tbs. ground flaxmeal
 - 1 Tbs. almond butter
 - 1 Tbs. lemon juice



- detox soup**
- 2 Boxes Vegetable Stock
 - 2 Large Carrots Roughly chopped
 - 2 Stalks Celery Chopped
 - 3 Leeks, whites cleaned & chopped
 - 2 cups Red Lentils
 - 2-3 cups chopped kale
 - 1 clove garlic
 - 1 cup chopped parsley (or more)
 - Zest of 1 Lemon
 - ¼ tsp cayenne pepper (optional)

1. Place all ingredients in a large pot (except parsley, cayenne pepper & lemon zest)
2. Bring to a boil and simmer for 30 minutes.
3. Add parsley and lemon zest.
4. Blend thoroughly with immersion blender add stock to reach desired thickness.



- hottie**
- ½ cup pineapple
 - 1 cup blueberries
 - 1 ½ cup coconut water
 - Large handful of baby spinach
 - Large handful of kale
 - ¼ avocado
 - ¼ tsp cayenne pepper
 - 1 Tbs. lemon juice
 - 1 Tbs. ground flax meal

tips

Using ball jars will make the next 3 days better organized and easier to manage. Plus they make great glasses to drink water from:) You can purchase them anywhere from Target, to Benny's, or even your regular grocery store. Make sure to clean them thoroughly before using.

While the soup is simmering, prep smoothies for the first day. Measure ingredients according to the recipes and store them in air tight mason jars. When you are ready to go, pour the contents of your mason jar into the blender, blend until creamy, and pour back into the mason jar to enjoy throughout the day. Blend ahead of time for one day only. Ingredients may start to oxidize if blended too far in advance.

Drink smoothies from a straw. It's less messy and makes it easier to drink from the mason jars.

A good blender for the smoothies is helpful but not necessary. Be patient, pausing regularly to push down any food on the side of the blender.. Blend thoroughly and check for chunks. Water content of fruits and vegetables varies, so add water if needed to adjust the consistency of any smoothie.

Pre-portion the soup into tupperware (2 cups). Refrigerate 6 for the detox and freeze the rest.

These are savory recipes designed to provide maximum nutrition, support detoxification, and rest our digestive track. Use generous handfuls of leafy greens (spinach and kale). They are low in calories, packed with valuable nutrition and are alkalizing - which is key to detox.

Detox LowDown

Day 1

breakfast

Morning tea: 1 bag green tea, 1 slice lemon
Raspberry Energy Smoothie
½ multi-vitamin, probiotic

lunch

Detox Soup, 2 cups
½ multi-vitamin, fish oil
Detox tea or warm water with lemon

snack

Hottie Smoothie
Detox tea or water with lemon

dinner

Detox Soup, 2 cups
Fish oil & probiotic
Detox tea or warm water with lemon

Evening Detox Bath

2 ½ cups epsom salt & 10 drops lavender essential oil. So nice!

Day 2

breakfast

Morning tea: 1 bag green tea, 1 slice lemon
Raspberry Energy Smoothie
½ multi-vitamin, probiotic

lunch

Detox Soup, 2 cups
½ multi-vitamin, fish oil
Detox tea or warm water with lemon

snack

Detox Soup, 2 cups
Detox tea or water with lemon

dinner

Hottie Smoothie
Fish oil & probiotic
Detox tea or warm water with lemon

Evening Detox Bath

2 ½ cups epsom salt & 10 drops lavender essential oil. So nice!

Day 3

breakfast

Morning tea: 1 bag green tea, 1 slice lemon
Raspberry Energy Smoothie
½ multi-vitamin, probiotic

lunch

Detox Soup, 2 cups
½ multi-vitamin, fish oil
Detox tea or warm water with lemon

snack

Hottie Smoothie
Detox tea or water with lemon

dinner

Detox Soup, 2 cups
Fish oil & probiotic
Detox tea or warm water with lemon

Evening Detox Bath

2 ½ cups epsom salt & 10 drops lavender essential oil. So nice!

Soup tips:

Add more stock for consistency

Add lemon juice to taste

Pre-portion into 2 cups servings