

Day one



Opt for fresh steamed veggies (soft on digestion), pureed meals and soothing fats like avocado.

Day two



Shifting toward more pureed meals. Steam vegetables as a snack or enjoy an extra glass of green juice.

Day three



Today is a full day of liquids! Planning to drink lots of water and participate in a deep and relaxing yoga class this evening.

Day four



Beginning the day with liquids to help continue the cleanse. Note: no chickpeas on soup or edamame on salad.

Day five



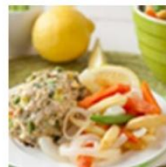
Make an extra batch of veggie juice if needed. Note: no chickpeas in salad. Add soaked nuts or seeds.

Day six



Pair cooked squash with dinner. Note: no chickpeas on salad. Add soaked nuts or seeds.

Day seven



Add hemp or pea protein to smoothie and have pate with a medium cooked sweet potato and a large serving of steamed vegetables.