

# 14-DAY CLEANSE

## DAY 3 SUMMER: DAILY ROUTINE

### Upon Rising

- Meditate
- Schedule a time for your exercise, 30 minutes, and food prep for today, 1-2 hours.
- Tongue Scraping. See Wellness Practices Guide.
- Dry Skin Brush before bathing. See Wellness Practices Guide.

### Early Morning

1 - 16oz glass lemon water, ½ lemon squeezed into room temp or warm water.

OR

1 - 16oz glass ACV water, 1 TBSP apple cider vinegar in filtered water.

*\* We recommend drinking lemon/ACV water with a reusable glass or metal straw to avoid stripping the enamel on your teeth.*

### Breakfast

Move to the Beet

Hydrate: water, herbal tea, lemon water, ACV water, non-dairy kefir, etc. See Hydration Guide.

### Mid-Morning

SNACK LIST Choose any item.

Hydrate

1 cup herbal tea, hot or cold, no caffeine, recommendations: rosehip, peppermint, chamomile.

*\* When heating water for tea, we don't bring the water to a complete boil, as boiling destroys enzymes 100%, kills some nutrients.*

### Lunch

Coconut Curry with Cauliflower Rice, leftovers

Hydrate

### Mid-Afternoon

1 cup herbal tea, or any beverage in our Cleanse Foods Guide.

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## Dinner

Stuffed to Perfection Peppers + Tomato Avocado Cucumber Salad + Raw Chocolates, optional.

Hydrate

## Bedtime

Herbal Tea. We recommend chamomile, or a sleep time blend. See Resource Guide.

Journal

Optional: Dry Skin Brushing. See Wellness Practices Guide.

Optional: Detox Bath. See Wellness Practices Guide.

*\* See Sleep Tips for tips on better sleep.*

## FOOD PREP FOR TOMORROW:

Make Chocolate Chia Pudding for tomorrow's breakfast

## ACTIVITIES:

Download today's resources:

Journal of Reflection

Probiotic-Promoting Foods