14-DAY CLEANSE

DAY 12 WINTER: 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
Basil Berry Blitz
Hydrate: water, herbal tea, lemon water, ACV water, non-dairy kefir, etc. See Hydration Guide.

Mid-Morning
SNACK LIST Choose any high-water content 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 (Phase 2)
Cucumber Delight + Kale Guacamole with Veggies + Miso Soup
Hydrate

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

Dinner
Divine Detox + Fermented Sauerkraut
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 Red Cabbage Rave and bake sweet potato for tomorrow's meals

ACTIVITIES:
Download today's resources:
Journal of Reflection
Plant-Based Milk Guide