

14-DAY CLEANSE

DAY 13 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 Melonade

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

Red Cabbage Rave + 1 medium avocado, peeled, pitted, sliced.

Hydrate

Mid-Afternoon

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

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Dinner

Souper Broccoli and Almond Soup + 1 baked sweet potato

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:

Defrost African Stew and bake 1 sweet potato for tomorrow's meals

ACTIVITIES:

Download today's resources:

Journal of Reflection

Bonus #1: Natural Beauty Cookbook