

# 14-DAY CLEANSE

## DAY 13 SPRING: 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

Kale Colada

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

Spinach, Walnut, and Apple Balsamic Blast, leftovers

Hydrate

### Mid-Afternoon

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

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## Dinner

**Stir-Fry with Cauliflower Rice**

**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**