

14-DAY CLEANSE

DAY 3 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

Green Bananarama

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

Steamed Artichokes and Roasted Vegetables with Aioli, leftovers + Green Goddess, leftovers

the decadent detox

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Hydrate

Mid-Afternoon

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

Dinner

Creamy Green Soup + Raw Cauliflower Tabouli + Chocolate Fruit Balls, 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 Banana Coconut Chia Pudding for breakfast

ACTIVITIES:

Download today's resources:

Journal of Reflection

Probiotic-Promoting Foods Guide