

Fresh
START

A 3-WEEK CLEANSE

MEAL PLAN

week two

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

Upon Waking

MORNING TONIC

Smoothie

Pear
Ginger

Pear
Ginger

Apple
Cucumber
Mint

Apple
Cucumber
Mint

Mango
Cilantro
Turmeric

Mango
Cilantro
Turmeric

Citrus Beet
with Mint

Morning Snack

Pea Pods w/
Almond Dip

Sunomono
(Japanese
Cucumber
Salad)

Key Lime
Smoothie
Popsicles

Roasted
Mixed Nuts

Pineapple
Heaven in
a Bowl

Vegan
Waldorf
Salad

Roasted
Mixed Nuts

Lunch

Zoodles
in a Jar

Broiled
Cauliflower
w/ Tomato
Sauce

Thai Stuffed
Sweet
Potato

Warm
Cauliflower
Tabbouleh
Salad

Coconut
Ginger
Zoodles
w/ Veggies

Roasted
Veggie Bowl
w/ Creamy
Hemp Sauce

Broccoli
Potato
Soup

Afternoon Snack

Pineapple
Heaven in
a Bowl

Roasted
Mixed Nuts

Strawberry
Lemon Chia
Pudding

Pea Pods w/
Almond Dip

Key Lime
Smoothie
Popsicles

Strawberry
Lemon Chia
Pudding

Vegan
Waldorf
Salad

Dinner

Broiled
Cauliflower
w/ Tomato
Sauce

Thai Stuffed
Sweet
Potato

Warm
Cauliflower
Tabbouleh
Salad

Coconut
Ginger
Zoodles
w/ Veggies

Roasted
Veggie Bowl
w/ Creamy
Hemp Sauce

Broccoli
Potato
Soup

Roasted
Veggie
Medley
w/ Pesto

Before Bed

SPICED ALMOND MILK

This meal plan is designed for one person.

SHOPPING LIST

week two

FRUIT:

- Apple, green:** 3
- Avocado:** 3
- Lemon:** 8
- Lime:** 2
- Mango, frozen:** 3 cups or 2-16 oz packages
- Navel orange, fresh:** 1 small
- Pear, fresh:** 2
- Pineapple:** 1.5 cup *fresh*, 1 cup *frozen* or 1 whole pineapple
- Strawberries, fresh:** 1/2 cup

VEGETABLES:

- Beets, raw or cooked:** 1/4 cup
- Bell pepper, any color:** 2
- Broccoli:** 4 cups or 2 heads
- Carrots:** 3
- Cauliflower:** 2 medium heads
- Celery:** 3-4 stalks
- Cucumber:** 2 large
- Garlic clove:** 12
- Ginger, fresh:** 12 inches
- Green beans:** 1/2 lb
- Kale, fresh:** 6 cups or 2 bunches
- Mushrooms, portobello:** 2 large
- Onion, yellow:** 2
- Pea pods:** 1 cup
- Potatoes, golden:** 2
- Red onion:** 1
- Romaine or butter leaf:** optional
- Snow peas:** 1 cup
- Spinach, fresh:** 7.5 cups or 2 6oz packages
- Sweet potato:** 2 small, 2 medium
- Tomatoes, cherry:** 1 pint
- Tomatoes:** 2
- Zucchini:** 2

FRESH HERBS:

- Basil:** 2 cups
- Cilantro:** 1 bunch
- Green onion:** 1 bunch
- Mint:** 4 bunches
- Parsley:** 2 bunches
- Rosemary:** 1 sprig

LIQUID BASES:

- Almond milk:** 7 cups or 56 oz
- Vegetable broth:** 3-4 cups or 1 quart

CANNED GOODS:

- 15 oz can diced tomatoes:** 1
- 15 oz can full-fat canned coconut milk:** 3