

[illegible]

Week 2

Sample menu

	Day 8 Monday	Day 9 Tuesday	Day 10 Wednesday
Wake-Up:	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic	Morning Mojo -or- Lemon Ginger Tonic
Breakfast	Green Juice -or- Smoothie	Green Juice -or- Smoothie	Green Juice -or- Smoothie
Snack	Vanilla Chia Power Pudding	1 cup fresh sliced veggies	Apple w/ Almond Butter
Lunch	Large Veggie salad with avocado and apple cider vinaigrette	Leftover Mom's Chicken Soup with an Apple	Collard wrap w/ avocado & lots of veggies
Snack	Water -or- herbal tea	Handful of Raw Nuts	Seaweed Salad
Dinner	Bowl of Mom's Chicken Soup + 1 glass Kombucha	Large Veggie salad With Mint & Basil Dressing	Sliced Turkey with Sauerkraut, ½ Sweet Potato & Steamed Broccoli
Before Bed	herbal tea	herbal tea	herbal tea