

3-DAY CLEANSE DETOX DIET

A.M.
Drink

Breakfast

Lunch

Snacks

Dinner

Day 1

Turmeric lemonde



Steamed sweet potato



Cucumber & kale smoothie



Almonds and oranges



Brown rice & beans

Day 2

Turmeric lemonde



Kale & blueberry smoothie



Broccoli & cauliflower soup



Celery, & carrot slices



Brown rice & beans

Day 3

Turmeric lemonde



Cashews & carrot juice



Mango & coconut smoothie



Mashed avocado



Dairy-free pumpkin soup