

7 Day New Year Detox Plan

Note: YOU MUST DO THE PLAN EXACTLY AS SHOWN. DO NOT REMOVE FOOD, EXCHANGE, OR SKIP MEALS. PLEASE READ THE INSTRUCTION BELOW FIRST. 1 GALLON OF WATER DAILY

MEAL 1:

- Super Greens – mix with water
- Saffron Supplement - Appetite suppressant - <https://www.prozis.com/us/us/prozis/appetite-control-60-caps>

MEAL 2:

12oz detox drink – prepare one gallon.

- Fresh pineapple – one small frozen bag or one whole pineapple
- 3 cups diced cucumber.
- Squeeze one large fresh lemon.
- 1 tablespoon ginger extra
- Coconut water
- Black coffee – add dandelion root powder (green tea extra) or drink green tea, use tea bag, no sugar added (you can use a natural sweetener like stevia).

MEAL 3:

- 1/2 cup cooked white kidney beans. Avoid canned beans. Buy dry bean, best prepared in a slow cooker
- 3 cups mixed green salad with spinach.
- 1 Roma Tomato
- 1 tablespoon vinegar
- Skinnygirl fat-free, sugar free 5cal dressing
- Bell peppers onions optional

SNACK:

- Medium Apple
- 2 boiled eggs or 1/2 cup 4% cottage cheese

MEAL 4:

- 6oz White fish, tilapia, cod, orange roughy, Swai... (NO SALMON, RED SNAPPER, SHRIMP....)
- 6oz water base vegetable – only: Zucchini, cucumber, white mushroom, tomatoes, celery, squash, spinach, mixed green salad

MEAL 5:

- ½ grapefruit
- 3 cups mixed green salad with spinach.
- 1 Roma Tomato
- Skinny Girl 5cal dressing - 1 tablespoon vinegar
- 1 oz unsalted mixed nuts