

AUTUMN VEGAN RESET CLEANSE 2018

	DAY 1	DAY 2	DAY 3
7am	Immunity Shot (cardamom)	Wellness Shot (turmeric / cayenne)	Spirulina Shot (brain health)
8am	Fruit Bowl of Grapes, apple, coconut, dried figs, pumpkin seeds	Coconut yogurt w/ side of blueberries and walnuts 5 oz ea.	Pumpkin Spice Smoothie w/ vanilla protein
10am	Green Juice	Green Juice	Green Juice
12pm	Butternut Squash Salad Butternut squash over spinach, arugula, basil, cashews, lemon + olive oil dressing,	Autumn Roast Veggies Radish, red cabbage, acorn squash, 2 tbs. cranberries, ½ c. quinoa	Autumn Raw Chop Salad Fennel, apple, celery, swiss chard ribbons, carrot, sunflower seeds ACV dressing
2pm	Colorful Juice	Colorful Juice	Green Juice
5pm	Wrap It Up Collard Green Wrap w/ hummus, bean sprouts, microgreens, spinach, dried figs	Powerful Greens Soup w/ hemp seeds and shitake mushrooms 12 oz bowl	Sweet Potato Cleanse Noodles Sweet potato noodles w kale, radish, shaved broccoli and apple, lite green onion and sesame seeds w/ lemon + oliveoil dressing
7pm	Mulberry Goji Trail mix	Salted Caramel Bites	Pumpkin Spice Chia Pudding

Important tips for cleansing:

- Start every day with room temperature water. If you need caffeine, green tea with small amount of honey is fine.
- No caffeine after 12pm each day
- Drink water with fresh squeezed lemon throughout the day (at least 8 glasses;) remember you are trying to flush your system of all toxic build up.
- Chew your food SLOWLY.
- Probiotic at morning and at night
- Tablespoon apple cider vinegar, mixed with water is a nice alkalizing drink during the day.
- 20 min Epsom salt bath at night
- Brisk 30 minute walk
- We recommend not using a microwave to re-heat food; let it come to room temp or saute briefly on stove

If you need an extra snack, try:

- ½ Avocado
- 1 cup berries, 1 cup coconut water smoothie
- ¼ cup green olives
- Celery sticks with 1 T almond butter
- ¼ cup raw pistachios or cashews