

SPRING VEGAN RESET CLEANSE 2019

	DAY 1	DAY 2	DAY 3
7am	Cardamom Shot (cardamom)	Wellness Shot (turmeric / cayenne)	Green Ninja Shot (spirulina)
8am	Krush It Smoothie (Parsley, spinach, pineapple, ginger, coconut water, vegan protein powder)	Cleanse Sweet Potato Hash (12 oz bowl)	Quinoa Breakfast Bowl 1 c. Quinoa w/ orange slices + Hemp Seeds Coconut oil, cashews (12 oz bowl)
10am	Green Juice	Green Juice	Green Juice
12pm	Spring Salad Steamed artichokes over spinach, arugula, asparagus, basil, pistachios, lemon dressing,	Spring Roast Veggies Roast Veggies of radish, radicchio, sugar snaps, green beans, fresh dill	Spring Raw Chop Salad Fennel, endive, apple, celery, radish, cuke, carrot ACV dressing
2pm	Colorful juice	Colorful Juice	Green Juice
5pm	Wrap It Up Collard green wrap w/ hummus, bean sprouts, micro- greens, radicchio, dried figs	Asparagus Pea Soup 12 oz bowl	Spring Cleanse Noodles Sweet potato noodles w kale, asparagus, green onion and sesame seeds
7pm	Coconut Yogurt	Salted Caramel Truffle	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