

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Green Tea & Lemon Break-fast Smoothie Snack Smoothie Dinner Smoothie	Green Tea & Lemon Break-fast Smoothie Lunch Snack Smoothie Dinner	Green Tea & Lemon Break-fast Smoothie Lunch Snack Smoothie Dinner	Green Tea & Lemon Break-fast Smoothie Lunch Snack Smoothie Dinner	Green Tea & Lemon Break-fast Smoothie Lunch Snack Smoothie Dinner

DAY 1



Green Tea & Lemon

+



Break-fast Smoothie

+



Snack Smoothie

+



Dinner Smoothie

DAYS 2 - 5



Green Tea & Lemon

+



Break-fast Smoothie

+



Lunch

+



Snack Smoothie

+



Dinner

DAY 1



Green Tea & Lemon

+



Break-fast Smoothie

+



Snack Smoothie

+



Dinner Smoothie

DRINK LOTS OF WATER

DAYS 2 - 5



Green Tea & Lemon

+



Break-fast Smoothie

+



Lunch

Lean Protein 5oz
(see options below)
6oz sweet potato
1 cup of steamed broccoli

+



Snack Smoothie

+



Dinner

Salad: Spinach
(or lettuce of choice),
Cucumber, Carrots,
Lean Protein 5oz
(see options below)
with lemon juice and sea salt

**HYDRATE THROUGHOUT THE DAY,
AIM FOR HALF YOUR BODY WEIGHT IN OUNCES OF WATER**

BREAK-FAST SMOOTHIE

MACROS

calories - **306**

carbs - **48g** | protein - **9g** | fat - **13g**

INGREDIENTS

1 cup water
1 tbsp flaxseed
1 cup raspberries
1 banana
Handful of spinach
1 tbsp almond butter
2 tsp lemon juice



SNACK SMOOTHIE

MACROS

calories - **328**

carbs - **50g** | protein - **8g** | fat - **12g**

INGREDIENTS

1 cup green tea chilled
1 cup loosely packed cilantro
1 cup loosely packed organic baby kale
or another baby green
1 cup cucumber
1 cup pineapple
juice of 1 lemon
1 tablespoon fresh ginger grated
1/2 avocado



DINNER SMOOTHIE

MACROS

calories - **313**

carbs - **60g** | protein - **7g** | fat - **10g**

INGREDIENTS

1 ½ cups coconut water
1 cup blueberries
½ cup mango
1 cup baby kale
¼ avocado
1 tbsp lemon juice
1 tbsp flaxseed
¼ tsp cayenne pepper



SEASONINGS

Season food to taste focusing on herbs and spices while avoiding sauces, marinades, dips and other condiments.

LEAN PROTEIN OPTIONS

Chicken
Shellfish
Shrimp
Tofu

99% Lean Ground Turkey

INGREDIENT ALTERNATIVES

Fruit swaps can include: frozen
cherries, kiwis, strawberries,
blackberries, peaches, papaya,
frozen mixed fruits

Regular kale

Chia seeds, hemp hearts

Cashew butter, sunflower butter,
pecan butter, macadamia butter

Matcha powder

Lime juice

Apple cider vinegar

INGREDIENT BENEFITS

GREEN TEA

antioxidant, anti-inflammatory, boosts
metabolism, improves skin health

LEMON JUICE

boosts immune system, aids is digestion,
balances ph, flushes liver and kidneys

FLAXSEED

anti-inflammatory, digestive health, helps
decrease menopausal and hormonal imbalance
symptoms, good source of healthy fat

CAYENNE PEPPER

stimulates blood flow, helps reduce cholesterol
levels, fights infections, relieves joint and nerve pain

COCONUT WATER

vitamins, minerals, electrolytes, regulates ph

CILANTRO

helps remove heavy metals, helps lower blood
pressure, regulates blood sugar, helps improve
sleep quality

GINGER

helps with digestion, reduces inflammation,
improves cholesterol levels, lowers blood sugars

Items to be used in smaller increments throughout the week.

Don't miss your avocado's ripeness window!

Frozen fruits and veggies permitted.

- ☐ 5 bananas
- ☐ 5 cups raspberries
- ☐ 5 cups blueberries
- ☐ 3½ cups mango
- ☐ 5 cups pineapple
- ☐ 5 lemons
- ☐ ½ cup lemon juice (approximately 8-9 tbsp)
- ☐ 5 avocados
- ☐ 5 small cucumbers
- ☐ 3 cups raw spinach
- ☐ 5 cups loosely packed cilantro (or parsley as a substitute)
- ☐ 10 cups loosely packed organic baby kale or another baby green
- ☐ ⅓ cup fresh ginger grated (5 tbsp)
- ☐ ⅓ cup almond butter (5 tbsp)
- ☐ 5 cups green tea chilled (40 oz)
- ☐ 7½ cups coconut water (60 oz)
- ☐ ⅔ cup flaxseed (10 tbsp)
- ☐ 1¼ tsp cayenne pepper