

21 Day Cleanse Meal Plan

	Breakfast Drink	Morning Snack	Lunch	Afternoon Drink	Dinner
Monday	Simple Green Juice	Apple & 1-2 tbsp almond butter	Braised Lentils & Vegetables	Almond & Date Smoothie	1 Pot Chicken Stew
Tuesday	Turmeric Beet Juice	Roasted Chickpeas	Rainbow Salad in a Jar	Chai Gingerbread Shake	Vegan Coconut Red Curry over brown rice
Wednesday	Carrot Beet Juice	Handful of raw almonds & a pear	Leftover Vegan Coconut Curry over brown rice	Spiced Almond Milk, sub coconut nectar for maple syrup	Roasted Chicken with Grapes & Olives, sub chicken broth in place of wine
Thursday	Red Grape Cooler	No Bake Lemon Macaroons, sub coconut nectar or date paste for maple syrup	Chicken Burgers, Thai Style with steamed veggies or garden salad	Thanksgiving In Your Mouth Shake	Pan Steamed Chicken & Broccoli
Friday	Simple Green Juice	Kale Chips	Harvest Carrot Quinoa Salad	Cranberry Pumpkin Smoothie	Chicken Stew with Butternut Squash & Kale
Saturday	Carrot Beet Juice	Apple & 1-2 tbsp of almond butter	Slow Cooker Creamy Pumpkin Soup	Tropical Turmeric Cleanser	Butter Nut Squash Noodles & Baked Salmon, sub coconut nectar for maple syrup
Sunday	Turmeric Beet Juice	Handful of walnuts & pear	Crockpot Whole Chicken with steamed veggies	Coconut water & Good Greens Aloha pack	Leftover Roast Chicken Soup with Roasted Veggies