

# 21 Day Cleanse Meal Plan

	Breakfast Drink	Morning Snack	Lunch	Afternoon Drink	Dinner
Monday	<a href="#">Anti-inflammatory Mango Smoothie</a>	Pear & Sunflower Butter	<a href="#">Roasted Cauliflower &amp; Farro Salad</a> , no feta	Repeat am snack	<a href="#">Roasted Sweet Potato &amp; Cauli Rice</a> w/ Ground Turkey
Tuesday	<a href="#">Godzilla Juice</a>	1/2 roasted sweet potato w/ih cashew cream & nuts	<a href="#">Mason Jar Chickpea &amp; Farro Salad</a> , sub honey & skip feta	Repeat am snack	<a href="#">Slow Cooker Chicken &amp; Sweet Potato Kale Stew</a> no tom. sauce
Wednesday	<a href="#">Berry Mint Kiss Smoothie</a>	Veggie Slices & Hummus or Paleo Almond Spread	<a href="#">Carrot &amp; Chickpea Soup</a>	Repeat am snack	<a href="#">Crockpot Creamy Lemon Chicken &amp; Kale Soup</a>
Thursday	<a href="#">House Special</a>	Veggie Chips & Guacamole	Leftover soup	Repeat am snack	<a href="#">Weeknight Chicken</a> skip pan sauce, with steamed veggies
Friday	<a href="#">Hula Hydrator Smoothie</a>	Rice Cakes & Almond Butter	<a href="#">Pan Steamed Chicken &amp; Broccoli</a> with brown rice	Repeat am snack	<a href="#">Crockpot Cilantro Chicken</a> with cauli rice or brown rice
Saturday	<a href="#">Berry Mint Kiss Smoothie</a>	Hazelnuts & Golden Raisins	Leftovers	Repeat am snack	<a href="#">Halibut Packets with Squash Date Compote</a> , serve with fave veggie or rice
Sunday	<a href="#">Godzilla Juice</a>	Crunchy Mix of plantains, goji berries, golden raisins & fave nuts	<a href="#">Crunchy Root Salad</a> sub coconut nectar for honey	Repeat am snack	<a href="#">Turkey Stuffed Portobello Mushrooms</a> , serve with fave veggie