

21 Day Cleanse Meal Plan

	Breakfast Drink	Morning Snack	Lunch	Afternoon Drink	Dinner
Monday	Carrot Beet Juice	Rice cakes with avocado mash & cucumber slices	Garlicky Spaghetti Squash with chicken, mushrooms & kale	Repeat am snack	Bombay Bowls sub coconut nectar for brown sugar & use white sweet pot
Tuesday	Hands Down the Best Smoothie	Handful baked sweet potato fries + cashew cream	Warm Pear & Chickpea Salad sub coconut nectar for honey	Repeat am snack	Turkey Meatballs from It's All Good, with steamed veggies & brown rice
Wednesday	Cacao + Cherry Smoothie replace bananas with 3-4 dates	1/2 avocado + grain free crackers like Jilz or plantain chips	Quinoa + White Chicken Chili	Repeat am snack	Baked Chicken with Spinach & Artichokes sub ghee for butter
Thursday	Protein Packed Almond Smoothie	Apple slices + 2 tbsp almond butter	Leftovers	Repeat am snack	Carmelized Onion & Chicken Pizzas
Friday	Coconut Berry Smoothie	1/2 avocado + brown rice tortilla wrap	Mustard Garlic Brussel Sprouts with quinoa or brown rice & leftover meatballs	Repeat am snack	Zucchini Rolls with simple green salad
Saturday	Tropical Twist Smoothie	Handful of dates + cashews	Curried Brussel Sprouts with Chickpeas + Sweet Potatoes	Repeat am snack	Sesame Citrus Tilapia, sub lemon for orange & coconut aminos for tamari.
Sunday	Carrot Beet Juice	Raw veggies + hummus	Canned Salmon Nicoise Salad over greens, with kalamata olives, capers, celery & cucumber	Repeat am snack	Leftovers