

21-Day Lifestyle Reset Challenge

TWO DAY DETOX

	Monday	Tuesday
	Morning Mojo	Morning Mojo
Breakfast	Chia Berry Smoothie	Chia Berry Smoothie
Snack	Apple	Apple
Lunch	Veggie “Detox” Lettuce Wraps	Veggie “Detox” Lettuce Wraps
Dinner	Large Green Salad with lots of veggies + fresh squeezed lemon for dressing	1.5 cups Zucchini & Fennel Soup

- Make sure to drink plenty of water!
- No caffeine
- The detox days were designed by a dietician for use by HEALTHY ADULTS.

***If your stomach is rumbling a little more than you’re used to, you can have 1/2 cup of raw unsalted mixed nuts OR a banana-strawberry smoothie (1 banana, 1/2 cup strawberries, 2 tbs coconut milk)

Morning Mojo: Lemon Ginger Detox

Ingredients:

- 12 oz. glass water (at room temperature)
- Juice of ½ lemon
- Either: ½ inch knob ginger root OR pinch of cayenne pepper

Directions: Add the lemon juice to the glass of water.

If ginger: finely grate the ginger using a zester, and add the zest to the glass of water. If cayenne pepper: add a pinch of cayenne to your water. Perfect way to start your day!

Chia Berry Green Protein Smoothie (green)

1 cup of water, ½ cup mixed frozen berries, ½ frozen banana, 1-2 cups spinach, handful ice, 1 tbs almond butter, sprinkle of chia seeds

Veggie “Detox” Lettuce Wraps

****1 Serving. These wraps are included to help rid your body of impurities and detoxify your body.... it's extremely important that you follow the ingredient list below*

Ingredients:

- 2 large leaves of Butter lettuce leaves
- Any sliced up veggies you want to wrap up in there: peppers, cucumber, tomato, broccoli, carrots, mushrooms, etc. (no corn, beans, nuts, or seeds)
- Dressing: Fresh Squeezed Lemon Juice or Balsamic Vinegar ONLY

Directions: Take all of your sliced veggies and place them inside the middle of your large Butter lettuce leaves. Sprinkle a small amount of balsamic or lemon juice over your veggies and then wrap it UP!

Zucchini and Fennel Soup

**3-4 servings*

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 3 zucchini, chopped and peeled
- 1/2 Vidalia onion, chopped
- 1/2 fennel bulb, chopped
- 3 cups vegetable stock (low-sodium)
- Salt and pepper, to taste

Directions: Heat olive oil in a large skillet or soup pot with zucchini, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min. Add stock, bring to a boil and then simmer until soft. Put everything in blender and blend. Serve immediately and enjoy!