

## HEALTHY REAL FOOD CLEANSSES

Looking to start a cleanse? Here are a few to choose from.

### Cleanse Option 1:

#### **BREAKFAST**

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)

1 teaspoon dried basil

1 cup green tea

1 cup water with 1 ounce lemon juice

#### **SNACK**

Sliced Granny Smith apple with 1 teaspoon cinnamon

1 cup water with 1 ounce lemon juice

#### **LUNCH**

Spinach (cooked or raw); eat as much spinach as you'd like. And have fun dressing the spinach with flavored vinegars, such as fig, raspberry, or orange. Any type of vinegar will do.

4 ounces salmon or halibut (grilled, baked, or broiled) with 1 teaspoon dried spices such as oregano

8 pecan halves

1 cup water with 1 ounce lemon juice

#### **SNACK**

Steamed artichoke or 1/2 cup artichoke hearts in water (Monterey Farms makes an easy eat-right-out-of-the-bag variety)

1 cup green tea

#### **DINNER**

Large romaine lettuce salad with carrots, tomatoes, and red bell peppers; dress with 1 teaspoon extra virgin olive oil and lemon juice to taste

Steamed asparagus

4 ounces any lean protein (grilled, baked, or broiled) with 1 teaspoon dried spices such as oregano

1 cup water with 1 ounce lemon juice

1 cup blueberries

## Cleanse Option 2:

### **BREAKFAST**

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)

1 cup dandelion root tea

1 cup water with 1 ounce lemon juice

### **SNACK**

Cucumbers, celery

1 cup water with 1 ounce lemon juice

### **LUNCH**

Any greens and 4 ounces lean protein (grilled, baked, or broiled) or vegetarian protein (such as tofu or chickpeas), sprinkled with 1 teaspoon ground flaxseeds or 1 teaspoon olive oil (you may add vinegar to your salad - balsamic and rice vinegars are both delicious)

1 cup water with 1 ounce lemon juice

### **SNACK**

Cucumbers, celery

1 cup green tea

### **DINNER**

Any greens and 4 ounces lean protein (grilled, baked, or broiled) or vegetarian protein (such as tofu or chickpeas), with ¼ avocado or 1 teaspoon olive oil (again, you can add vinegar)

1 cup water with 1 ounce lemon juice

1 cup chamomile tea

## Cleanse Option 3:

### **BREAKFAST**

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)  
1 cup water with 1 ounce lemon juice and sprinkle of cayenne

### **SNACK**

1 cup greens juice (no juice added - such as kale, spinach, cucumber, celery, lemon and ginger)  
1 cup aloe vera water (no added sugar!)

### **LUNCH**

Kale salad with 4 ounces grilled salmon (or other organic lean protein) with 1 teaspoon olive oil  
1 cup water with 1 ounce lemon juice and sprinkle of cayenne

### **SNACK**

Steamed artichoke  
1 cup aloe vera water (no added sugar!)  
1 cup green tea

### **DINNER**

Roasted fennel  
Large spinach salad, red and yellow pepper slices, endive with 1/4 avocado or 1 teaspoon olive oil  
4 ounces any organic lean protein  
1 cup water with 1 ounce lemon juice and sprinkle of cayenne  
1 cup chamomile tea