

ONE-DAY Detox

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1. Drink (16 ounces) (upon awaking): of ["Miracle Juice"](#) or simply squeeze ½lemon in (16 oz.) of warm water.
2. Follow with a morning ["Bone Broth"](#), (or do a mini-fast and just drink 6 cups of bone broth every 2 hours & nothing else).
3. Mid-Morning drink a (12 oz.) ["Glowing Green Smoothie"](#).
4. Choose a ["Hot Soup"](#) for lunch & (dinner optional)
5. Choose a ["Cold Soup"](#) as a mid-afternoon snack or see options below.
6. Choose another ["Hot Dinner Soup"](#) as your evening meal.
7. After Dinner Snack: Choose either a cup of ["Bone Broth"](#) or ["Turmeric Lemon Detox Tea"](#) or optional snacks below.

Hydrate all day- After the morning ["Miracle Juice"](#) alternate with 1 cup (8 ounces) purified water and 1 cup ["Miracle Juice"](#) every hour for 8 hours.

*Optional Snacks:

- Handful of almonds, walnuts, Brazil Nuts, or Cashews
- Celery sticks
- Cucumbers
- ["Hot Cocoa"](#) will help with cravings
- Apples and 1 Tablespoon of your favorite nut butter
- 1 cup strawberries with 2 Tablespoons whipped coconut cream
- Half of a cantaloupe
- Raw asparagus with 1 boiled egg
- Baby carrots and ["Edamame Hummus"](#)