

7-Day Detox Reset Plan

This 7-Day Detox Plan is designed to gently reset your body and mind. It supports digestion, reduces bloating, and boosts energy naturally - no starvation, just nourishment.

Daily Detox Schedule

Morning:

- Warm lemon water
- Detox smoothie or chia pudding

Lunch:

- Light salad or blended veggie soup

Afternoon:

- Herbal tea (peppermint, ginger, dandelion)
- Light snack (optional: nuts, apple, boiled egg)

Dinner:

- Nourishing veggie-based soup or sauté bowl

Evening:

- Epsom salt bath, journaling prompt, or sleep support

Detox Shopping List

Leafy Greens:

Spinach, kale

Herbs & Spices:

Parsley, coriander, ginger, turmeric

Detox Veggies:

Zucchini, celery, cucumber, carrots, beetroot

Low-Sugar Fruits:

Grapefruit, apple, berries

Seeds:

Chia, flax

Liquids:

Veggie broth, green tea, ginger tea

7-Day Detox Recipes

Ginger-Lemon Detox Smoothie

Ingredients:

1 cup water
1/2 cucumber
1 small apple
1 tsp grated ginger
Juice of 1/2 lemon
1 tbsp chia seeds

Instructions:

1. Blend all ingredients until smooth.
2. Drink immediately in the morning.

Turmeric Veggie Soup

Ingredients:

1 tbsp olive oil
1/2 onion, diced
1 zucchini, chopped
1 carrot, chopped
1/2 tsp turmeric
2 cups vegetable broth

Instructions:

1. Sauté onion in olive oil for 2 mins.
2. Add veggies and turmeric; stir for 1 min.
3. Add broth and simmer 15-20 mins. Blend if desired for smoother texture.

Cucumber & Apple Cleanser Juice

Ingredients:

1 cucumber
1 green apple
1 stalk celery
1 tsp lemon juice
1/2 cup water

Instructions:

1. Blend all ingredients and strain (optional).
2. Serve chilled or over ice.