



2-DAY DETOX IMMUNITY BOOSTER

Day 1

Breakfast

Immune Boost Green Protein Smoothie

- 1 cup of water
- 1/2 peeled orange
- 1-2 cups of spinach
- 1-2 cups of kale
- handful of ice
- 1 serving of protein powder
- 1 knob of fresh ginger peeled (about 2")
- 1 knob of turmeric root (about 2" fresh)
- 1/8 teaspoon ground black pepper

Tip: blend the water and greens first; then add the rest of the ingredients and blend.

Snack

- grapefruit or orange

Lunch

Zesty "Detox" Lettuce Wraps

- 2 large butter lettuce leaves
- sliced red bell peppers, broccoli, spinach, papaya, kiwi
- fresh squeezed lemon dressing or vinegar

Dinner

- large salad with lots of veggies (red bell peppers, broccoli, spinach) and fresh squeezed lemon juice for flavor!

Day 2

Breakfast

Immune Boost Green Protein Smoothie

- 1 cup of water
- 1/2 peeled orange
- 1-2 cups of spinach
- 1-2 cups of kale
- handful of ice
- 1 serving of protein powder
- 1 knob of fresh ginger peeled (about 2")
- 1 knob of turmeric root (about 2" fresh)
- 1/8 teaspoon ground black pepper

Tip: blend the water and greens first; then add the rest of the ingredients and blend.

Snack

- grapefruit or orange

Lunch

Zesty "Detox" Lettuce Wraps

- 2 large butter lettuce leaves
- sliced red bell peppers, broccoli, spinach, papaya, kiwi
- fresh squeezed lemon dressing or vinegar

Dinner

- large salad with lots of veggies and 4-6oz of chicken breast or tofu and fresh squeezed lemon juice for dressing!



During the detox, drink water only (sparkling water is OK). Do not drink coffee, tea or soda. No caffeine or artificial sweeteners either.

Don't worry, you can have them back in 48 hours!