



Detox Cleanse

Meal Planner | 5 Day Detox Cleanse

About

What is it?

This is a light 5-day detox cleanse that gives the body a break from caffeine, alcohol, dairy products and processed foods. It is filled with foods high in prebiotics, antioxidants, and fiber. Detoxing and cleansing assist the body in eliminating toxins. Your kidneys and liver work hard to detoxify the body from harmful substances 24/7. There are certain foods that interfere or support this natural process.

What is included?

Included in this detox cleanse is a detailed 5-day meal plan, recipes for each meal, smoothies and snack and grocery list. The first three days will consist primarily of liquids (smoothies, soups, fresh fruit). Day 4 and 5 will add in whole foods (fresh/cooked vegetables and lean meats). By the end of the detox cleanse you will be prepped to eat normally.

Is it for you?

YES! Since this detox cleanse is short and not very intense it can be done by anyone every few months. It is the perfect way kick-start a healthier lifestyle/diet (for the New Year) or for anyone looking for a simple detox cleanse right after a big holiday's eating (Thanksgiving & Christmas) to put you back on track.

Can I exercise while detoxing/cleansing?

Yes. Sweating actually helps the body in detoxifying, so it is encouraged! You will need to lower the intensity, impact and duration because you are not providing your body with the same number of calories to get you through those intense exercises.

Detoxifying/Cleansing Nutrients

Prebiotics support gut health. The gut has billions of good and bad bacteria. An unhealthy shift can cause the detoxification and immune systems to weaken which can cause an increased risk for inflammation and disease.

- ★ Prebiotic rich foods: tomatoes, bananas, asparagus, onions, garlic, chickpeas, watermelon

Antioxidants help protect cells from damage caused by free radicals and toxins which can increase the risk for disease.

- ★ Antioxidant rich foods: Berries, apples, watermelon, cucumber, tomatoes, spinach, broccoli, lentils

Fiber cleanses the G.I. track by removing toxins and unhealthy fats like cholesterol. This in turn, promotes the growth of healthy bacteria in the gut.

- ★ High fiber foods: apples, berries, brussels sprouts, avocado, chickpeas, lentils, brown rice, oats, almonds

Apple cider vinegar (ACV) has MANY benefits. A few are improving digestion, providing probiotics to the gut and aiding in removal of toxins. 1-2tbsp in 8oz water may add 1-2 tbsp honey, maple syrup stevia

Cucumber lemon water is rich in antioxidants and vitamin C. Aids in digestion and is a great way to keep you hydrated during your detox cleanse. It is very important to drink enough water to cleanse the toxins out of your system.

- ★ HYDRATION GOAL: 1 gallon of water + 1 cucumber + 1 lemon
Preparation: Wash, thinly slice and place at the bottom of a gallon pitcher, mash with wooden spoon to release juices, fill with water and mix well. Store overnight for use the next day.

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Day 1

***Pre-Breakfast:** Apple Cider Vinegar (ACV) Drink – 1 tbsp. ACV + juice ½ lemon + 1 cup water + 1-2 tbsp. honey/maple syrup/stevia (optional)

Breakfast:

Greens Smoothie – ½ cup water, 1 green apple, ½ cup frozen pineapple chunks, ½ frozen banana, 1 cup fresh spinach, ½ in fresh ginger (peeled, minced), juice of ½ lemon. Add all ingredients to a blender and blend until smooth.

Snack: 1 ½ cup watermelon cubes with juice ¼ lemon (optional)

***Pre-Lunch:** ACV Drink

Lunch:

Raspberry banana smoothie – ½ cup unsweetened almond milk, ½ cup liquid egg whites, 1 tbsp. nut butter, 1 tbsp. cocoa powder, 1 cup frozen banana, ½ cup frozen raspberries. Add all ingredients to a blender and blend until smooth.

Snack: 1 ½ cup watermelon with juice of ¼ lemon (optional)

***Pre-Dinner:** ACV Drink

Dinner:

[Vegan] Carrot Ginger Soup – 2 ½ cups carrots peeled and chopped, 1 tbsp. olive oil, 1 small yellow onion diced, 1 tbsp. ginger minced, 1 tbsp. garlic minced, 3 cups vegetable broth. Salute onions and carrots in olive oil until onions are translucent. Add garlic and ginger, cook until fragrant. Add broth, reduce to a simmer until carrots are soft (~30mins). Transfer to a blender, blend until smooth. Salt and pepper to taste and enjoy!

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Day 2

***Pre-Breakfast:** ACV Drink

Breakfast:

Greens Smoothie

Snack: Berry fruit salad - ½ cup blackberries, ½ cup blueberries, 1 peach sliced, juice of ½ lemon, 1 tbsp. honey or maple syrup

***Pre-Lunch:** ACV Drink

Lunch:

Berry Mango Smoothie - ½ cup unsweetened almond milk, ½ cup liquid egg whites, ½ cup frozen blueberries, ½ cup strawberries, ½ cup frozen mango, 1 cup spinach, 1 tbsp. chia seeds

Snack: 1 ½ cup watermelon with juice of ¼ lemon (optional)

***Pre-Dinner:** ACV Drink

Dinner:

[Vegan] Garlic Chickpea Soup – 1 whole garlic head minced, 1 tbsp. olive oil, 1 small yellow onion diced, 2 cans chickpeas drained and rinsed, 3 cups vegetable broth, 4 cups spinach, salt and pepper to taste. Salute onions and garlic until onions are translucent. Add chickpeas and broth then transfer to a blender, blend until smooth. Transfer back to pot and bring to a simmer. Add spinach and cook until spinach becomes tender. Salt and pepper to taste and enjoy!

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Day 3

***Pre-Breakfast:** ACV Drink

Breakfast:

Greens Smoothie

Snack: 1 ½ cup watermelon with juice of ¼ lemon (optional)

***Pre-Lunch:** ACV Drink

Lunch:

Blueberry Banana Smoothie - ½ cup unsweetened almond milk, ½ cup liquid egg whites, ½ cup frozen blueberries, 1 cup frozen banana, 1 tbsp. chia seeds, ½ cup spinach

Snack: Berry fruit salad - ½ cup blackberries, ½ cup blueberries, 1 peach sliced, juice of ½ lemon, 1 tbsp. honey or maple syrup

***Pre-Dinner:** ACV Drink

Dinner:

[Vegan] Lentil Soup – 1 medium yellow onion chopped, 1 tbsp. olive oil, 1 tsp. cumin, 2 medium carrots chopped, 1 cup dried red lentils, 4 cups vegetable broth. Salute onion with olive and cumin until slightly translucent. Add carrots and lentils and stir together. Add vegetable broth and bring to a boil then reduce to a simmer and cover the pot until the lentils are cooked. Transfer to a blend, blend until smooth. Salt and pepper to taste and enjoy!

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Day 4

***Pre-Breakfast:** ACV Drink

Breakfast: Greens Smoothie

Snack: 1 ½ cup watermelon with juice of ¼ lemon (optional)

***Pre-Lunch:** ACV Drink

Lunch:

2 cups fresh spinach OR spring mix, ½ green apple diced, 1/3 cup blueberries, ¼ cucumber sliced, couple cherry tomatoes, 2 boiled eggs (remove yolks), handful whole almonds with 2 tbsp. dressing

Dressing - 1 small shallot (or one lobe of a large), peeled, cored and quartered, 1/3 cup extra-virgin olive oil, ¼ cup cider vinegar, 2 tsp. Dijon mustard, 2 tsp. honey, ¼ tsp. ground pepper. Puree all ingredients together.

Snack: Berry fruit salad - ½ cup blackberries, ½ cup blueberries, 1 peach sliced, juice of ½ lemon, 1 tbsp. honey or maple syrup

***Pre-Dinner:** ACV Drink

Dinner: Salmon, zucchini and brown rice.

Lemon Pepper Salmon & Veggies— 1 6 oz. salmon fillet, 1 tbsp. olive oil, 2 sprigs fresh rosemary, ½ lemon sliced, pinch of salt. Preheat oven to 400 degrees.

Layer half the lemon slices, 1 rosemary sprig then salmon fillet. Sprinkle salt and layer last rosemary sprig then remainder lemon slices. Drizzle with olive oil and bake for 20 mins. Fish should easily flake with fork. Serve with 1 cup bake zucchini and ½ cup brown rice. Make enough brown rice for tomorrow's dinner.

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Day 5

***Pre-Breakfast:** ACV Drink

Breakfast:

Greens Smoothie & Avocado Toast – ½ cup egg whites, 1 whole wheat toast, ¼ sliced avocado, 1/8 cup purple onion diced, pinch of salt & pepper. Scramble egg whites. Layer toast avocado, purple onion, egg whites and sprinkle salt and pepper. Enjoy!

Snack: 1 ½ cup watermelon with juice of ¼ lemon (optional)

***Pre-Lunch:** ACV Drink

Lunch:

Grilled chicken salad – 2 cups fresh spinach, ¼ cucumber sliced, couple cherry tomatoes, 2 boiled eggs (remove yolk), 2 tbsp. dressing and 3 oz. grilled chicken. May add shredded carrots, shaved brussels sprouts, bell pepper or whatever fresh vegetables you prefer.

Snack: Berry fruit salad - ½ cup blackberries, ½ cup blueberries, 1 peach sliced, juice of ½ lemon, 1 tbsp. honey or maple syrup

***Pre-Dinner:** ACV Drink

Dinner: Chicken, asparagus and brown rice.

5 oz. chicken breast, 1 tbsp. olive oil, ¼ tsp. garlic powder, ¼ tsp. paprika, a sprinkle of salt and pepper. Preheat oven to 450 degrees. Coat chicken with olive oil. Sprinkle seasoning on both sides of chicken and rub in. Bake 20-25 mins or until inside is no longer pink. Serve with 8 spears asparagus, ½ cup brown rice.

Breaking the Detox Cleanse

It is important to slowly reintroduce foods into your diet after a detox cleanse. You do not want to jump back into a diet filled with heavy, fried or fatty foods. I have already started the process of reintroducing foods back into your diet on day 4 with the salad and salmon dinner. Then day 5, avocado toast, salad and chicken dinner. If you were doing this detox cleanse to kickstart a new diet, then you are fully ready to jump right into it. If you are doing this detox cleanse to clean out your system after a holiday's eating, then I will provide a general meal template you can use for the next 2 to 3 days. Afterwards you may continue eating normally. Try to make eating fresh fruits and vegetables, nuts, whole grains, healthy fats and legumes a part of your daily diet.

General Meal Plan

Breakfast:

Scramble egg whites, whole wheat toast w/nut butter and fruit

Lunch:

Grilled chicken salad with side fruit

Snack: Fresh fruit and whole almonds

Dinner:

Lean meat (chicken, salmon, turkey...) with vegetables and rice

If you are looking for personalized meal plans to help you reach your body/health goals please email me at aklopez.fitness@gmail.com.

Follow me on IG: [klift_lopez](#) for more nutrition tips and fitness motivation!

Grocery List

| Fruits | Veggies | Grains | Meats | Other | |
|---|-----------------|------------|-------------------|-------------------------|---------------|
| Green apples | Spinach | Brown rice | Salmon | Apple cider vinegar | Red lentils |
| Frozen: Blueberries Raspberries Pineapple Mango | Ginger | | Chicken | Honey | Cumin (spice) |
| Banana | Asparagus | | Liquid egg whites | Olive oil | Whole almonds |
| Lemons | Zucchini | | | Unsweetened almond milk | |
| Blackberries | Cucumber | | | Vegetable broth | |
| Blueberries | Cherry tomatoes | | | Chia seeds | |
| Peaches | Carrots | | | Flaxseeds | |
| Watermelon | Yellow onions | | | Canned chickpeas | |
| Strawberries | Garlic | | | Cocoa powder | |
| | Shallot | | | | |