

# 3-Day Refresh Meal Plan

## Day 1

**WAKE UP:** 8 TO 10 OUNCES OF FILTERED WATER PLUS AN OPTIONAL LEMON SLICE

**BREAKFAST:** SHAKEOLOGY PLUS 1 CUP OF CANTALOUPE

**MID-MORNING:** FIBER SWEEP WITH FILTERED WATER (ONE CUP)

**LUNCH (AN HOUR AFTER FIBER SWEEP DRINK):** VANILLA FRESH SHAKE WITH 1¼ CUP FILTERED WATER. EAT 12 STRAWBERRIES AND FIVE ASPARAGUS STALKS ROASTED WITH 1 TSP. OLIVE OIL

**P.M. SNACK (ONE HOUR AFTER LUNCH):** TWO STALKS OF CELERY (MEDIUM) WITH HUMMUS (2 TBSP.)

**DINNER (AT LEAST ONE HOUR AFTER P.M. TREAT):** VANILLA FRESH BLENDED WITH FILTERED WATER (1¼ CUP). VEGGIE STIR-FRY AND ORGANIC STORE-BOUGHT VEGETABLE BROTH (1 CUP, OPTIONAL) WITH ¼ CUP FRESH HERBS

## Day 2

**WAKE UP:** 8 TO 10 OUNCES OF FILTERED WATER PLUS AN OPTIONAL LEMON SLICE

**BREAKFAST (WITHIN ONE HOUR OF WAKING):** SHAKEOLOGY WITH 1 CUP CANTALOUPE

**MID-MORNING:** FIBER SWEEP MIXED WITH 1 CUP FILTERED WATER

**LUNCH (AN HOUR AFTER FIBER SWEEP DRINK):** VANILLA FRESH SHAKE WITH 1¼ CUP FILTERED WATER. THEN, EAT RASPBERRIES (1 CUP), ¾ CUP CAULIFLOWER FLORETS ROASTED WITH A DASH OF CUMIN, AND A TABLESPOON OF OLIVE OIL

**P.M. SNACK (ONE HOUR AFTER LUNCH):** ½ LARGE CARROT (OR FIVE BABY CARROTS) WITH HUMMUS (2 TBSP.)

**DINNER (AT LEAST ONE HOUR AFTER P.M. TREAT):** VANILLA FRESH BLENDED WITH 1¼ CUP FILTERED WATER. SPINACH SALAD (RECIPE BELOW), AND 1 CUP ORGANIC STORE-BOUGHT VEGETABLE BROTH (OPTIONAL) WITH ¼ CUP FRESH HERBS

## Day 3

**WAKE UP:** DRINK 8 TO 10 OUNCES OF FILTERED WATER WITH AN OPTIONAL LEMON SLICE

**BREAKFAST (WITHIN ONE HOUR OF WAKING):** SHAKEOLOGY WITH 1 CUP CANTALOUPE

**MID-MORNING:** DRINK FIBER SWEEP MIXED WITH 1 CUP FILTERED WATER

**LUNCH (AN HOUR AFTER FIBER SWEEP DRINK):** VANILLA FRESH SHAKE BLENDED WITH 1¼ CUP FILTERED WATER. EAT 12 STRAWBERRIES, FIVE ASPARAGUS SPEARS ROASTED WITH 1 TSP. OLIVE OIL

**P.M. SNACK (ONE HOUR AFTER LUNCH):** TWO MEDIUM STALKS CELERY WITH 2 TBSP. HUMMUS

**DINNER (AT LEAST ONE HOUR AFTER AFTERNOON SNACK):** VANILLA FRESH BLENDED WITH 1¼ CUP FILTERED WATER. VEGGIE STIR-FRY, AND 1 CUP ORGANIC STORE-BOUGHT VEGETABLE BROTH (OPTIONAL) WITH ¼ CUP FRESH HERBS

