



WEEK 1 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie	Detoxifying Beet Smoothie	Avocado Power Breakfast Smoothie
SNACK 1 apple and 1/3 cup raw walnuts	1 orange and 1/3 cup raw almonds	1 apple and 1/3 cup raw walnuts	1 orange and 1/3 cup raw almonds	1 apple and 1/3 cup raw walnuts	1 orange and 1/3 cup raw almonds	1 apple and 1/3 cup raw walnuts
LUNCH 1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing	1. Mild Salad Mix 2. Lemon Basil Dressing	1. Crunchy Salad Mix 2. Creamy Avocado Dressing
SNACK Chocolate Chia Pudding	Chocolate Avocado Smoothie	Chocolate Chia Pudding	Chocolate Avocado Smoothie	Chocolate Chia Pudding	Chocolate Avocado Smoothie	Chocolate Chia Pudding
DINNER 1.Raw Beet Detox Soup 2.Celery Apple Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Celery Apple Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Celery Apple Salad	Collard Wraps	1.Raw Beet Detox Soup 2.Celery Apple Salad