



3 DAY DETOX DIET PLAN

Day 1: Gentle Reset

- **Morning:** Warm lemon water + green smoothie (spinach, cucumber, apple, chia seeds)
- **Breakfast:** Oats with almond milk, flaxseeds, and blueberries
- **Snack:** Fresh carrot and cucumber sticks with hummus
- **Lunch:** Quinoa salad with kale, avocado, pumpkin seeds, and olive oil
- **Snack:** A handful of raw almonds
- **Dinner:** Steamed vegetables with lentil soup



Day 2: Deep Nourishment

- **Morning:** Herbal tea with ginger and turmeric
- **Breakfast:** Papaya and pineapple bowl with pumpkin seeds
- **Snack:** Green apple with almond butter
- **Lunch:** Brown rice with steamed broccoli, miso soup, and tofu
- **Snack:** Coconut water with chia seeds
- **Dinner:** Baked sweet potato with sautéed leafy greens

Day 3: Clean and Light

- **Morning:** Warm lemon water with mint
- **Breakfast:** Smoothie with kale, banana, flaxseed, and almond milk
- **Snack:** Fresh berries with sunflower seeds
- **Lunch:** Vegetable stir-fry with quinoa
- **Snack:** Herbal tea and a handful of walnuts
- **Dinner:** Light vegetable soup with zucchini noodles

