

CLEANSE WEEK MADE EASY

Simple Meals. Simple Choices.

BREAKFAST

Life Shake + Collagen



- 2 scoops Life Shake
- 2 scoops Collagen
- 1 cup frozen berries
- 1½ cups water
- Blend until smooth

Optional Additions

- Handful of spinach
- ¼ avocado
- Ice
- 1 tsp chia seeds
- Cinnamon



LUNCH

Build a Big Salad

Choose a Lean Protein:

- ✓ 4 oz Ground Turkey
- ✓ 4 oz Chicken
- ✓ 4 oz Fish

- Mixed Greens
- Cucumbers
- Tomatoes
- Carrots
- Bell Peppers



DINNER IDEAS



Roasted Vegetables

Broccoli, Cauliflower, Brussels Sprouts, Sweet Potato



Simple Vegetable Soup

Zucchini, Cauliflower, Carrots, Spinach



Big Vegetable Bowl

Mixed Greens, Cucumbers, Tomatoes, Avocado, Roasted Vegetables



Butternut Squash Plate

Roasted Butternut Squash, Green Beans, Broccoli, Side Salad

SNACKS

Choose when hungry



Apples



Pears



Oranges



Berries



Blueberries



Kiwi



Cucumbers



Celery



Bell Peppers



Cherry Tomatoes

EVERY DAY YOU CAN HAVE



1/2
Avocado



1/2
Sweet Potato



1 Tbsp
Olive Oil



1/2
Banana

SUSAN'S CLEANSE TIP



Keep it simple. Fill your plate with vegetables, enjoy fruit when hungry, and stay hydrated.

You've got this!