

7-DAY DETOX MEAL PLAN

*Rock Your Detox. Rock Your
Body & Rock Your Results!*



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For the next week you will NOT be eating the most exciting foods in the world. This is an intense and extremely focused plan that is meant to help you achieve quick results. If you want to lose the maximum weight AND gain the most energy, this is exactly what you need to do.

If you don't see a food on the list, just don't eat it for the week... Follow this meal plan and it will work! So although you will not be eating the best most amazing food for the week, you are going to see amazing results. These foods and the timing of when you eat these foods is all designed with your success in mind! So stick with this! You can do it! And you will feel so good and have increased energy as a result.

WAKE UP: Eat Breakfast within one hour of waking up! For you Coffee drinkers coffee is totally ok to drink. Just no crazy add-ins. Stick with Stevia and a splash of unsweetened almond milk.

2-3 hours later: Snack #1

2-3 hours later: LUNCH

2-3 hours later: Snack #2

2-3 hours later: Dinner

POST DINNER: If you are still hungry or need a sweet treat, you may choose any of these options –

- 6 oz greek yogurt (sweetened with cinnamon & stevia)
- 1 Cup Unsweetened Almond Milk Chocolate or Vanilla
- Caffeine Free Tea – Try a fun flavor like orange, vanilla, peppermint or cranberry!

You might be thinking can I work out? YES!!! Getting up and moving will help you combat sluggish feelings from the detox process. Aim to get 30-45 minutes moderate exercise daily. Even if it's just a nice walk!



DAY 1

BREAKFAST:

Sleek & Trim Protein Pancakes

1/3 Cup Oats – dry

3 Egg Whites

Handful of Blueberries or other berry cut small

1 Scoop Protein Powder

½ tsp baking powder

1 TBS Stevia



Blend all ingredients in blender

Use paper towel to oil skillet surface with coconut oil. Then pour and cook those yummy pancakes! It will take about a minute on each side to cook! I like to use Waldon Farms Calorie Free Pancake Syrup

SNACK #1

Grapefruit or Apple

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

1 Cup Carrots or 1 Cup Snap Peas ~ 2 TBS Hummus

DINNER:

6 oz Grilled Chicken ~ 1 Cup Grilled Asparagus ~ 1/3 Cup Cooked Quinoa**
 {See produce detox approved substitute options if you want to mix things up} **My favorite way to cook quinoa, and the easiest, is to make a large batch of it at the beginning of the detox, cook it in chicken broth with fresh minced garlic and one medium diced sweet onion. It gives it a great flavor that's versatile and stand alone.



DAY 2

BREAKFAST:

Power Oats

1/2 Cup cooked Steel Cut Oats –

you may flavor with 1 tsp coconut oil, Stevia and cinnamon

Serve with 4 cooked egg whites – use only Mrs. Dash or Himalayan Sea Salt and Pepper to flavor – hot sauce is ok to use as well.



SNACK #1

Apple or Grapefruit

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

Celery + 1 TBS Almond Butter

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Brussel Sprouts + 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}



DAY 3

BREAKFAST:

Slim Down Shake
1 Scoop Protein Powder
8 oz Unsweetened Vanilla Almond Milk
1 Cup Berries
1 Cup Spinach

Add Ice and Blend!



SNACK #1

Apple or Grapefruit

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

1 Cup Carrots or Snap Peas + 2 TBS Hummus

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Brussel Sprouts
+ 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}

substitute options if you want to mix things up}



DAY 4

BREAKFAST:

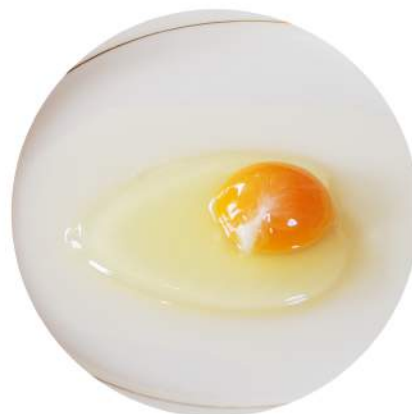
Detox it Up Omelet

3 egg whites

1 Cup Spinach

¼ C diced tomatoes

¼ C diced mushrooms



Spray small skillet with cooking spray – then add spinach, mushrooms and ¼ C water – wait for spinach to wilt and water has evaporated (about 1-2 minutes) then add egg whites over veggies and cook until eggs have solidified and you have an gorgeous omelet! Process should take 3 minutes. Then remove from heat and add 2 slices of avocado and the fresh cut tomatoes! Yum!! Try to avoid table salt! Use Mrs. Dash or Himalayan Pink Sea Salt and Pepper to flavor! Hot Sauce is ok to use as well

SNACK #1

Grapefruit or Apple

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

Celery + 1 TBS Almond Butter

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Asparagus + 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}



DAY 5

BREAKFAST:

Power Oats

1/2 Cup cooked Steel Cut Oats – you may flavor with 1 tsp coconut oil, stevia and cinnamon Serve with 4 cooked egg whites – use only Mrs. Dash or Himalayan Sea Salt and Pepper to Flavor – hot sauce is ok to use as well.



SNACK #1

Grapefruit or Apple

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

1 Cup Carrots or Snap Peas + 2 TBS Hummus

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Asparagus + 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}



DAY 6

BREAKFAST:

Detox it Up Omelet

3 egg whites

1 Cup Spinach

¼ C diced tomatoes

¼ C diced mushrooms



Spray small skillet with cooking spray – then add spinach, mushrooms and ¼ C water – wait for spinach to wilt and water has evaporated (about 1-2 minutes) then add egg whites over veggies and cook until eggs have solidified and you have an gorgeous omelet! Process should take 3 minutes. Then remove from heat and add 2 slices of avocado and the fresh cut tomatoes! Yum!!

Try to avoid table salt! Use Mrs. Dash or Himalayan Pink Sea Salt and Pepper to flavor! Hot Sauce is ok to use as well

SNACK #1

Grapefruit or Apple

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

Celery + 1 TBS Almond Butter

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Asparagus + 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}



DAY 7

BREAKFAST:

Power Oats

1/2 Cup cooked Steel Cut Oats – you may flavor with 1 tsp coconut oil, stevia and cinnamon Serve with 4 cooked egg whites – use only Mrs. Dash or Himalayan Sea Salt and Pepper to Flavor – hot sauce is ok to use as well.



SNACK #1

Grapefruit or Apple

LUNCH:

4 oz Grilled Chicken with 2 Cups Spinach, Chopped tomatoes and carrots dressed with balsamic vinegar {See produce detox approved substitute options if you want to mix things up}



SNACK #2

Celery + 1 TBS Almond Butter

DINNER:

6 oz Grilled Chicken + 1 Cup Grilled Asparagus + 1/3 Cup Cooked Quinoa {See produce detox approved substitute options if you want to mix things up}



GROCERY LIST

FREE FLAVOR ADS FOR ANY SNACK OR MEAL:

Himalayan Sea Salt, Pepper, Mrs. Dash, Hot Sauce, Salsa, Lemon, Balsamic Vinegar, Lime, Fresh or Dried Herbs, Cinnamon, Stevia, Low Salt Flavors and Spices



PRODUCE

*See substitute list for other detox approved produce options

Spinach
Apples
Grapefruit
Asparagus
Brussel Sprouts
Fresh Berries
Mushrooms
Lemons {for flavoring food and for detox drink}
Limes
Carrots
Snap Peas
Celery
Tomatoes



PANTRY

Quinoa
Steel Cut Oats
Stevia
Cinnamon
Coconut Oil
Any other desired seasonings (See Free List)
Almond Butter
Rolled Oats
Baking Powder
Dandelion Tea
Pure Cranberry Juice



GROCERY LIST

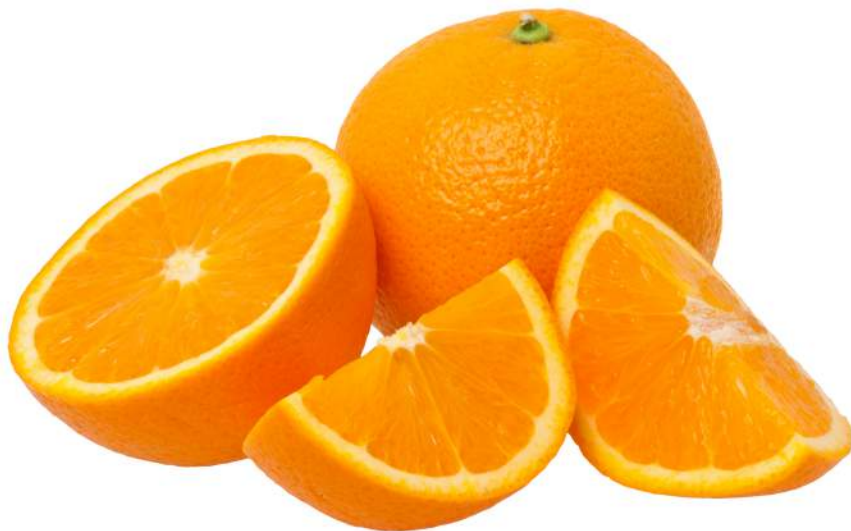
MEAT & DAIRY

Unsweetened Vanilla Almond Milk
Chicken
Eggs
Protein Powder
Hummus



10 BEST DETOXIFYING FRUITS {SUBSTITUTE LIST}

Apples
Grapefruit
Strawberries
Blueberries
Raspberries
Blackberries
Oranges
Kiwi
Pear
Watermelon



10 BEST DETOXIFYING VEGETABLES {SUBSTITUTE LIST}

Brussel Sprouts
Asparagus
Broccoli
Green Beans
Kale
Celery
Carrots
Tomatoes
Cucumbers
Spinach



MOUTHWATERING MARINADE OPTIONS

SAVORY LIME GARLIC GINGER MARINADE

¼ C Fresh Lime Juice

3 Cloves Garlic

1 tsp freshly grated ginger

1 tsp honey

1 TBS Grapeseed oil

Combine ingredients in resealable bag and place 1-2 lbs chicken let marinade overnight

ORANGE BALSAMIC MARINADE

¼ C Balsamic Vinegar

2 TBS Grapeseed oil

½ tsp pepper

¼ tsp cayenne

¼C Fresh Orange Squeezed

2 tsp fresh grated orange zest

½ tsp cinnamon

½ tsp himalayan sea salt

Combine ingredients in resealable bag and place 1-2 lbs chicken let marinade overnight



BALSAMIC DIJON MARINADE

3 Tbsp. Dijon Mustard

3 Tbsp. Balsamic Vinegar

2 cloves garlic, minced

2 tsp. thyme, fresh or ½ tsp. dried

Combine ingredients in resealable bag and place 1-2 lbs chicken let marinade overnight

EARTHY PERSIAN MARINADE

Juice from 1 medium lemon

2 teaspoons olive oil

1 teaspoon ground cinnamon

½ teaspoon salt

¼ teaspoon black pepper

¼ teaspoon turmeric

Combine ingredients in resealable bag and place 1-2 lbs chicken let marinade overnight



WHAT TO DRINK & WHEN TO DRINK IT: MAXIMIZE YOUR DETOX RESULTS

DRINK DAILY:

Jillian Michaels Detox Drink! Make 60oz daily and drink it all!

Step 1 Make One Cup of Dandelion Tea – Pour hot water over tea bag and let sit for 10-15 minutes. Pour tea (less the tea bag) into pitcher, then add 2 TBS Cranberry Juice (I've used ocean spray and it works – but PURE is best!) 2 TBS Lemon Juice – Freshly Squeezed is best but Real Lemon juice works as well. Add purified water until you reach 60 OZ.

Your goal is to drink at least 90 ounces daily. So drink 60 OZ of the Jillian Michaels Detox Water and drink fresh water to get to your goal of at LEAST 90 OZ!

Drink 8 ounces upon waking up – this will get your system going right AWAY!

Continue to drink throughout the day...

A good rule of thumb is 8 ounces an hour

DO NOT DRINK ANYTHING WITH

- Artificial Sweeteners / Mix-Ins
- Soda – Even Diet

ENJOY

- Coffee! – No cream or sugar (use almond milk and stevia)
- Herbal Tea
- And all detox approved flavor enhancers

7 DETOX APPROVED FLAVOR ENHANCER MIX – INS!

1. Ginger
 2. Cucumber
 3. Mint
 4. Basil
 5. Strawberries
 6. Blueberries
 7. Apple
- Bonus: Cinnamon!

QUICK – MIX FAVORITES

- Apples – Sliced thinly + Cinnamon Sticks
- Cucumber + Mint + Ginger
- Basil + Strawberry
- Blueberries + Strawberries
- Cucumber + Mint

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