



10 DAY PURIFICATION RESET MENU



BREAKFAST

SNACK

LUNCH

DINNER

DAY 1	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	MEXICAN BOWL
DAY 2	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	TURKEY BREAST/ROASTED VEGGIES
DAY 3	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	STUFFED MUSHROOMS
DAY 4	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	TACO SOUP
DAY 5	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	STUFFED SWEET POTATOES
DAY 6	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	GREEK QUINOA BOWL
DAY 7	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	TURKEY BREAST/ROASTED ROOT VEGGIES
DAY 8	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	SPAGHETTI ZOODLES
DAY 9	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	MEDITERRANEAN HUMMUS BOWL
DAY 10	SP SMOOTHIE	SP SMOOTHIE	SALAD OR LEFTOVERS	STIR FRY