Detox Meal Plan

Client:

Your Guided Health Journey
Health is your True Wealth

Text

Meal Plan Week 1

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day 1	1 scoop of powder in 20 oz of water.	-	1 scoop of powder in 20 oz of water.	1 scoop of powder in 20 oz of water.	1 scoop of powder in 20 oz of water.
Day 2	1 scoop of powder in 20 oz of water.	-	1 scoop of powder in 20 oz of water.	1 scoop of powder in 20 oz of water.	1 scoop of powder in 20 oz of water.
Day 3	2 scoops of powder in 20 oz of water.	-		2 scoops of powder in 20 oz of water.	
Day 4	2 scoops of powder in 20 oz of water.	-		2 scoops of powder in 20 oz of water.	
Day 5	2 scoops of powder in 20 oz of water.	-		2 scoops of powder in 20 oz of water.	

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day 6	2 scoops of powder in 20 oz of water.	-		2 scoops of powder in 20 oz of water.	
Day 7	2 scoops of powder in 20 oz of water.	-		2 scoops of powder in 20 oz of water.	

Week 1

Shopping List

	Item	Qty	Store
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