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DETOY: DAY	V 02	101			
DETOX: DAY	Y 02			7 Day Detox	
			7 sheets.		1.1.26
DATE:	in de aktorit son	Use	with detox	meal plan ar	nd kit
SLEEP FILL IN THE NUMBER OF HOURS YOU GOT:		You should be getting an average of 7-8 hours of sleep per night		HEALTHY EATING TI Drink lots of water — six to eight gl today. It can be spring, seltzer or min water. Avoid tap water unless it is filt	
				water. Avoid tap water unless it is filt	
	\\/\	ATIA-	TE TOD	\ \ \ \	
BREAKFAST SN		LUNCH		DINNER	SNIACK
BREAKI AST	VACK	LONCH	SIVACK	DINNER	SNACK (OPTIONAL)
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TIME::AM TIME:_	:AM TIM	1E::AM	TIME::^	M TIME:: AM	TIME::
DAILY	_:AM TIM		TIME:: Â		
DAILY SERVINGS					
DAILY					GOO
DAILY SERVINGS CHECKLIST:			PROTE	FRUITS (I medium f	GOO
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY HYDRATION:	VEGETABLES		PROTE	FRUITS (I medium f	GOO
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY	VEGETABLES		PROTE (3 oz.)	FRUITS (I medium f	GOO Oruit (I tbsp
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY HYDRATION: CHECK A GLASS FOR	VEGETABLES		PROTE (3 oz.)	FRUITS (I medium f	GOO ruit (1 tbsp
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY HYDRATION: CHECK A GLASS FOR EACH 8 OZ. GLASS YOU DRANK TODAY	VEGETABLES		PROTE (3 oz.)	FRUITS (I medium f	GOO Oruit (I tbsp
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY HYDRATION: CHECK A GLASS FOR EACH 8 OZ. GLASS YOU DRANK TODAY SUPPLEMENTS: CIRCLE THE SUPPLEMENTS	VEGETABLES (I-2 cups raw)	802	(3 oz.) (8 oz.)	(I medium for I cup)	GOO Oruit (I tbsp
DAILY SERVINGS CHECKLIST: CHECK ALL THAT APPLY HYDRATION: CHECK A GLASS FOR EACH 8 OZ. GLASS YOU DRANK TODAY SUPPLEMENTS:	VEGETABLES		(3 oz.) (8 oz.)	(I medium for I cup) 8 oz 8 oz	GOO ruit (1 tbsp



DETOXING: NORMAL ROUTINE. CONSIDER YOGA, WALKING, GENTLE STRETCHING, OR SWIMMING.