

MASTER 3-DAY DETOX FALL MENU



Follow the below instructions and accompanying detox Day-by-Day Menu on page 2 to begin your 3-day detoxification process. It will take you through all 3 phases of detoxification to ensure a safe and effective removal of toxins from your body, leaving you transformed and renewed.

NOTE: ALL FOOD INCLUDED IN THE DETOX IS ORGANIC AND MADE FRESH IN HOUSE BY NOURISHED WELLNESS CHEFS. BEST IF CONSUMED WITHIN THE 3 DAYS. ALL FOOD REQUIRES REFRIGERATION OR TO BE KEPT FROZEN.

DETOX SUCCESS TIPS

DAY

- Stay hydrated by drinking plenty of filtered water throughout the day
- Avoid excessive working out (*no long runs, hot yoga or HIIT workouts*)
- Include light movement such as walking outside, stretching, or gentle yoga/pilates
- If possible, avoid heating food in the microwave (*refer to our heating instructions at right*)

NIGHTTIME

- Finish with dinner by 7:30 pm to allow for proper digestion
- Dim lights + no TV, computer or cellphone within 1 hour of bed to support natural melatonin production
- Shower before bed to rinse off sweat (*aka toxins*) from the day + put on fresh, clean pajamas (*if possible, change sheets as well*)
- Get to bed by 10 pm (*hours of sleep before midnight count for double*) in a cool, quiet + dark room to improve sleep quality



NUTRITIONIST SUPPORT

Detox symptoms can arise in the form of fatigue, irritability/anxiety, headaches, nausea, brain fog, hunger/cravings, muscle aches and diarrhea/constipation. Should these symptoms become excessive, feel free to contact our Nutritionist by phone or email for support:

630.You.Well (968.9355) or info@nourished.com.

HEATING & BLENDING INSTRUCTIONS

SMOOTHIES

Keep frozen until ready to blend. Transfer the full bag of smoothie cubes into your blender with 1 cup filtered water. Blend to desired consistency, adding more water if needed. Pour into a cup and enjoy!

NOTE: For both smoothies, please follow your Day-to-Day Menu (page 2) for guidance on when to add the collagen protein. You will only add collagen protein to your Day 2 and Day 3 smoothies, found in the large Ziploc bag with all of your miscellaneous items needed for the detox. Add collagen in the blending process.

BROTH & SOUP

Slowly simmer on stovetop until heated through.

NOTE: Avoid heating in the microwave if possible.

ROASTED VEGGIES

Place roasted veggies in saucepan with 2 tbsp. filtered water and cover. Cook on medium until heated through.

NOTE: Avoid reheating in the microwave if possible.

DAY ONE

8-9:30 AM **BREAK YOUR FAST:**
Immune Defense Smoothie *(blend per page 1 instructions)* **NOTE:** Enjoy ASAP after pickup.

11 AM **CLEANSE & HYDRATE:**
• Reviving Raw Ginger Shot
• 20 oz. room temperature filtered water + pinch of Celtic sea salt

12 PM **SUSTAIN:**
• Rejuvenating Root Soup *(heat)*
• Vital-C Roasted Veggies *(heat)*

2-3 PM **BOOST ANTIOXIDANTS:**
Revive & Rebalance Smoothie *(blend per page 1 instructions)*

4 PM **MINERALIZE YOUR BODY:**
Essential Electrolyte Hydrator Drink

6-7:30 PM **NOURISH & DIGEST:**
Fueling Fiber Soup *(heat)*

 **CALM & UNWIND (BEFORE BED):**
1 Mug Gentle Detox Tea

DAY TWO

 **RISE & CLEANSE:**
• Reviving Raw Ginger Shot
• 20 oz. room temperature filtered water + pinch of Celtic sea salt

7 AM **BIND & ELIMINATE:**
Cleansing Charcoal Tonic Drink* *(disclaimer below)*

9 AM **BREAK YOUR FAST:**
Revive & Rebalance Smoothie *(blend with 1 packet collagen protein per page 1 instructions)*

11 PM **PACK IN THE PROTEIN:**
Infused Chicken Bone Broth *(heat)*

1 PM **SUSTAIN:**
Anti-Inflammatory Soup *(heat)*

2-3 PM **FUEL WITH FIBER:**
Beta-Balancing Roasted Veggies *(heat)*

5 PM **TAME THE TOXINS:**
20 oz. room temperature filtered water + 1 packet collagen protein

6-7:30 PM **NOURISH & DIGEST:**
• Rejuvenating Root Soup *(heat)*
• Vital-C Roasted Veggies *(heat)*

 **CALM & UNWIND (BEFORE BED):**
1 mug Gentle Detox Tea

DAY THREE

 **RISE & CLEANSE:**
• Reviving Raw Ginger Shot
• 20 oz. room temperature filtered water + pinch of Celtic sea salt

7-8 AM **BREAK YOUR FAST:**
Immune Defense Smoothie *(blend with 1 packet collagen protein per page 1 instructions)*

10 AM **FILTER & FLUSH:**
20 oz. room temperature filtered water + pinch of Celtic sea salt

12 PM **SUSTAIN & MINERALIZE:**
• Cruciferous Crunch Salad + Superfood Sesame Dressing + ½ container Satiating Sunflower Seeds
• Fueling Fiber Soup *(heat)*

3 PM **DETOXIFY & RESTORE:**
Chlorella Superfood Protein Elixir Drink

5 PM **HYDRATE & ALKALIZE:**
20 oz. room temperature filtered water + pinch of Celtic Sea Salt

6-7:30 PM **NOURISH & DIGEST:**
• Infused Chicken Bone Broth *(heat)*
• Cruciferous Crunch Salad + Superfood Sesame Dressing + ½ container Satiating Sunflower Seeds

 **CALM & UNWIND (BEFORE BED):**
1 mug Gentle Detox Tea