

MASTER 3-DAY DETOX SPRING 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 mineral 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 detox@nourished.com.

HEATING & BLENDING INSTRUCTIONS

SMOOTHIES

Keep frozen until ready to blend. Transfer the full bag of smoothie cubes into your blender with 8-10 oz 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.

