7 Day Detox MEAL PLAN

BLISSFULLY
BALANCED NUTRITION

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Liver Detox Smoothie	Salmon Bowl	Pumpkin Turkey Chili	Plain, Full Fat Greek Yogurt + Berries + Seeds
TUE	Liver Detox Smoothie	Strawberry, Walnut, Goat Cheese, Sweet Potato, Tuna Salad	Chicken Burrito Bowl	Cucumbers + Celery + Carrots Hummus
WED	Liver Detox Smoothie	Pumpkin Turkey Chili	Salmon Bowl	Plain, Full Fat Greek Yogurt + Berries + Seeds
THU	Liver Detox Smoothie	Strawberry, Walnut, Goat Cheese, Sweet Potato, Tuna Salad	Stuffed Bell Peppers	Cucumbers + Celery + Carrots Hummus
FRI	Liver Detox Smoothie	Chicken Burrito Bowl	Mahi + Cilantro Lime rice + Broccoli	Plain, Full Fat Greek Yogurt + Berries + Seeds
SAT	Liver Detox Smoothie	Stuffed Bell Peppers	Zucchini Boats	Cucumbers + Celery + Carrots Hummus
SUN	Liver Detox Smoothie	Zucchini Boats	Salmon, Asparagus + Rosemary Potatoes	Plain, Full Fat Greek Yogurt + Berries + Seeds

SHOPPING LIST

BLISSFULLY
BALANCED NUTRITION