After Thanksgiving Detox

It's easy to overeat this holiday. Here are wonderful breakfast, lunch, and dinner cleanses to help make you feel back to normal



BREAKFAST DRINK

- [ ] 1 cup of water
- [ ] 1 tbsp. flax seed
- [ ] 1 cup raspberries
- [ ] 1 banana
- [ ] 1/4 cup spinach
- [ ] 1 tbsp. almond butter
- [ ] 2 tsp. lemon

LUNCH DRINK

- [ ] 4 celery stalks
- [ ] 1 cucumber
- [ ] 1 cup kale leaves
- [ ] 1/2 green apple 1/2 lime
- [ ] 1 tbsp coconut oil
- [ ] 1/2 cup almond milk
- [ ] 1 cup pineapple

DINNER DRINK

- [ ] 1/2 mango
- [ ] 1 cup blueberries
- [ ] 1 1/2 coconut water
- [ ] 1 cup kale
- [ ] 1 tbsp. lemon
- [ ] 1/4 avocado
- [ ] 1/4 tsp. cayenne pepper
- [ ] 1 tbsp. flax seeds

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