

Toni Julian's 7-Day Detox

MEAL PLAN WEEK AT A GLANCE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Berry Green Smoothie	Cucumber Avocado Smoothie	Berry Green Smoothie	Cucumber Avocado Smoothie or Overnight Oats	Egg White Frittata + Berries or Avocado Mash	Berry Green Smoothie or Overnight Oats	Egg White Frittata + Berries or Avocado Mash
Super Detox Veggie Broth+ Cucumber Avocado Smoothie	Super Detox Veggie Broth+ Pineapple Anti-Inflammatory Smoothie	Super Detox Veggie Broth+ Cucumber Avocado Smoothie	Super Detox Veggie Broth+ Chicken Pot Pie Stew	Super Detox Veggie Broth+ Honey Almond Salmon with Mixed Greens	Super Detox Veggie Broth+ Broccoli Beet Quinoa Salad + Lean Protein	Super Detox Veggie Broth+ Pan-seared Brussel Sprouts + Lean Protein
Super Detox Veggie Broth	Super Detox Veggie Broth	Super Detox Veggie Broth	Super Detox Veggie Broth and/or Lemon Blueberry Muffins	Super Detox Veggie Broth + Healthy Hummus and Veggie Spears	Super Detox Veggie Broth and/or Lemon Blueberry Muffins	Super Detox Veggie Broth + Healthy Hummus and Veggie Spears
Super Detox Veggie Broth+ Chicken Pot Pie Stew	Super Detox Veggie Broth+ Chicken Pot Pie Stew	Super Detox Veggie Broth+ Chicken Pot Pie Stew	Super Detox Veggie Broth+ Honey Almond Salmon with Mixed Greens	Super Detox Veggie Broth+ Broccoli Beet Quinoa Salad + Lean Protein	Super Detox Veggie Broth+ Pan-seared Brussel Sprouts + Lean Protein	Super Detox Veggie Broth+ Shredded Chicken Tacos or Honey Almond Salmon or Chicken Stew
Chocolate Chia Pudding	Chocolate Chia Pudding	Chocolate Chia Pudding	Chocolate Chia Pudding or Chocolate Ganache	Chocolate Chia Pudding or Chocolate Ganache	Chocolate Chia Pudding or Chocolate Ganache	Chocolate Chia Pudding or Chocolate Ganache