

# SAMPLE MEAL PLAN

## Cleanse And Reset Sample Meal Plan

DAY	GREEN SMOOTHIE	SHAKE	GREEN SMOOTHIE	SOUP
1	Pineapple Mint Green Smoothie	Chocolate Raspberry	Strawberry Green Smoothie	Chicken and "Rice"
2	Cucumber Melon Green Smoothie	Piña Colada	Lemon Ginger Green Smoothie	Creamy Asparagus
3	Papaya Ginger Green Smoothie	Chocolate Raspberry	Pineapple Mint Green Smoothie	Chicken and "Rice"
4	Strawberry Green Smoothie	Apple Pie	Cucumber Melon Green Smoothie	Creamy Asparagus
5	Lemon Ginger Green Smoothie	Piña Colada	Papaya Ginger Green Smoothie	Chicken and "Rice"

\*You can find all recipes for the sample meal plan inside the Cleanse and Reset Quick Start Guide