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SUGAR DETOX PROGRAM

30 Day **Meal Plan**



30 Day Sugar Detox Meal Plan

This guide gives you a choice of 3 different meal plans to follow. The first meal plan is our core meal plan that provides a tremendous amount of variety for those who love to experiment and try new things.

The second meal plan is our core meal plan for those who are really busy and need quick meal ideas and are unable to spend a lot of time in the kitchen each day preparing meals.

The third meal plan is for those who want to on a low-carb healing nutrition plan, we call it the Advanced Healing Plan and this is also do not have a lot of time to spend in the kitchen due to a busy schedule.

Anti-Inflammatory Meal Plans:

All of the meal plans are gluten-free and anti-inflammatory. They only use real foods and we encourage organic produce and grass-fed animal products whenever possible. We avoid the most notorious inflammatory substances which are sugar, gluten, corn, grains in general, peanuts, pork, shellfish, refined vegetable oils & table salt. We do have dairy in many of the recipes but we only recommend the highest quality, organic and grass-fed sources.

As you will see, the basic plan incorporates more carbs in the form of fruit and natural sweeteners. The healing plan is a lower carb meal plan that also incorporates the principles of intermittent fasting for superior results.

The Goal of These Meal Plans:

The goal of these meal plans is to give you a variety of ideas on how to structure your meal plan in order to help you accomplish your health goals.

You have full permission to change these meal ideas around, incorporate leftovers more or less often and stick with the healthy and nutritious dishes you enjoy the most.

Food Allergies & Sensitivities:

If you have any particular food allergies or sensitivities to things like eggs, nuts, dairy or nightshade vegetables than it is best to exclude those from your particular meal plan.

All of the specific recipes are in the SuperCharged Healthy Recipe book. The number in parenthesis next to the recipe denotes the page number in the book.

There are over 180 recipes in the book and another 50+ recipes on DrJockers.com that can be substituted based on your unique sensitivities and desires. Be sure to experiment and find what works the best for you! Enjoy!

30-Day Core Sugar Detox Meal Plan 1

Day 1: **BreakFast:** Supercharged Key Lime Pie Smoothie (61)

Lunch: Raw, Sprouting Ideas Salad

Snack: SuperCharged Snow Balls (234)

Dinner: Taco Lettuce Wraps (196)

Day 2: **Breakfast:** Super Cinnamon Roll Smoothie (60)

Lunch: The SuperCharged Salad

Snack: Almond Berry Celery (135)

Dinner: SuperBrain Salmon Burgers (197)

Day 3: **Breakfast:** Beautiful Berry Chia Smoothie (56)

Lunch: Leftovers

Snack: Crunchy Nut & Seed Granola (69)

Dinner: SuperCharged Thai Coconut Turkey (188)

Day 4: **Breakfast:** SuperCharged Turkey Sausage (68)

Lunch: Nori Wraps (159)

Snack: Blueberry Coconut Flake Cookies (214)

Dinner: Basil Almond Crusted Salmon (201)

Day 5: **Breakfast:** Brain Building Omelet (72)

Lunch: SuperCharged Apple Salad (126)

Snack: SuperCharged Thin Mints (230)

Dinner: Brain Boosting Burger (200)

Day 6: **Breakfast:** SuperCharged Pumpkin Pancakes (74)

Lunch: SuperCharged Chicken Salad (119)

Snack: SuperGreen Fudge Cups (220)

Dinner: SuperCharged Coconut Curry (208)

Day 7: **Breakfast:** Tangerine and Spinach Omelet (79)

Lunch: Leftovers

Snack: Super Berry Smoothie (65)

Dinner: Chicken Stir-Fry (198)

Day 8: **Breakfast:** Blueberry Brain Muffins (76)

Lunch: Healing Root Vegetable Salad (112)

Snack: Blueberry Coconut Flake Cookies (214)

Dinner: Spaghetti Squash Lasagna (205)

Day 9: **Breakfast:** Supercharged Turkey Fritata (73)

Lunch: Kale Flat Bread (132) and Guacamole (156)

Snack: SuperGreen Fudge Cups (220)

Dinner: Rosemary Chicken & Garlic Mushrooms (199)

Day 10: **Breakfast:** Supercharged Quinoa Pancakes (75)

Lunch: SuperBrain Salmon Salad (122)

Snack: SuperCharged Zucchini Fries (154)

Dinner: Naked Kale Burger Saute (184)

Day 11: **Breakfast:** Coconut Blueberry Muffins (77)
 Lunch: Leftovers
 Snack: SuperCharged Thin Mints (230)
 Dinner: Supercharged Salmon Croquettes (204)

Day 12: **Breakfast:** Grain-Free Oatmeal (71)
 Lunch: Celery Tomato Salad (128)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: SuperSmart Stir Fry (194)

Day 13: **Breakfast:** Supercharged Blueberry Shake (52)
 Lunch: Coconut Flour Bread (146) & Nutella (136)
 Snack: SuperGreen Fudge Cups (220)
 Dinner: Chicken Avocado Chili (96)

Day 14: **Breakfast:** Chocolate Strawberry Mousse (53)
 Lunch: Rainbow Salad (124) w/Coconut Bread (146)
 Snack: SuperCharged Snow Balls (234)
 Dinner: Leftovers

Day 15: **Breakfast:** Chocolate Coconut Shake (50)
 Lunch: SuperCharged Sushi Bowl (116)
 Snack: SuperCharged Thin Mints (230)
 Dinner: Chicken Veggie Soup (103)

- Day 16:** **Breakfast:** SuperCharged Crepes (70)
 Lunch: Leftovers
 Snack: Almond Berry Celery (135)
 Dinner: Beef Spaghetti Pesto (192)
- Day 17:** **Breakfast:** Cranberry Orange Muffins with Butter (80)
 Lunch: SuperCharged Chicken Salad (119)
 Snack: Cinnamon Almond Butter Fudge Bars (138)
 Dinner: Broccoli Cream Soup (94)
- Day 18:** **Breakfast:** Spinach Pancakes (78)
 Lunch: Coconut Bread (146) and Blueberry Coconut Butter (174)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Supercharged Salmon Leek Quiche (193)
- Day 19:** **Breakfast:** Chocolate Chia Super Smoothie (51)
 Lunch: Leftovers
 Snack: SuperGreen Fudge Cups (220)
 Dinner: Coconut Flour Pizza (147)
- Day 20:** **Breakfast:** Beautiful Berry Chia Smoothie (56)
 Lunch: Coconut Flour Bread (146) & Not Nut Butter (171)
 Snack: SuperCharged Thin Mints (230)
 Dinner: SuperBrain Salmon Burgers (197)

Day 21: **Breakfast:** Coconut Milk Coffee (57)
 Lunch: No Bean Hummus (152) & Slider Buns (153)
 Snack: SuperCharged Snow Balls (234)
 Dinner: Leftovers

Day 22: **Breakfast:** Chocolate Raspberry Cream (54)
 Lunch: Chicken Fajitas (187)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Creamy Butternut Squash Pasta (203)

Day 23: **Breakfast:** Blueberry Brain Muffins (76)
 Lunch: Chocolate Skin Enhancing Pudding (66)
 Snack: SuperGreen Fudge Cups (220)
 Dinner: Taco Lettuce Wraps (196)

Day 24: **Breakfast:** Super Cinnamon Roll Smoothie (60)
 Lunch: Living Pesto Pasta (162)
 Snack: SuperCharged Thin Mints (230)
 Dinner: SuperSmart Stir Fry (194)

Day 25: **Breakfast:** Anti-Inflammatory Milk (55)
 Lunch: Leftovers
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Turnero Onion Burgers (202)

- Day 26:** **Breakfast:** Supercharged Macha Green Tea (84)
 Lunch: Rainbow Salad (124) w/Coconut Bread (146)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Naked Kale Burger Saute (184)
- Day 27:** **Breakfast:** Brain Building Omelet (72)
 Lunch: Kale Flat Bread (132) and Guacamole (156)
 Snack: SuperCharged Snow Balls (234)
 Dinner: Chicken Stir-Fry (198)
- Day 28:** **Breakfast:** SuperCharged Chocolate Pudding (59)
 Lunch: Leftovers
 Snack: SuperCharged Thin Mints (230)
 Dinner: SuperCharged Coconut Curry (208)
- Day 29:** **Breakfast:** Chocolate Chia Super Smoothie (51)
 Lunch: Nori Wraps (159)
 Snack: Super Berry Smoothie (65)
 Dinner: Rosemary Chicken & Garlic Mushrooms (199)
- Day 30:** **Breakfast:** Supercharged Blueberry Shake (52)
 Lunch: Broccoli Cheesy Salad (117)
 Snack: SuperGreen Fudge Cups (220)
 Dinner: Chicken Veggie Soup (103)

30-Day Core Sugar Detox Meal Plan 2

This meal plan is designed for those that want a variety of great tasting healthy foods but don't want to prepare every meal from scratch. In order to accomplish this, we recommend making a quick breakfast in the form of a shake/smoothie on most days (especially work days) and making a good dinner recipe that can be made in less than 30 minutes.

All of these recipes take 30 minutes or less to prepare. Most of the breakfast recipes can be made in 5 mins or less. You can also make some of these recipes such as SuperCharged Snow balls on the weekend or at a time when you aren't in a hurry so you can have a great snack you can utilize for several days.

For time and convenience, we recommend making your dinner recipe larger than you need and saving leftovers for lunch the following day. Simply, save it overnight in a glass container (plastic lid is fine – but not a plastic container). Take it with you to work the next day and either eat it cold or warm it up beforehand.

With meat dishes, I don't recommend letting them stay in the refrigerator for more than 24 hours. So if you prepare the meal on Tuesday evening, you would want to consume the whole meal before Wednesday evening. So dinner – breakfast or lunch the next day works great.

You can add in some things like a tbsp. or two of sauerkraut to improve digestion and assimilation of the nutrients within the meal. You can also add in more veggies to some of the recipes or with other foods.

Note: If you don't like a recipe, try something else, as there are over 180 recipes in the SuperCharged Recipe book and another 50+ additional recipes that are on DrJockers.com and not in the book.

Day 1: **BreakFast:** Supercharged Key Lime Pie Smoothie (61)

Lunch: The SuperCharged Salad

Snack: SuperCharged Snow Balls (234)

Dinner: Taco Lettuce Wraps (196)

Day 2: **Breakfast:** Beautiful Berry Chia Smoothie (56)

Lunch: Leftover Taco Lettuce Wraps

Snack: SuperCharged Snow Balls (234)

Dinner: Chicken Stir-Fry (198)

Day 3: Breakfast: Chocolate Raspberry Cream (54)

Lunch: Chicken Stir-Fry Leftovers

Snack: Handful of Macadamia Nuts

Dinner: Naked Kale Burger Saute (184)

Day 4: Breakfast: Chocolate Chia Super Smoothie (51)

Lunch: Leftover Kale Burger Saute

Snack: Handful of coconut flakes

Dinner: Rosemary Chicken & Garlic Mushrooms (199)

Day 5: Breakfast: Supercharged Blueberry Shake (52)

Lunch: Leftover Chicken & Garlic Mushrooms

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperBrain Salmon Burgers (197)

Day 6: Breakfast: Super Cinnamon Roll Smoothie (60)

Lunch: Leftover Salmon Burgers (197)

Snack: Almond Berry Celery (135)

Dinner: Chicken Fajitas (187)

Day 7: Breakfast: Coconut Blueberry Muffins (77)

Lunch: Leftover Chicken Fajitas (187)

Snack: Super Berry Smoothie (65)

Dinner: SuperCharged Coconut Curry (208)

Day 8: Breakfast: Supercharged Key Lime Pie Smoothie

Lunch: The SuperCharged Salad

Snack: SuperCharged Thin Mints (230)

Dinner: Taco Lettuce Wraps (196)

Day 9: Breakfast: Beautiful Berry Chia Smoothie (56)

Lunch: Leftover Taco Lettuce Wraps

Snack: SuperCharged Thin Mints (230)

Dinner: Chicken Stir-Fry (198)

Day 10: Breakfast: Chocolate Raspberry Cream (54)

Lunch: Chicken Stir-Fry Leftovers

Snack: Handful of Macadamia Nuts

Dinner: Naked Kale Burger Saute (184)

Day 11: Breakfast: Chocolate Chia Super Smoothie (51)

Lunch: Leftover Kale Burger Saute

Snack: Handful of coconut flakes

Dinner: Rosemary Chicken & Garlic Mushrooms (199)

Day 12: Breakfast: Supercharged Blueberry Shake (52)

Lunch: Leftover Chicken & Garlic Mushrooms

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperBrain Salmon Burgers (197)

Day 13: Breakfast: Super Cinnamon Roll Smoothie (60)

Lunch: Leftover Salmon Burgers (197)

Snack: Almond Berry Celery (135)

Dinner: Chicken Fajitas (187)

Day 14: Breakfast: SuperCharged Pumpkin Pancakes (74)

Lunch: Leftover Chicken Fajitas (187)

Snack: Super Berry Smoothie (65)

Dinner: SuperCharged Coconut Curry (208)

Day 15: Breakfast: Supercharged Key Lime Pie Smoothie

Lunch: The SuperCharged Salad

Snack: Blueberry Coconut Flake Cookies (214)

Dinner: Taco Lettuce Wraps (196)

Day 16: Breakfast: Beautiful Berry Chia Smoothie (56)

Lunch: Leftover Taco Lettuce Wraps

Snack: Blueberry Coconut Flake Cookies (214)

Dinner: Chicken Stir-Fry (198)

Day 17: Breakfast: Chocolate Raspberry Cream (54)

Lunch: Chicken Stir-Fry Leftovers

Snack: Handful of Macadamia Nuts

Dinner: Naked Kale Burger Saute (184)

Day 18: Breakfast: Chocolate Chia Super Smoothie (51)

Lunch: Leftover Kale Burger Saute

Snack: Handful of coconut flakes

Dinner: Rosemary Chicken & Garlic Mushrooms (199)

Day 19: Breakfast: Supercharged Blueberry Shake (52)

Lunch: Leftover Chicken & Garlic Mushrooms

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperBrain Salmon Burgers (197)

Day 20: Breakfast: Super Cinnamon Roll Smoothie (60)

Lunch: Leftover Salmon Burgers (197)

Snack: Almond Berry Celery (135)

Dinner: Chicken Fajitas (187)

Day 21: Breakfast: Brain Building Omelet (72)

Lunch: Leftover Chicken Fajitas (187)

Snack: Super Berry Smoothie (65)

Dinner: SuperCharged Coconut Curry (208)

Day 22: Breakfast: Supercharged Key Lime Pie Smoothie

Lunch: The SuperCharged Salad

Snack: SuperGreen Fudge Cups (220)

Dinner: Taco Lettuce Wraps (196)

Day 23: Breakfast: Beautiful Berry Chia Smoothie (56)

Lunch: Leftover Taco Lettuce Wraps

Snack: SuperGreen Fudge Cups (220)

Dinner: Chicken Stir-Fry (198)

Day 24: Breakfast: Chocolate Raspberry Cream (54)

Lunch: Chicken Stir-Fry Leftovers

Snack: Handful of Macadamia Nuts

Dinner: Naked Kale Burger Saute (184)

Day 25: Breakfast: Chocolate Chia Super Smoothie (51)

Lunch: Leftover Kale Burger Saute

Snack: Handful of coconut flakes

Dinner: Rosemary Chicken & Garlic Mushrooms (199)

Day 26: Breakfast: Supercharged Blueberry Shake (52)

Lunch: Leftover Chicken & Garlic Mushrooms

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperBrain Salmon Burgers (197)

Day 27: Breakfast: Super Cinnamon Roll Smoothie (60)

Lunch: Leftover Salmon Burgers (197)

Snack: Almond Berry Celery (135)

Dinner: Chicken Fajitas (187)

Day 28: **Breakfast:** SuperCharged Turkey Sausage (68)

Lunch: Leftover Chicken Fajitas (187)

Snack: Super Berry Smoothie (65)

Dinner: SuperCharged Coconut Curry (208)

Day 29: **Breakfast:** Supercharged Key Lime Pie Smoothie

Lunch: The SuperCharged Salad

Snack: Crunchy Nut & Seed Granola (69)

Dinner: Taco Lettuce Wraps (196)

Day 30: **Breakfast:** Beautiful Berry Chia Smoothie (56)

Lunch: Leftover Taco Lettuce Wraps

Snack: Crunchy Nut & Seed Granola (69)

Dinner: Chicken Stir-Fry (198)

30 Day Advanced Healing Sugar Detox Meal Plan

This plan is designed for individuals who are trying to heal from chronic inflammation, lose a significant amount of weight or those who are highly motivated to achieve their peak level of health and performance.

This nutrition plan utilizes an intermittent fasting emphasis where you can either skip breakfast or consume a drink with a small amount of good coconut milk, coconut oil, grass-fed butter and/or MCT oil. One could also add in some grass-fed collagen protein with their morning beverage to improve amino acid uptake.

Intermittent fasting is a profound technique that enhances mitochondrial energy production, reduces inflammation and improves brain function when done correctly. Intermittent fasting also keeps insulin down (insulin promotes tumor growth) and boosts human growth hormone (HGH) which initiates detoxification and hormone balance within the body.

As long as you are hydrated your body will go through periods of intensive healing during these fasting periods that last longer than 12 hours. Overtime, you should try to stick with lots of clean fluids and anti-oxidants during the day and 2 healthy meals (as outlined) in a 6 -8 hr window of time to provide essential fatty acids, more anti-oxidants and clean proteins.

Whatever time frame works best for you – 11-7pm, 12 – 8pm or 10-6pm, etc.

You can tighten that time frame to 12-6pm or 11-5pm if you like, many feel their best on a 6 hour eating window. This plan does this for you as you are consuming green drinks and coconut oil/butter or MCT oil which will not affect you metabolically so you continue to get the benefits of fasting. This is ideal for optimal energy and anti-aging. It will help reduce inflammation to allow your hormones to balance naturally.

Building Vs Cleansing Window:

Building Window: The time between your first meal and your last meal such as 11am first meal to 6pm – last meal.

Cleansing Window: The time between your last meal and your first meal the following day. This would mean from 6pm – 11am the next day.

Drink lots of fluids during your cleansing window and feel free to eat several small-medium meals and snacks during your building window. I don't recommend drinking a lot of water during the building window because you don't want to dilute your stomach acid and enzymes during the period they need to be active.

You can drink ample amounts during the cleansing window and I recommend drinking at least half your body weight in ounces (most of which you want to do in the AM hours).

Cyclic Ketogenic Approach:

This plan is a low-carbohydrate, moderate protein and high healthy fat diet. This helps to balance blood sugar and our body begins to run off of ketones which are the metabolic byproduct of fatty acid metabolism.

Ketones are a preferred fuel for your muscles and brain which thrive off of their usage. This plan has your body cycle through ketosis with a slightly higher carbohydrate meal every 4th day. So you go three days of very low carb and then you have a low-moderate carb day which helps improve hormone balance and reload your glycogen (sugar stores) stores in your liver and muscles.

Doing this plan, you have to give yourself a week to get used to not eating in the morning and going low-carb. Give yourself some time to adjust. It is normal to feel hungry at first, to have headaches, nausea and carb cravings the first few days. Simply add more coconut oil or grass-fed collagen to your herbal tea, bone broth or organic coffee and you should feel better.

There is a lot of information about the benefits of a Ketogenic or Cyclic Ketogenic diet on DrJockers.com

On this plan, I am a big fan of doing one solid-food meal a day and possibly a solid food snack. Liquid nutrient provides highly absorbable nutrients and is minimally stressful on the digestive system. In order to heal well, we need to reduce stress on the digestive system and provide as much essential nutrients and anti-oxidants as possible. Doing the shakes, smoothies, creams, etc in this plan can be very helpful for this.

If you are very busy and don't have time to make your own lunch in the liquid nutrition form we have listed than I would highly recommend making a larger meal in the evening and having leftovers in a glass container for lunch the next day.

Feel free to add more veggies, salads, etc. to the meal plan to incorporate even more micronutrients and high quality fibers. As with the other plans, you will find out what foods you enjoy the most and what foods you feel the best with. Stick with those recipes as your staples going forward.

Day 1:

- Breakfast:** Anti-Inflammatory Milk (55)
- Lunch:** Chocolate Raspberry Cream (54)
- Snack:** Handful of Sprouted Pumpkin Seeds
- Dinner:** SuperCharged Thai Coconut Turkey (188)

- Day 2:** **Breakfast:** Coconut Milk Coffee (57)
 Lunch: Supercharged Blueberry Shake (52)
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute (184)
- Day 3:** **Breakfast:** Coconut Dandelion Coffee (58)
 Lunch: Chocolate Strawberry Mousse (53)
 Snack: Handful of Coconut Flakes
 Dinner: SuperBrain Salmon Burgers (197)
- Day 4:** **Breakfast:** Creamy Cinnamon Coffee (website)
 Lunch: Beautiful Berry Chia Smoothie (56)
 Snack: Almond Berry Celery (135)
 Dinner: Chicken Stir-Fry (198)
- Day 5:** **Breakfast:** Macha Green Tea (84)
 Lunch: Chocolate Skin Enhancing Pudding (66)
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: Taco Lettuce Wraps (196)
- Day 6:** **Breakfast:** De-Inflaming Lemonade (91)
 Lunch: Chocolate Chia Super Smoothie (51)
 Snack: Blueberry Parfait (website)
 Dinner: SuperCharged Coconut Curry (208)

- Day 7:** **Breakfast:** Lemon-Mint Vitamin Water (90)
 Lunch: Blueberry Pudding (62)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Chicken Fajitas (187)
- Day 8:** **Breakfast:** Anti-Inflammatory Milk (55)
 Lunch: Chocolate Raspberry Cream (54)
 Snack: Handful of Sprouted Pumpkin Seeds
 Dinner: SuperCharged Thai Coconut Turkey (188)
- Day 9:** **Breakfast:** Coconut Milk Coffee (57)
 Lunch: Supercharged Blueberry Shake (52)
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute (184)
- Day 10:** **Breakfast:** Coconut Dandelion Coffee (58)
 Lunch: Chocolate Strawberry Mousse (53)
 Snack: Handful of Coconut Flakes
 Dinner: SuperBrain Salmon Burgers (197)
- Day 11:** **Breakfast:** Creamy Cinnamon Coffee (website)
 Lunch: Beautiful Berry Chia Smoothie (56)
 Snack: Almond Berry Celery (135)
 Dinner: Chicken Stir-Fry (198)

- Day 12:** **Breakfast:** Macha Green Tea (84)
 Lunch: Chocolate Skin Enhancing Pudding (66)
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: Taco Lettuce Wraps (196)
- Day 13:** **Breakfast:** De-Inflaming Lemonade (91)
 Lunch: Chocolate Chia Super Smoothie (51)
 Snack: Blueberry Parfait (website)
 Dinner: SuperCharged Coconut Curry (208)
- Day 14:** **Breakfast:** Lemon-Mint Vitamin Water (90)
 Lunch: Blueberry Pudding (62)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Chicken Fajitas (187)
- Day 15:** **Breakfast:** Anti-Inflammatory Milk (55)
 Lunch: Chocolate Raspberry Cream (54)
 Snack: Handful of Sprouted Pumpkin Seeds
 Dinner: SuperCharged Thai Coconut Turkey (188)
- Day 16:** **Breakfast:** Coconut Milk Coffee (57)
 Lunch: Supercharged Blueberry Shake (52)
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute (184)

- Day 17:** **Breakfast:** Coconut Dandelion Coffee (58)
 Lunch: Chocolate Strawberry Mousse (53)
 Snack: Handful of Coconut Flakes
- Dinner:** SuperBrain Salmon Burgers (197)
- Day 18:** **Breakfast:** Creamy Cinnamon Coffee (website)
 Lunch: Beautiful Berry Chia Smoothie (56)
 Snack: Almond Berry Celery (135)
 Dinner: Chicken Stir-Fry (198)
- Day 19:** **Breakfast:** Macha Green Tea (84)
 Lunch: Chocolate Skin Enhancing Pudding (66)
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: Taco Lettuce Wraps (196)
- Day 20:** **Breakfast:** De-Inflaming Lemonade (91)
 Lunch: Chocolate Chia Super Smoothie (51)
 Snack: Blueberry Parfait (website)
 Dinner: SuperCharged Coconut Curry (208)
- Day 21:** **Breakfast:** Lemon-Mint Vitamin Water (90)
 Lunch: Blueberry Pudding (62)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Chicken Fajitas (187)

Day 22: **Breakfast:** Anti-Inflammatory Milk (55)
 Lunch: Chocolate Raspberry Cream (54)
 Snack: Handful of Sprouted Pumpkin Seeds
 Dinner: SuperCharged Thai Coconut Turkey (188)

Day 23: **Breakfast:** Coconut Milk Coffee (57)
 Lunch: Supercharged Blueberry Shake (52)
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute (184)

Day 24: **Breakfast:** Coconut Dandelion Coffee (58)
 Lunch: Chocolate Strawberry Mousse (53)
 Snack: Handful of Coconut Flakes
 Dinner: SuperBrain Salmon Burgers (197)

Day 25: **Breakfast:** Creamy Cinnamon Coffee (website)
 Lunch: Beautiful Berry Chia Smoothie (56)
 Snack: Almond Berry Celery (135)
 Dinner: Chicken Stir-Fry (198)

Day 26: **Breakfast:** Macha Green Tea (84)
 Lunch: Chocolate Skin Enhancing Pudding (66)
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: Taco Lettuce Wraps (196)

- Day 27:** **Breakfast:** De-Inflaming Lemonade (91)
 Lunch: Chocolate Chia Super Smoothie (51)
 Snack: Blueberry Parfait (website)
 Dinner: SuperCharged Coconut Curry (208)
- Day 28:** **Breakfast:** Lemon-Mint Vitamin Water (90)
 Lunch: Blueberry Pudding (62)
 Snack: Blueberry Coconut Flake Cookies (214)
 Dinner: Chicken Fajitas (187)
- Day 29:** **Breakfast:** Anti-Inflammatory Milk (55)
 Lunch: Chocolate Raspberry Cream (54)
 Snack: Handful of Sprouted Pumpkin Seeds
 Dinner: SuperCharged Thai Coconut Turkey (188)
- Day 30:** **Breakfast:** Coconut Milk Coffee (57)
 Lunch: Supercharged Blueberry Shake (52)
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute (184)