



21-Day Detox - Week One

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
M1	Mango Ginger Detox Smoothie (NEW) + ACV Elixir	Glowing Skin Smoothie (NEW) + ACV Elixir	Tofu Scramble (NEW) + ACV Elixir	Cauliflower Blueberry Smoothie Bowl (NEW) + ACV Elixir	Your Favorite Avocado Toast (NEW) + ACV Elixir	Protein Pancakes (NEW) + ACV Elixir	Avocado Toast (NEW) + ACV Elixir
M2	Fuel-To-Go Muffin (NEW)	Fuel-To-Go Muffin (NEW)	Power Crisp Crackers + 2 tbsp. Hummus (NEW)	Power Crisp Crackers + 2 tbsp. Hummus (NEW)	Red Grapefruit + Cold Almonds (Portal)	Red Grapefruit + Cold Almonds (Portal)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs
M3	Carrot & Lentil Soup + Beet Salad (NEW)	Leftover Tray Dinner or Leftovers from yesterdays M3	Leftover from yesdetrdays M5	Leftover from yesterday's M5	Leftover from yesterday's M5	Leftover Spring Shred Wrap	Use up whatever leftovers you have
M4	Matcha Avocado Chia Pudding (NEW)	Matcha Avocado Chia Pudding (NEW)	Mango Ginger Detox Smoothie (NEW)	Red Grapefruit + Cold Almonds (Portal)	Fuel-To-Go Muffin (NEW)	1 apple, sliced + 1 tbsp. almond butter	1 apple, sliced + 1 tbsp. almond butter
M5	Your favorite Tray Dinner! (Portal) Make 2 servings and save the leftovers for tomorrow's M3	Your favorite Spring Shred Wrap (Portal) Make extra and save leftovers for tomorrow's M3	LYL Burrito Bowl (Portal)	Carrot & Lentil Soup + Cauliflower Fritters (NEW)	Your favorite Spring Shred Wrap ! (Portal) Make extra and save leftovers for tomorrow's M3	Your favorite Tray Dinner! (Portal) Make extra and save the leftovers for tomorrow's M3	Curried Pumpkin Soup (Portal)



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M1	Tofu Scramble (NEW) + ACV Elixir	Blueberry Crunch (Portal) + ACV Elixir	Your Favorite Avocado Toast (NEW) + ACV Elixir	Hormone Balancing Maca Powder Smoothie (NEW) + ACV Elixir	LYL Grain-Free Granola (Portal) + ACV Elixir	Protein Pancakes (NEW) + ACV Elixir	Avocado Toast (NEW) + ACV Elixir
M2	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Mango Ginger Detox Smoothie (NEW)	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Fuel-To-Go Muffin (NEW)	Red Grapefruit + Cold Almonds (Portal)	Fuel-To-Go Muffin (NEW)	Red Grapefruit + Cold Almonds (Portal)
M3	Leftover Curried Pumpkin Soup (NEW)	Leftover from yesterdays M5	Avocado-Quinoa Salad (NEW)	Leftover Brazilian Fish Stew (Portal)	Avocado-Quinoa Salad (NEW)	Avocado-Quinoa Salad (NEW)	Leftover from yesterdays M5
M4	Power Crisp Crackers + 2 tbsp. Hummus (NEW)	Power Crisp Crackers + 2 tbsp. Hummus (NEW)	Glowing Skin Smoothie (NEW)	Red Grapefruit + Cold Almonds (Portal)	Fuel-To-Go Muffin (NEW)	1 apple, sliced + 1 tbsp. almond butter	Fuel-To-Go Muffin (NEW)
M5	Coconut Red Lentil Dal (NEW) Save the leftovers for tomorrow's M3	Your favorite Tray Dinner! (Portal)	Brazilian Fish Stew (Portal)	Your favorite Tray Dinner! (Portal)	Lentil Burger (NEW) + Carrot & Turnip Fries (Portal)	Pecan Salmon (cookbook) + Oven roasted veggies. Save leftovers for tomorrow's M3	Use up whatever leftovers you have



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M1	Breakfast Cookie (Main Cookbook) + ACV Elixir	Hormone Balancing Maca Powder Smoothie (NEW) + ACV Elixir	Your Favorite Avocado Toast (NEW) + ACV Elixir	Chocolate Peanut Butter Oatmeal (Main Cookbook) + ACV Elixir	Your Favorite Avocado Toast (NEW) + ACV Elixir	Baked Banana Breakfast Bites (NEW) + ACV Elixir	Apple Pie Oatmeal (Main Cookbook) + ACV Elixir
M2	Mango Ginger Detox Smoothie (NEW)	Breakfast Cookie (Main Cookbook)	Red Grapefruit + Cold Almonds (Portal)	Glowing Skin Smoothie (NEW)	Red Grapefruit + Cold Almonds (Portal)	Pumpkin Pie Smoothie (Portal)	Baked Banana Breakfast Bites (NEW) + ACV Elixir
M3	Quinoa Burger (NEW) + Beet Salad (NEW)	Leftover from yesterdays M5	Quinoa Burger (NEW) + Beet Salad (NEW)	Leftover Chicken Soup w/ Quinoa & Roasted Red Peppers (NEW)	Leftover Wild Creamy Mushroom Soup (NEW)	Avocado-Quinoa Salad (NEW)	Avocado-Quinoa Salad (NEW)
M4	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	6 oz. coconut yogurt + 1 Tbsp. unsweetened coconut flakes + 2 tsp. cacao nibs	Glowing Skin Smoothie (NEW)	1 apple, sliced + 1 tbsp. almond butter	Coffee Smoothie (Portal)	1 apple, sliced + 1 tbsp. almond butter	Blueberry Crunch (Portal)
M5	Curry Sweet Potato Lentil Stew (NEW) Save the leftovers for tomorrow's M3	Your favorite Tray Dinner! (Portal)	Chicken Soup w/ Quinoa & Roasted Red Peppers (NEW)	Wild Creamy Mushroom Soup (NEW)	Stuffed Sweet Potato (Main Cookbook)	Salmon Bake (Portal)	Use up whatever leftovers you have