



8

Day

Detox

@mamasteps

8 Day Detox Table of Contents

Overview Pg. 3

Meal Plan Day 1 Pg. 4

Meal Plan Day 2 Pg. 5

Meal Plan Day 3 Pg. 6

Meal Plan Day 4 Pg. 7

Recipes Pg. 8- 16

Shopping List Pg. 17-18



Overview

Repeat two cycles (or more if desired!) of the below plan for a total of 8 days. Re-introduce other foods slowly after detox is complete.

Remember to check with your medical provider before beginning any diet or exercise plan.

- *Focus on:*

- *Organic Fruits + Veggies*
- *Organic Raw + Unsalted Nuts*
- *Daily Fluids:*
 - *8oz warm water + juice of ¼ an organic lemon*
 - *1 packet [Shaklee Green Tea](#) + 16oz hot (or cold) water*
 - *1 [EveryDay Detox](#) tea bag + 16oz hot water*
 - *1 [Organic India Tulsi Tea](#) bag + 16oz hot water*
 - *Water goal: 64oz, throughout the day (includes above!)*

- *Ditch:*

- *Alcohol*
- *Grains*
- *Processed Food*
- *Meat*
- *Dairy*
- *Refined Sugar + Artificial Sweeteners*
- *GMO Soy*

Day 1

- + Pre-Breakfast
 - + 8oz warm water + lemon and/or 8oz celery juice

- + Breakfast
 - o Blueberry + Cherry Smoothie

- + Snack 1
 - o 1 sliced organic red pepper
 - o 2 organic dates
 - o ¼ cup raw, unsalted cashews
 - o 16oz water + 1 packet Shaklee Green Tea

- + Lunch
 - o Apple + Banana + Strawberry Smoothie

- + Snack 2
 - o 1 sliced cucumber
 - o 1 serving Guacamole
 - o 16oz hot water + 1 Tulsi tea bag

- + Dinner
 - o Mango + Banana Smoothie

- + Snack 3
 - o ½ cup organic grapes, sliced
 - o 1 TBSP raw, local honey
 - o 2 TBSP chopped unsalted raw pecans
 - o 2 tsp organic lemon juice
 - o 16oz hot water + 1 Detox Tea bag

Day 2

- + Pre-Breakfast
 - o 8oz warm water + lemon and/or 8oz celery juice

- + Breakfast
 - o Strawberry + Blueberry Smoothie

- + Snack 1
 - o 1 sliced red apple sprinkled with cinnamon and lemon juice
 - o ¼ cup raw unsalted almonds
 - o 16oz water + 1 packet Shaklee Green Tea

- + Lunch
 - o Green Smoothie

- + Snack 2
 - o 1 serving Sun Dried Tomato Hummus
 - o 1 sliced cucumber
 - o 1 sliced tomato
 - o 16oz hot water + 1 Tulsi tea bag

- + Dinner
 - o Apple + Mango + Greens Smoothie

- Snack 3
 - o 1 banana + sprinkle of cinnamon + 1 TBSP honey
 - o 16oz hot water + 1 Detox Tea bag

Day 3

- + Pre-Breakfast
 - o 8oz warm water + lemon and/or 8oz celery juice

- + Breakfast
 - o Mango + Berry Smoothie

- + Snack 1
 - o 1 serving Vegan Pesto Dip
 - o 2 cups cauliflower
 - o 16oz water + 1 packet Shaklee Green Tea

- + Lunch
 - o Apple + Banana Smoothie

- + Snack 2
 - o 1 cup fresh or frozen blueberries + 2 tsp honey
 - o ¼ cup raw unsalted almonds
 - o 16oz hot water + 1 Tulsi tea bag

- + Dinner
 - o Mixed Berry Smoothie

- + Snack 3
 - o 1 cup cubed pineapple
 - o 16oz hot water + 1 Detox Tea bag

Day 4

- + Pre-Breakfast
 - o 8oz warm water + lemon and/or 8oz celery juice

- + Breakfast
 - o Mango + Strawberry Smoothie

- + Snack 1
 - o 1 sliced organic kiwi (keep the skin on)
 - o ¼ cup unsalted raw almonds
 - o 16oz water + 1 Shaklee Green Tea packet

- + Lunch
 - o Pineapple + Strawberry Smoothie

- + Snack 2
 - o 1 sliced red bell pepper
 - o 1 sliced cucumber
 - o 1 serving Vegan Pesto dip
 - o 16oz hot water + 1 Tulsi tea bag

- + Dinner
 - o Banana + Cherry Smoothie

- Snack 3
 - o 1 chopped organic pear + 2 chopped figs + 2 tsp honey
 - o 16oz hot water + 1 Detox Tea bag

**A Few Notes:*

- *Make sure the pits are removed from dates prior to eating or blending in smoothies.*
- *If you don't like a fruit or vegetable used in the plan, feel free to swap it out for one you like!*
- *If you're still hungry after eating a snack or meal, drink water + eat some more fruits + veggies*
- *On a detox, it'll be normal to feel more tired than usual in the beginning. If you find this unbearable, add protein into the afternoon smoothie + ¼ cup of raw, unsalted nuts to snacks.*
- *Pregnant or nursing Mamas: you can add these smoothies and snacks to your normal routine but please do not do a straight detox- and be sure to omit the Spirulina!*

You got this, Mamas! Take it 1 day at a time!

Everyday Recipes & Products

Celery juice

+ Ingredients:

- ½ bunch of celery (~6 stalks)

+ In a juicer

Or

- + In high powered blender: blend celery stalks with 6-8oz of water; strain through a [Nut Milk Bag](#) *this will yield more than 8oz due to the added water- drink all that is made!

Beverages

- + Lemon water: Juice from ¼ an organic lemon + 8oz warm water
- + [Organic India Tulsi Tea](#)
- + [Shaklee 180 Energizing Green Tea](#)
- + [Traditional Medicinals Everyday Detox Tea](#)



Day 1 Recipes

Blueberry + Cherry Smoothie

+ Ingredients:

- + 2 organic dates
- + 1 cup frozen organic blueberries
- + ½ cup frozen organic cherries
- + 1 cup organic spinach or kale
- + ½ cup organic cilantro
- + 1 serving of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 tsp [Vimergy Wild Blueberry Powder](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for a thinner consistency

Apple + Banana + Strawberry Smoothie

+ Ingredients:

- + 1 organic green apple
- + 1 cup frozen organic strawberries
- + 1 cup organic spinach or kale
- + 2 organic dates
- + 1 banana
- + 2 tsp [Feel Good Organic Turmeric Powder](#)
- + ½ cup organic cilantro
- + 2 to 3 grinds of black peppercorn
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for thinner consistency

Guacamole

- + Ingredients:
 - + 1 avocado
 - + ¼ red or white onion, chopped
 - + ½ jalapeno (seeds optional), diced
 - + Juice from 1 small lime
 - + ½ clove fresh garlic (diced) or garlic powder to taste

- + Mash avocado in small bowl with lime juice; mix in remaining ingredients; makes 2 servings

Mango + Banana Smoothie

- + Ingredients:
 - + 1 cup frozen organic mango
 - + 1 banana
 - + 1 cup organic spinach or kale
 - + 2 organic dates
 - + ½ cup organic cilantro
 - + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 8oz filtered water

- + Blend together until smooth- add water as desired for thinner consistency

Day 2 Recipes

Strawberry + Blueberry Smoothie

+ Ingredients:

- + 2 organic dates
- + 1 cup frozen organic blueberries
- + ½ cup frozen organic strawberries
- + 1 cup organic spinach or kale
- + ½ cup organic cilantro
- + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 tsp [Vimergy Wild Blueberry Powder](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for a thinner consistency

Green Smoothie

+ Ingredients:

- + 2 organic dates
- + 1 cup organic spinach or kale
- + 1 green apple
- + ½ cup organic cilantro
- + 1 cucumber
- + ¼ avocado
- + 1 banana
- + 1 TBSP organic lime juice
- + ½ organic pear
- + 2 tsp [Feel Good Organic Turmeric Powder](#)
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for a thinner consistency

Sun Dried Tomato Hummus

+ Ingredients:

- + ¼ cup organic raw, unsalted cashews, soaked 3+ hours
 - + 2 tsp olive oil
 - + ½ cup organic sun dried tomatoes
 - + Juice of ½ a lemon
 - + ½ clove garlic
- + Put all ingredients into high powered blender or food processor until smooth; makes 2 servings.

Apple + Mango + Greens Smoothie

+ Ingredients:

- + 2 organic dates
 - + ½ cup frozen organic mango
 - + 1 cup organic spinach
 - + 1 cup organic kale
 - + 1 green apple, chopped
 - + ½ cup organic cilantro
 - + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 8oz filtered water
- + Blend together until smooth- add water as desired for a thinner consistency

Day 3 Recipes

Mango + Berry Smoothie

+ Ingredients:

- + 2 organic dates
 - + 1 cup frozen organic mixed berries
 - + ½ cup frozen organic mango
 - + 1 cup organic spinach or kale
 - + ½ cup organic cilantro
 - + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
 - + 1 tsp [Hawaiian Spirulina](#)
 - + 1 tsp [Vimergy Wild Blueberry Powder](#)
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 8oz filtered water
- + Blend together until smooth- add water as desired for a thinner consistency

Vegan Pesto

+ Ingredients:

- + ¼ cup raw unsalted cashews
 - + 1 cup basil leaves
 - + Juice from 1 lemon
 - + ½ clove garlic
 - + 2 tsp Olive Oil
- + Blend together in a high-powered blender or food processor until smooth; makes 1 serving.

Apple + Banana Smoothie

+ Ingredients:

- + 1 organic red apple, chopped
 - + 1 banana
 - + 2 organic dates
 - + 1 cup organic spinach or kale
 - + ½ cup organic cilantro
 - + 1 tsp [Hawaiian Spirulina](#)
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 4oz filtered water
 - + ½ cup ice cubes
- + Blend together until smooth- add water as desired for a thinner consistency

Mixed Berry Smoothie

+ Ingredients:

- + 2 organic dates
 - + 1 cup frozen organic mixed berries
 - + ½ cup frozen organic strawberries
 - + 1 cup organic spinach or kale
 - + ½ cup organic cilantro
 - + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using another protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 8oz filtered water
- + Blend together until smooth- add water as desired for a thinner consistency

Day 4 Recipes

Mango + Strawberry Smoothie

+ Ingredients:

- + 2 organic dates
- + 1 cup frozen organic strawberries
- + ½ cup frozen organic mango
- + ½ banana
- + 1 cup organic spinach or kale
- + ½ cup organic cilantro
- + 2 tsp [Feel Good Organic Turmeric Powder](#)
- + 2 to 3 grinds of black pepper
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using other protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
- + 1 tsp [Vimergy Wild Blueberry Powder](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for a thinner consistency

Pineapple + Strawberry Smoothie

+ Ingredients:

- + 2 organic dates
- + 1 cup frozen organic strawberries
- + 1 cup chopped pineapple
- + 1 cup organic spinach or kale
- + ½ cup organic cilantro
- + 1 tsp [Hawaiian Spirulina](#)
- + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
- + 8oz filtered water

+ Blend together until smooth- add water as desired for a thinner consistency

Banana + Cherry Smoothie

+ Ingredients:

- + 2 organic dates
 - + 1 cup frozen organic cherries
 - + 1 banana
 - + 1 cup organic spinach or kale
 - + ½ cup organic cilantro
 - + 1 tsp [Hawaiian Spirulina](#)
 - + 1 serving size of [Shaklee Plain and Simple](#) protein powder- if using other protein powder it must be non-GMO, plant based, + no added sweeteners or flavors
 - + 1 TBSP [Barlean's Non-GMO Organic Chia Seeds](#)
 - + 8oz filtered water
- + Blend together until smooth- add water as desired for a thinner consistency

8 Day Shopping List

Fresh Produce: get more than amount indicated if you think you'll want more to snack on!

- 2 lbs. Organic Dates
- 4 Organic Red Bell Pepper
- 8 Organic Cucumbers
- 2 Organic Kiwi
- 4 Organic Pears
- 4 Organic Figs
- 2 Organic Tomatoes
- 1 Head Organic Cauliflower
- 1 Pineapple
- 2 Bunches of Bananas (13 bananas total)
- 2 Large Bunches of Dino Kale (can also use frozen) and/or 1 large container of Organic Spinach
- 1 bag of red or green Organic Grapes
- 5 Organic Lemons
- 4 Bunches Organic Celery
- 4 Organic Red Apples
- 6 Organic Green Apples
- 2 Bunches Organic Cilantro
- 2 Avocados
- 1 White or Red Onion
- 1 Jalapeno
- 3 Limes (can add any extras to water!)
- 1 small head of Garlic

Frozen Produce:

- 1 1lb bag Organic Blueberries
- 2 10oz bags Organic Cherries
- 4 10oz bags Organic Strawberries
- 2 10oz bag Organic Mixed Berries
- 3 10oz bags Organic Mango



Other:

- 1 small jar sun dried tomatoes

Bulk:

- 2 cups Raw, Unsalted Almonds
- ¼ cup Raw, Unsalted Pecans
- 2 cups Raw, Unsalted Cashews
- 1 small Jar Raw, Local Honey
- 1 Bag Chia Seeds (at least 24 TBSP)

Spices & Teas:

- Cinnamon
- Turmeric Powder ([or order online](#))
- India Tulsi Tea
- Traditional Medicinals EveryDay Detox Tea

Exclusively Online:

- [Hawaiian Spirulina](#)
- [Vimergy Wild Blueberry Powder](#)
- [Shaklee Plain and Simple](#) Protein Powder
- Shaklee [Energizing Green Tea](#)

