

Detox Meal Plan

Hold Cntrl and Click on the Meal Links to Get the Recipe

Day	Breakfast	Lunch	Dinner	Snack(s)
Monday	Chocolate Shake	Rainbow Chicken Salad	Bun-less Chicken Burger	Veggies and Dip Strawberry Banana Parfait
Tuesday	Green Smoothie	Sweet and Sour Chicken	Chopped Salad with Lemon Dressing	Greek Yogurt and Blueberries
Wednesday	Strawberry Pineapple Smoothie	Strawberry and Chicken Spinach Salad	Turkey Burger with Cauliflower Mash	Veggies and Dip Strawberry Banana Parfait
Thursday	Chocolate Shake	Chicken Tacos with Papaya Salad	Rainbow Chicken Salad	Greek Yogurt and Blueberries
Friday	Green Smoothie	Chopped Salad with Lemon Dressing	Baked Chicken	Veggies and Dip Strawberry Banana Parfait
Saturday	Strawberry Pineapple Smoothie	Bun-less Chicken Burger	Strawberry and Chicken Spinach Salad	Greek Yogurt and Blueberries
Sunday	Green Smoothie	Rainbow Chicken Salad	Chicken Tacos with Papaya Salad	Veggies and Dip Strawberry Banana Parfait



I am so excited for you to get started with your 7 Day Detox. I know you are going to feel amazing once you are done. In order to stay on track all week planning is key! So make sure to fill out your weekly meal plan using the provided recipes. Happy Detoxing!

-April King

Fitness Model, Bikini Competitor and Instructor