

The Greenmouth Power *(approx 2200 calories)*

We recommend beginning each day with a cup of warm water with *fresh* lemon juice squeezed in. Juices should also be consumed on an empty stomach. Wait at least 20 minutes to consume food after drinking a juice in order to allow for optimal nutrient absorption.

Your cleanse will include one of each of the following: Electrolyte Lemonade, Charcoal Detox Lemonade, and Metabolism Boost Tea. You can drink one per day according to your preference!

Please note that the given times are suggestions only - please eat and drink according what best fits your regular daily schedule!

This is our suggested sample menu; some items may vary based on availability. Please ask about add-ons or substitutions at the time of ordering.

Day 1

- 7am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 7:30am: **Sweet Green Juice**
- 8am-9am: **Quinoa Oat Porridge + Banana**
 - Heat the porridge - we recommend heating slowly in a pan on the stove, rather than in the microwave. Top with included raisins and seeds, and as much sliced banana as you'd like (you can always save part for a snack later!)
- 12-1pm: **Taco Salad**
 - Toss greens with included dressing. Top with beans, taco meat, guacamole, and cashew cream. Squeeze lime on top and season with salt and pepper, if desired.
- 3-4pm: **Cacao Date Ball**
- 6-7pm: **Ayurvedic Lentil Bowl**
 - Warm rice in a pan with 1T water. Remove to a bowl and toss with chopped kale and contents of dressing container. Gently heat lentils in the same pan and pour on top of the rice. Top with ¼-½ sliced avocado, cashew cream, chickpeas, scallions, and cilantro. Squeeze lime wedge on top and season with salt and pepper, if desired.
- 8pm: **Chia Pudding**

Day 2

- 7am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 7:30am: **Immunize Juice**
- 8am-9am: **Avocado Toast + Fruit**
 - Toast bread to your liking. Season the bread with a drizzle of olive oil and sprinkle of salt. Slice ¼-½ of the avocado per slice and use a fork to gently mash it onto the toast. Season with more olive oil, a good squeeze of lemon juice, salt, pepper, and cayenne to your liking (we recommend using more than you think you might need - that's where the flavor is!) Enjoy with sliced apple and/or orange - you can always save the rest for a snack later on!
- 11am-12pm: **Cranberry Walnut Chickpea Salad**
 - Toss greens and veggies with included dressing container. Top with chickpea salad and season with a squeeze of lemon, salt, and pepper.
- 3pm-4pm: **Trail Mix**

- 6-7pm: **Quinoa Salad**
 - Toss greens and veggies with included dressing. Top with quinoa salad (or toss it all together!) and top with a squeeze of lemon, salt, and pepper if desired.
 - To heat quinoa salad: warm 1T olive or coconut oil in a pan over medium heat and add quinoa. Heat, stirring often, until warmed through.
 - Optional fried egg: Heat ½ T butter or oil in a small pan over medium heat. Crack the egg into the pan, sprinkle with salt and pepper, and cook until desired doneness (we love the yolk runny!) Serve on top of warmed quinoa.
- 8pm: **Vegan Cheesecake**

Day 3

- 7am: **Morning Tonic**
 - Stir into warm or cold water and sip mindfully.
- 7:30am: **Energize Juice**
- 8am-9am: **Granola Parfait**
 - Top yogurt + cinnamon with granola, honey, and sliced banana. To make it extra fancy, layer in a tall glass or mason jar! If you have any extra banana, you can always save it for a snack later.
- 11am-12pm: **Detox Salad + Soup**
 - Heat soup - we recommend heating gently in a pan on the stove, rather than in the microwave. Meanwhile, chop half the apple into ½-inch chunks. Add to a bowl with kale mixture and toss with both included dressing containers. Top salad with ¼-½ sliced avocado and detox seed mix. Squeeze a lemon wedge over top and season with salt and pepper.
- 3pm-4pm: **Hard Boiled Egg**
- 6pm-7pm: **Chili + Rice**
 - Heat the chili - we recommend heating gently in a pan on the stove, rather than in the microwave. Meanwhile, warm the rice in a pan with 1T water. Transfer the warmed rice to a bowl, pour the chili on top, and top with cashew cream, guacamole, and chopped cilantro.
- 8pm: **Goji Vanilla Date Ball**