

Austin Fitness Clinic Cleanse Sample Meals

DAY 1

Breakfast:

- 2 eggs, scrambled or fried in coconut/olive oil
- 1 cup mixed fruit
- Sautéed greens (kale, collards, spinach)
- ½ avocado
- 1 cup of black coffee (optional)

Lunch:

- 1 chicken breast on a large salad
- Salad: mixed greens, tomato, ½ avocado, pine nuts, olives, red pepper, with olive oil and vinegar

Snack:

- 1 cup of berries
- 10-12 nuts (almonds, cashews, etc)

Dinner:

- 6 oz lean protein (beef, poultry, fish, etc)
- Baked sweet potato w/butter and chives
- Sautéed asparagus
- Large mixed green salad
- 1 glass of red wine (optional)

DAY 2

Breakfast:

- Smoothie: 8 oz water, 1 cup frozen fruit, 1 Tbsp coconut oil, ½ avocado, 1 Tbsp psyllium husks, protein powder (without added sugar – Amazing Greens makes a good one)

Lunch:

- 6 oz lean protein (beef, poultry, fish, etc)
- Sautéed zucchini, squash, and onions (in oil)
- ½ cup quinoa

Snack:

- 1 apple
- 2 Tbsp nut butter
- 10-12 olives

Dinner:

- Beef Stew: made with bone broth, stew meat, onion, carrots, potatoes, broccoli
- Large mixed green salad with ½ avocado
- 1 glass of red wine (optional)