

# Detox Plan

## 3-DAY DETOX

### BREAKFAST- 160 CAL

- 1 large glass of water
- 2-3 eggs scrambled
- 8 ounces of low-fat yogurt (80 calories)
- 1 cup of green tea/ coffee

### MID-SNACK AM/PM-180 CAL

- 1 large glass of water
- 2 ounces of low fat cheese (such as Jars-berg Lite, Finlandia Lite Swiss)

### LUNCH-160-180 CAL

- 1 large glass of water (4 ounce) can of tuna, salmon, drained with lemon and pepper

### DINNER-250 CAL

- 1 large glass of water
- 2 cups of salad greens with 1 tbsp. olive oil
- 4 ounces of grilled fish or shell fish
- 1/2 cup serving of vegetables

Cal: 1,225-1300| Protein: 105 grams Calcium: 1300mg



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FILM NEGATIVE

FILM NEGATIVE



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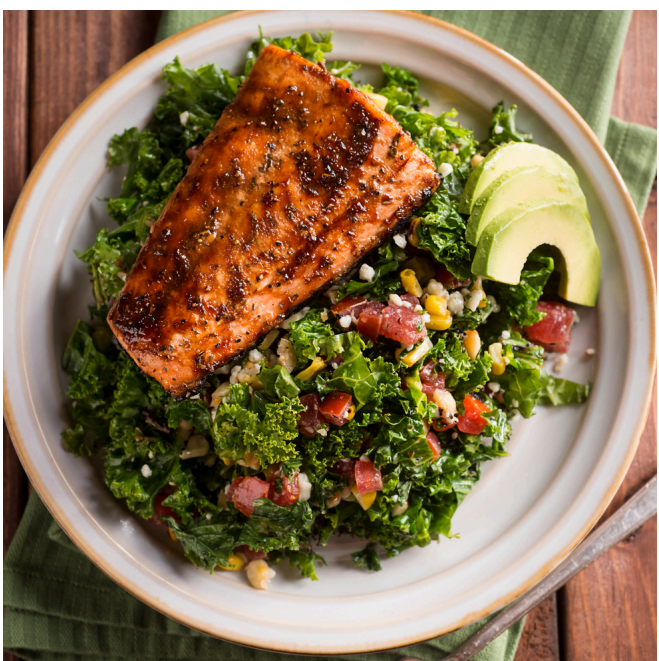


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