

KT'S Fall Cleanse Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	warm lemon water herbal tea amaranth with baked apples and walnuts	warm lemon water herbal tea warm chia seed cereal with sautéed nectarines	warm lemon water herbal tea baked grapefruit	warm lemon water herbal tea gluten-free oats with berries	warm lemon water herbal tea teff with cinnamon and poached pears	warm lemon water herbal tea spiced baked fruit with ghee	warm lemon water herbal tea warm quinoa with strawberries
Lunch	squash and collard green quinoa soup detox tea	loaded baked sweet potato detox tea	Kitchari detox tea	Kitchari detox tea	Kitchari detox tea	Kitchari detox tea	buddha bowl with gluten free grains and warm greens detox tea
Dinner	roasted root veggies and warmed gluten free grains detox tea	quinoa, roasted beets and sautéed greens detox tea	Kitchari detox tea	Kitchari detox tea	Kitchari detox tea	Kitchari detox tea	your favorite recipe to celebrate your 7 day journey!

Reminders

- Eliminate all animal products, sugar, gluten containing grains, soy, caffeine and alcohol.
- Sip plenty of warm water and herbal teas throughout the day.
- Eat without distractions.
- Try to eat 3 meals no snacks but have a light snack if needed. Try a single piece of fruit or warm broth.
- Get plenty of sleep.
- Take an Epson salt bath each night.
- Take a media break from 8pm - 7am.