7-DAY BRIDAL CLEANSE

Why It's For You:











SPICY CARROT SOUP WITH



AM SNACK: SPICY GAZPACHO[†]



PM SNACK: VEGETABLE MEDLEY



VANILLA BANANA CREAM



BRIDAL CLEANSE POWER FOODS

BREAKFAST: 3 servings vegetables, 1 serving fruit AM SNACK: 1 serving fruit, 1 serving vegetable

LUNCH: 1 serving protein, 1 serving good fat, 3 servings vegetables

PM SNACK: 1 serving fruit, 2 servings vegetables

DINNER: 1 serving protein, 1 serving good fat, 3 servings vegetables

VEGETABLES: UNLIMITED SERVINGS

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- · Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger
- Green beans
- Green peas
- · Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi • Leeks
- Lettuce (any)

- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb
- · Rutabaga
- Salsa
- Sauerkraut
- Scallions
- · Snow peas (no sugar)
- Spinach
- Squash leaves
- · Stir-fry vegetables (no sauce)
- · Taro root, 1/4 cup
- Tomatoes (fresh)
- Tomato juice (no salt), 1/2 cup
- · Tomato paste, 2 tbsp.
- Tomato sauce, 1/2 cup
- Vegetable juice
- (no salt), 1/2 cup
- Vegetable soup (low-fat), 1/2 cup
- Water chestnuts
- Watercress
- Zucchini

GOOD FATS: 2 SERVINGS PER DAY

• Oils (olive, avocado, coconut, grapeseed)

FRUIT: 3 SERVINGS PER DAY

- Apricots, 4 medium
- Banana
- · Berries (blueberries, strawberries, raspberries, boysenberries,
- blackberries).
- 3/4 cup Cantaloupe
- Casaba melon
- · Cherries, 12 large
- Currants, 3 tbsp.
- · Dates (fresh), 2
- Figs (fresh), 2
- · Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon

- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- · Mandarin orange
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- · Papaya, 1/2 medium
- Passion fruit
- · Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- · Pomegranate, 1/2 small
- · Raisins, 2 tbsp.
- Sharon fruit
- Starfruit Tangelo
- Tangerine

PROTEIN: 2 SERVINGS PER DAY

- •TLS® Whey Protein Shake
- Canned tuna, salmon or sardines (packed in water)
- · Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Fresh fish (salmon, tuna, flounder, snapper, trout, etc.)
- · Lean yeal
- · Soy milk (6 oz.)
- Tofu

THE RULES:

DETOX TIPS:

- Use spices and herbs, small amounts of