

Angels & Dudes

3-DAY DETOX DIET PLAN

DAY 1

DRY SKIN BRUSHING with
Invigorating Organic Detox
Body Oil

A.M.

WARM LEMON WATER



B/FAST

MATCHA GREEN TEA



SNACK

LEMON WATER



LUNCH

ACV WATER



SNACK

LEMON WATER



DINNER

ACV WATER



DAY 2

DRY SKIN BRUSHING with
Invigorating Organic Detox
Body Oil

WARM LEMON WATER



BLUEBERRY SPINACH
SMOOTHIE



FRUIT + YOGURT



SPINACH GREEN SMOOTHIE



APPLE + PEANUT BUTER +
YOGURT



BROCCOLI FLORETS



DAY 3

DRY SKIN BRUSHING with
Invigorating Organic Detox
Body Oil

WARM LEMON WATER



SPINACH + KALE GREEN
SMOOTHIE



CLEMENTINE ORANGES +
ALMONDS



GREEK YOGURT WITH
BERRIES



POPCORN WITH CAYENNE
PEPPER



DETOX CHICKEN CURRY

