

# 21-Day Detox Challenge

## Sample Meal Plan Template for Level 1 & 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1	Leftover Breakfast Casserole	Omelet w/veggies and a side of fruit (green apple or green tipped banana Level 2)	Leftover Pot Roast w/carrots	Breakfast Hash w/eggs on top.	Bacon & Eggs	Breakfast Casserole	½ <a href="#">Green Smoothie</a> w/a side of protein
MEAL 2	Leftover Lazy Pot Roast	Leftover Pulled Pork w/Green Cauliflower 'Rice'	Leftover Shepard's Pie	Spinach Salad w/Rotisserie Chicken... Dressing: Olive Oil, Lemon Juice, S&P	Leftover Salmon Cakes w/Steamed Green beans	Protein on top salad greens topped w/olive oil, balsamic, salt and pepper	Leftover Pulled Pork on Butternut Squash for Level 2...sweet potato for Level 1
MEAL 3	Chicken Lettuce Cups	Shepard's Pie	Slow Cooker Chicken w/Cauliflower Risotto	Salmon Cakes w/Roasted Asparagus	Grain Free Meatballs on top Zucchini Noodles	Easy Pulled Pork w/kale chips	Lazy Pot Roast

Snack Options: If you feel the need for a snack between meals, first drink a large glass of water and wait 20 minutes. If you are still hungry, have a handful of nuts, hard-boiled eggs, leftover protein, or just eat a small meal.

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## Sample Meal Plan Template for Level 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1	Leftover Breakfast Casserole	Leftover Spaghetti Squash Bake	Leftover Pot Roast w/carrots	Breakfast Hash	Breakfast Hash	Breakfast Casserole	<a href="#">Spaghetti Squash Bake</a> Omit egg
MEAL 2	Leftover Sunday Pot Roast	Leftover Pulled Pork w/Green Cauliflower 'Rice'	Leftover Shepard's Pie	Spinach Salad w/Rotisserie Chicken... Dressing: Olive Oil, Lemon Juice, Salt	Leftover Salmons Cakes w/Steamed Green beans	Protein on top salad greens topped w/olive oil, balsamic, salt and pepper	Leftover Pulled Pork on Butternut Squash
MEAL 3	Ginger Garlic Chicken w/Roasted Veggies	Shepard's Pie	Slow Cooker Chicken w/Cauliflower Risotto	Salmon Cakes w/Roasted Asparagus	Grain Free Meatballs on top Zucchini Noodles	Easy Pulled Pork w/kale chips	Lazy Pot Roast

Snack Options: If you feel the need for a snack between meals, first drink a large glass of water and wait 20 minutes. If you are still hungry have leftover protein, eat a small meal, or have a spoonful of coconut butter.

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*My Meal Plan Template*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1							
MEAL 2							
MEAL 3							