

3 DAY **DETOX** **CLEANSE**

SHOPPING LIST

- ☐ 3 cups Raspberries
- ☐ 3 cups Blueberries
- ☐ 2 Mangos
- ☐ 1 Pineapple (or 3 cups)
- ☐ 2 Green Apples
- ☐ 3 Bananas
- ☐ 6 Lemons
- ☐ 2 Limes
- ☐ 6 cups Kale
- ☐ 1 Avocados

- ☐ 3 Cucumbers
- ☐ 1 cup Spinach
- ☐ 12 Stalks Celery
- ☐ 2 liters Coconut Water
- ☐ 1.5 cups Almond Milk
- ☐ Cayenne Pepper Spice
- ☐ Ground Flaxseed (6 tbsp.)
- ☐ Almond Butter (3 tbsp.)
- ☐ Coconut Oil (3 tbsp.)
- ☐ Green Tea Bags (3 total)
- ☐ Stevia (3 tsp.)

- ☐ Lavender Drops
 - ☐ Epsom Salt
- SUPPLEMENTS**
- ☐ Multivitamin
 - ☐ Omega 3
 - ☐ Probiotic

DAY 1



MORNING DETOX TEA
 1 Green Tea,
 1 Slice Lemon, 1 tsp. Stevia

BREAKFAST DRINK

1 Cup Water
 1 Tbsp. Flax Seed
 1 Cup Raspberries
 1 Banana
 1/4 Cup Spinach
 1 Tbsp. Almond Butter
 2 Tsp. Lemon

1/2 MULTIVITAMIN AND
 PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN
 AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK



DETOX ULTRA BATH
 2 1/2 cups Epsom Salt, &
 10 drops Lavender Oil

DAY 2

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND
 PROBIOTIC SUPPLEMENT

LUNCH DRINK

4 Celery stalks
 1 Cucumber
 1 Cup Kale Leaves
 1/2 Green Apple
 1/2 Lime
 1 Tbsp. Coconut Oil
 1/2 Cup Almond Milk
 1 Cup Pineapple

1/2 MULTIVITAMIN
 AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK

DETOX ULTRA BATH

DAY 3

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND
 PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN
 AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK

1/2 C Mango
 1 Cup Blueberries
 1 1/2 Coconut Water
 1 Cup Kale
 1 Tbsp. Lemon
 1/4 Avocado
 1/4 Tsp. Cayenne Pepper
 1 Tbsp. Flax Seeds

DETOX ULTRA BATH

Dr Oz Clean Detox Manual

Alejandro Junger



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