

Printable Detox Diet Schedule

Day	Breakfast	Snack	Lunch	Dinner
Day 1	Green smoothie: Spinach, kale, cucumber, green apple, lemon, ginger	Sliced cucumber with sea salt and lemon	Quinoa salad with cherry tomatoes and parsley	Steamed salmon with roasted Brussels sprouts and carrots
Day 2	Chia pudding with almond milk, blueberries, and cinnamon	A handful of raw almonds or walnuts	Lentil soup with steamed broccoli	Grilled chicken breast with spinach and arugula salad
Day 3	Steel-cut oats with banana and chia seeds	Mixed berries (blueberries, raspberries)	Zucchini noodles with avocado pesto	Baked cod with roasted asparagus and sweet potato
Day 4	Smoothie bowl: Mango, pineapple, spinach, coconut water	Sliced bell peppers with hummus	Grilled vegetable medley with brown rice	Stuffed bell peppers with quinoa, black beans, spinach
Day 5	Coconut yogurt with berries and flaxseeds	Green apple with almond butter	Salad with grilled shrimp, cucumber, and tahini dressing	Baked chicken thighs with mashed cauliflower and green beans
Day 6	Avocado toast (gluten-free bread) with hemp seeds	Jicama sticks with lime and chili powder	Sweet potato and black bean bowl with tahini drizzle	Grilled turkey patties with steamed kale and roasted butternut squash
Day 7	Smoothie: Coconut water, berries, chia seeds, spinach, turmeric	A handful of sunflower seeds	Cabbage slaw with apple cider vinegar and chicken	Roasted salmon with quinoa and steamed bok choy