



Food Detox Plan

Breakfast	Snack	Lunch	Snack	Dinner
Scrambled Egg Whites, ¼ cup shredded cheese, 1 Apple	1 cup Carrots, 1 wedge Laughing Cow	½ cup Chicken Salad with Hot Sauce, using celery as a spoon, 1 cup green vegetables	100 Calorie Pack Almonds, 1 cup salad greens topped with balsamic vinegar	4 oz. chicken topped with 1 cup mushrooms, 1 cup green vegetables, 1 cup roasted tomatoes
Omelet with Veggies	Greek Yogurt with ranch dressing mix, dip in 1 cup raw broccoli	Chef's Salad (Lettuce, 4 slices Ham, 1 Boiled Egg, ANY Veggies, 1 tablespoon Low Fat Dressing)	Heart In Motion shake (chocolate shake with a healthy kick is the best.) All shakes listed under "sweet treats" on the site.	3 oz. Grilled Pork, Eggplant with Spaghetti Sauce and 1 Tablespoon Parmesan, 1 spaghetti squash
½ cup Plain Greek Yogurt, 1 packet Stevia, 1 cup berries, (Look under "sweet treats" on the site. There is a page for "Greek Yogurt Ideas" if you want more variety.	3 slices nitrite free sandwich meat, 1 cup steamed green beans	3 oz. chicken, ½ cup butternut squash, 1 cup cooked leafy green veggies (kale, spinach, collards)	Cheese Stick, 1 cup leftover eggplant from last night	4 oz. Grilled Chicken over 1.5 cups Spaghetti Squash with ¼ cup or less Spaghetti Sauce, 2 Tablespoons Mozzarella (or melt a cheese stick)(or Heart In Motion chicken parmesan recipe)
1 Apple, 1 slice Ezekial bread with 1 tablespoon almond butter, 1 cup milk	Boiled Egg, 1 cup cooked green veggies	½ cup Tuna salad made with low fat mayo and mustard, 1 cup Cucumber Slices in Vinegar	1 cup Celery, 100 Calorie Pack Guacamole	3 oz. Grilled or broiled salmon, 1 cup green beans, 2 cups green salad
Boiled Egg, Nitrite Free Sausage (1 small piece 50 calories), 1 cup cantaloupe	2 oz. chicken, 1 cup steamed or roasted cauliflower	4 Ham and Cheese Roll Ups in Bibb Lettuce (cut 1 piece of cheese in 4 pieces), 1 cup vegetable soup	1 cup carrots, 2 tablespoons hummus (or 100 calorie pack)	4 oz. Grilled or broiled white fish, 1 cup cabbage with apples and walnuts (Heart In Motion recipe), 1 cup cooked green veggies