



# MY GOAL

## 3 DAY SMOOTHIE CLEANSE

Full meal plan and recipes for a 3 day smoothie cleanse.

**RESOURCES:** 3 Day Smoothie Cleanse complete plan & recipes. 3 smoothies repeated for all 3 days.

**SUGGESTED GOAL PAIRINGS:** Track Progress - Drink Water - Begin Working Out

**PROGRESS:** For every day you complete the 3 Day Smoothie Cleanse, color in the box.



DAY 1



DAY 2



DAY 3

### Dr. OZ's Detox Breakfast Smoothie Drink

This smoothie is supposed to start the "elimination process" meaning this high fiber smoothie with cleansing lemon, raspberries, and flax seeds will help you detox by getting the toxins out of your body the quickest way possible!



#### 1 Breakfast Smoothie

**Ingredients:**

- 1 cup water
- 1 tablespoon flax-seed
- 1 cup raspberries
- 1 banana
- 1/4 cup spinach
- 1 tablespoon almond butter
- 2 teaspoons of lemon juice
- 1 cups ice (less if using frozen fruit)

**Instructions:**

Add ingredients to blender and blend until smooth.

### Dr. OZ's Detox Dinner Smoothie Drink

This Smoothie is super Hydrating & Cleansing – perfect just before you go to sleep and allow your body to use these ingredients which helps in detoxing your body.



#### 3 Dinner Smoothie

**Ingredients:**

- 1 1/2 cups coconut water
- 1/2 cup mango
- 1 cup blueberries
- 1 cup kale (2 stalks minus stems)
- 1/4 avocado
- 1/4 teaspoon cayenne pepper
- 1 tablespoon lemon juice (1/2 large lemon)
- 1 tablespoon flax-seed (ground preferred)
- 2 cups ice (less if using frozen fruit)

**Instructions:**

Add ingredients to blender and blend until smooth.

### Dr. OZ's Detox Lunch Smoothie Drink

As your bloating begins to subside, this Lunch drink will begin to replenish your body by packing in 5 essential greens.



#### 2 Lunch Smoothie

**Ingredients:**

- 1/2 cup almond milk
- 4 celery stalks
- 1 cucumber
- 1 cup kale
- 1/2 green apple
- 1/2 lime
- 1 cup pineapple
- 1 tablespoon coconut oil
- 2 cups ice

**Instructions:**

Add ingredients to blender and blend until smooth.

### Dr Oz's 3 Day Smoothie Detox Daily Routine

**8:00 AM**

Breakfast Smoothie  
1/2 Multivitamin  
and 1 Probiotic  
supplement

**12:00 PM**

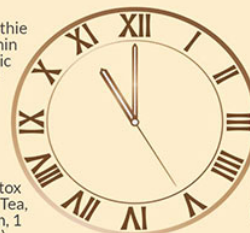
Lunch Smoothie  
1/2  
Multivitamin  
and 1 Omega 3  
supplement

**6:00 AM**

Morning Detox  
Tea (1 Green Tea,  
1 Slice lemon, 1  
tsp. Stevia)

**7:00 PM**

Dinner Smoothie  
Detox Ultra Bath  
(2 1/2 cups Epsom  
Salt & 10 drops  
Lavender Oil)



**Tip: Repeat Favourite Drink when you feel like eating MORE!**