



# MY GOAL

## 3 DAY SOUP CLEANSE

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



### 3-DAY SUPER SOUP RESTART CLEANSE GROCERY LIST



- |  |   |
|--|---|
| <input type="checkbox"/> ice cubes       | <input type="checkbox"/> extra virgin coconut oil |
| <input type="checkbox"/> cinnamon        | <input type="checkbox"/> onions                   |
| <input type="checkbox"/> olive oil       | <input type="checkbox"/> celery                   |
| <input type="checkbox"/> leeks           | <input type="checkbox"/> wild rice                |
| <input type="checkbox"/> garlic          | <input type="checkbox"/> bay leaves               |
| <input type="checkbox"/> sea salt        | <input type="checkbox"/> salt                     |
| <input type="checkbox"/> carrots         | <input type="checkbox"/> pepper                   |
| <input type="checkbox"/> sweet potatoes  | <input type="checkbox"/> thyme                    |
| <input type="checkbox"/> green beans     | <input type="checkbox"/> chicken broth            |
| <input type="checkbox"/> vegetable stock | <input type="checkbox"/> boneless chicken breast  |
| <input type="checkbox"/> green cabbage   | <input type="checkbox"/> parsley                  |
| <input type="checkbox"/> lemon juice     | <input type="checkbox"/> ginger                   |
| <input type="checkbox"/> string beans    | <input type="checkbox"/> dry steel-cut oats       |
| <input type="checkbox"/> zucchini        | <input type="checkbox"/> frozen berries           |

**RESOURCES:** 3 Day Soup Cleanse recipes and rules of the cleanse. 4 soups repeated for all 3 days.

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

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



DAY 1



DAY 2



DAY 3

**Oatmeal Berry Breakfast Soup:**  
dry steel-cut oats • frozen berries  
ice cubes • cinnamon

**Warrior Veggie Soup**  
olive oil • leeks • celery • garlic • sea salt • carrots  
sweet potatoes • green beans • vegetable stock  
green cabbage • pepper • parsley  
lemon juice

**Rest and Restoration Soup:**  
onions • carrots • celery • garlic • green beans • wild rice  
bay leaves • salt • pepper • thyme • chicken broth  
boneless chicken breast  
parsley • ginger (optional)

**Snack Soup:**  
string beans • celery • zucchini • parsley  
extra virgin organic coconut oil

