

7-DAY DETOX FROM SUGAR DIET

	Breakfast	Lunch	Dinner
Sun	 <p>Avocado with wheat toast</p>	 <p>Salmon pita sandwich</p>	 <p>Chicken cutlets</p>
Mon	 <p>Breakfast salad</p>	 <p>Tuna sandwich on wheat toast</p>	 <p>Sweet potato & bean enchiladas</p>
Tue	 <p>Apple ginger green smoothie</p>	 <p>Salad with a variety of vegetables, beans, & healthy fats</p>	 <p>Shrimp scampi</p>
Wed	 <p>Whole eggs with nuts</p>	 <p>Chicken club wrap</p>	 <p>Turkey burgers</p>
Thu	 <p>Greek yogurt (without added sugars) with flax seeds</p>	 <p>Lentil & vegetable soup</p>	 <p>Grilled pork salad</p>
Fri	 <p>Scrambled eggs with coconut oil</p>	 <p>Avocado & white bean wrap</p>	 <p>Chicken soup</p>
Sat	 <p>Chickpea & potato hash</p>	 <p>Peanut butter sandwich on wheat bread</p>	 <p>Roasted vegetables with salmon, avocado, & brown rice</p>