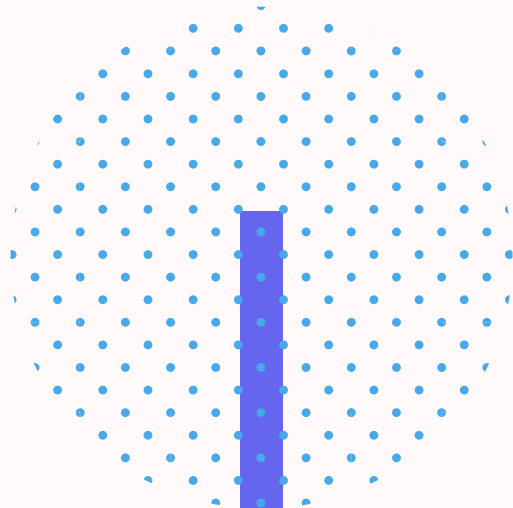


1 FULL DAY SMOOTHIE DETOX

BY LISA GIANVITO YOGA & WELLNESS



UPON RISING, DRINK A MUG OF WARM WATER WITH THE JUICE OF HALF A LEMON & THROUGHOUT THE DAY, DRINK 64 OZ OF WATER.

GOOD MORNING DETOX SMOOTHIE

2 C. FROZEN STRAWBERRIES
1 BANANA
2 C. SPINACH
1 TBSP. GROUND FLAX SEED
1/4 C. OATS
1 C. UNSWEETENED VANILLA ALMOND MILK

LUNCH TIME FAT BURNER

2 GRAPEFRUITS, PEELED
2 ORANGES, PEELED
1 C. FROZEN RASPBERRIES
1/2 AVOCADO
1 TSP. SPIRULINA
1 C. COCONUT WATER

DETOXIFYING DINNER

1 C. FROZEN WILD BLUEBERRIES
1 BANANA
2 C. SPINACH
1 C. FROZEN MANGO
1 TBSP. LEMON JUICE
1 TSP. SPIRULINA
1 C. COCONUT WATER

PLAN AHEAD : PUT ALL THE SMOOTHIES IN FREEZER BAGS EXCEPT LIQUIDS AND SPIRULINA.
ENJOY!