

Immune System Boost 7 Day Plan

Day 1

Breakfast: Glass of lemon water, and Green Juice

Lunch: Mixed Berries Smoothie & Super Salad

Snack: Double Defense Juice & fresh fruit

Dinner: Cumin Quinoa & ImmuniTEA

Day 2

Breakfast: Glass of lemon water, and Orange Juice. fresh fruit

Lunch: Overnight Oats & Greek Chicken Bowl

Snack: Pb&J Smoothie & raw veggies

Dinner: Turmeric Rice & Super Salad

Day 3

Breakfast: Glass of lemon water, and Green Juice

Lunch: Mixed Berries Smoothie & Super Salad

Snack: Double Defense Juice & fresh fruit

Dinner: Miso Broth w/ Mushrooms & scallions

Day 4

Breakfast: Glass of lemon water, & Apple Juice. fresh fruit

Lunch: Overnight Oats & Greek Chicken Bowl

Snack: Pb&J Smoothie & raw veggies

Dinner: Cumin Quinoa & ImmuniTEA

Day 5

Breakfast: Glass of lemon water, and Green Juice

Lunch: Mixed Berries Smoothie & Super Salad

Snack: Double Defense Juice & fresh fruit

Dinner: Miso Broth w/ Mushrooms & scallions

Day 6

Breakfast: Glass of lemon water, and Orange Juice. fresh fruit

Lunch: Overnight Oats & Greek Chicken Bowl

Snack: Pb&J Smoothie & raw veggies

Dinner: Turmeric Rice & Super Salad

Day 7

Breakfast: Glass of lemon water, and Orange Juice. fresh fruit

Lunch: Mixed Berries Smoothie & Super Salad

Snack: Double Defense Juice & fresh fruit

Dinner: Cumin Quinoa & ImmuniTEA

Notes