

The One Day Cleanse Plan

7:00am: Eight ounces of warm water with half a lemon squeezed into it.

8:00am: Juice (in the following order): one chunk ginger, four carrots, and one peeled grapefruit.

10:00am: Juice (in the following order): two green apples, four fennel fronds, six romaine lettuce leaves, handful of parsley, and one large cucumber.

12:00pm: Eight ounces of organic miso broth.

2:00pm: Juice (in the following order): one chunk ginger, one small beet, two large carrots, two red apples, handful of basil, and one large cucumber.

4:00pm: Eight ounces of unsweetened coconut water.

6:00pm: Blend (in the following order): one cup water, one banana, four kale leaves, one cup spinach, one cup frozen pineapple, and a half cup of rolled oats.

In addition to everything above, try to drink extra water or herbal tea throughout the day during your cleanse if you get hungry or thirsty.. The last “meal” is more solid, because it will help you to sleep better on a fuller stomach, and create a bit of bulk for a good bowel movement in the morning.

The One Day Cleanse Shopping List

Fruit

- + One lemon
- + Six carrots
- + One grapefruit
- + Two green apples
- + Two red apples
- + One banana
- + Two thumbs ginger
- + Two cups frozen pineapple

Veggies

- + Fennel (with at least four fronds)
- + One small bunch romaine
- + One small bunch kale
- + One small bunch spinach
- + One small bunch fresh parsley

- + One small bunch fresh basil
- + Two cucumbers
- + One beet

Other

- + One cup rolled oats
- + Eight ounces miso broth
- + Herbal tea
- + Eight ounces unsweetened coconut water
- + Epsom salts (for a bath)

Note: Repeat this for up to two days if you want, but I don't recommend detoxing for longer than that, unless you have prior experience with cleanses.