



GUT CLEANSE MENU
(800-1000 kcal)

	PRE -BREAKFAST	BREAKFAST	LUNCH	DRINK	DINNER
DAY 1	Green Detox	Gut Healing Smoothie	Berry Smoothie bowl	Gut Reaction	Gut Healing Vegetable Broth
DAY 2	Ginger-Turmeric Shot	Happy Digestion Smoothie	Walnut Matcha Smoothie	Gut Soother	Miso soup
DAY 3	The Greenery	Berry Kefir Smoothie	Avocado Lime Green Smoothie	Green Juice	Lemon Vegetable Stew