

10 days Detox diet Menu to be read

10 days	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day :										
Date :										
Breakfast	Detox Smoothie (Mix of Beetroot, Carrot, Apple)	Fruit Salad (Green apple, Orange, Pineapple)	Immunity booster Smoothie (Mix of Pineapple Carrot, Banana, Ginger, Cashew, Nuts, Lime)	Fruit Salad (Green apple, Melon, Orange, Kiwi)	Mighty Muscle Smoothie (Mix of Spinach, Broccoli, Celery, Coconut, Banana) + Rice milk	Fruit Salad (Apple mix, Orange, Pineapple)	Yogurt + Banana	Flavored Greek Yogurt + Apple	Egg White Omlette + Veg Sticks	Double Creme Cheese + Fruit Salad (Apple mix, With orange)
Lunch	Detox Veg Soup (white radish, onion, tomato, cabbage, broccoli, garlic, celery, bar sely)	Veg Stew (brocoli, squash, cabbage, celery, carrots, cualiflower, bell pepper) (No Tomato paste) (Fresh Tomato sauce)	Veg Soup (Carrot, Squash, Potato, Onion)	Beans Salad (rocket, baby spinach, lettuce, white beans, mushroom, cucumber, cherry tomatoes, green beans, avocado)	Lentil salad (baby spinach, rocket, cabbage, tomato, cucumber, bell pepper, lentils, lemon oil)	Quinoa fattoush (extra tomato and cucumber and bell pepper, same sauce, Lentil quinoa)	Yogurt Salad with Cucumber, Dried mint, Lettuce + Carrots	Greek (Salad) Add Fetta	Shrimp Salad (Cabbage, mushroom, rocket, green beans, avocado, shrimps, tandoori, lemon, oil)	Green Salmon (rocket, cabbage, baby spinach, artichoke, beetroot, salmon, lemon mustard with black pepper)
Dinner	Veg Stew (No Tomato paste) (Fresh Tomato sauce)	Vitamins Smoothie (Mix of Orange Carrot, Mango, Mandarine) + Water	Fruit Salad (Apple, Mango, Cantaloupe)	Minestrone soup	Detox Veg Soup (White radish, Onion, Tomato, Cabbage, Broccoli, Garlic, Celery, Barsely)	Lentil Soup	Post Exercice Smoothie (Mix of Coconut, Water, Yogurt, Spinach, Banana)	Cream energy Smoothie (Mix of Banana, Almond milk, Dates, Vanilla powder)	Grilled Chicken + Grilled Veg	Beef Steak + Veg Saute
Salad	Green salad	Rocket salad (No Cheese)	Fattoush (No bread)	Veg Sticks	Kale & Quinoi	Rocket Beetroot Salad (No Cheese)	Green salad	Veg Saute	Veg Tuna	Panachee Salad
Snack 1	Walnuts	Almonds	Mixed Seeds	Cashew	Walnuts	Almonds	Mixed Seeds	Cashew	Walnuts	Almonds
Snack 2	Kiwi	Strawberry	Mandarin	Banana	Green Apple	Kiwi	Pear	Orange	Red Apple	Pineapple Slices