

FREE 3 DAY  
**LIVER CLEANSE**  
CHALLENGE



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# 5 Tips to Jump Start your Liver Cleanse

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1.



## Warm Lemon Water

Supporting your liver and its natural ability to detox can be this easy! Start with warm lemon water before coffee daily!

2.



## Herbal Tea

Milk thistle, chamomile, dandelion & green tea are all great options.

3.



## Bitter Greens

Prioritize bitter greens in each meal. Spinach, arugula, dandelion greens, bok choy are all great options!

4.



## Limit Harmful Foods

IT is **EQUALLY** important to reduce harmful foods as it is to incorporate the healing ones!

5.



## Support Detox

Assisting our bodies in the elimination process is imperative when detoxing. Good hygiene, flossing and regularly using the bathroom all support detoxification!!

# Foods that Harm & Foods that Heal

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## Healing

Olive oil  
Lemon  
Almonds  
Pears  
Potatoes  
Apples  
Beets  
Citrus fruits  
Bitter Greens  
Lean Meats  
Cruciferous veggies  
Grapes  
Cherries  
Tomatoes  
Fresh Herbs  
\*Bee pollen

## Harming

Fried Foods  
Deli Meat  
Sugary Drinks  
Dairy  
Processed foods  
Alcohol  
Refined Sugar  
Energy Drinks  
Excessive Caffeine  
Refined Oils  
Factory Farmed  
Meats  
Instant Foods

\*PLEASE NOTE FOOD ALLERGIES  
& SENSITIVITIES





# SETTING YOURSELF UP FOR SUCCESS!

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Determine with your doctor if a cleanse may be a good fit for you.

Remove tempting foods from your kitchen before starting your journey!

Incorporate daily movement. Dancing, walking, hitting the gym are all great options! Sweating gets you bonus points!

Cleansing causes us to release stored emotions. It helps to be extra mindful of intense emotions as they arise.





# SAMPLE DAY 1

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- WARM LEMON WATER
- ORGANIC OATS, CEYLON CINNAMON & RAW HONEY
- GRAPEFRUIT OR ORANGE
- HERBAL GREEN TEA
- ARUGULA SALAD, OLIVE OIL & VINEGAR WITH HARD BOILED EGGS OR CHICKEN
- ALMONDS
- HONEY GINGER CHICKEN STIR FRY
- TEA OR FRUIT FOR SNACKING





# SAMPLE DAY 2

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- WARM LEMON WATER
- EGGS, SPINACH, FETA & DILL
- DARK PURPLE GRAPES
- HERBAL HIBISCUS TEA
- CIRTUS & FRESH HERB BEET SALAD
- WALNUTS
- BUTTERNUT SQUASH, GROUND TURKEY & GOAT CHEESE SKILLET
- 
- AVOCADO TOAST



# SAMPLE DAY 3

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- WARM LEMON WATER
- BERRIES, RAW HONEY & ORGANIC YOGURT PARFAIT
- GRAPEFRUIT OR ORANGE
- HERBAL PEPPERMINT TEA
- WALDORF CHICKEN SALAD OVER GREENS
- PUMPKIN SEEDS
- LEMON & DILL BAKED HALIBUT
- TEA OR FRUIT FOR SNACKING



# RECIPE INSPIRATION

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- HONEY GINGER STIRFRY  
[HTTPS://FITFOODIEFINDS.COM/MEAL-PREP-HONEY-GINGER-CHICKEN-STIR-FRY/](https://fitfoodiefinds.com/meal-prep-honey-ginger-chicken-stir-fry/)
- MOROCCAN BEET SALAD  
[HTTPS://THEMODERNPROPER.COM/MOROCCAN-BEET-SALAD](https://themodernproper.com/moroccan-beet-salad)
- BUTTERNUT SQUASH SKILLET  
[HTTPS://LITECRAVINGS.COM/SPICE-D-TURKEY-AND-BUTTERNUT-SQUASH-SKILLET-WITH-GOAT-CHEESE/](https://litecravings.com/spice-d-turkey-and-butternut-squash-skillet-with-goat-cheese/)
- WALDORF CHICKEN SALAD  
[HTTPS://THEREALFOODDIETITIANS.COM/WALDORF-CHICKEN-SALAD/](https://therealfooddietitians.com/waldorf-chicken-salad/)
- LEMON & DILL BAKED HALIBUT  
[HTTPS://WWW.THEMEDITERRANEANDISH.COM/BAKED-HALIBUT-RECIPE-WITH-LEMON-AND-DILL/](https://www.themediterranean-dish.com/baked-halibut-recipe-with-lemon-and-dill/)



## ADDITIONAL INFO:

*The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with their physician.*

*a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.*

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