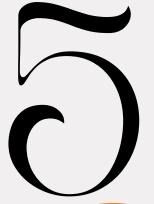


### LIVER CLEANSE

**CHALLENGE** 

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# Tips to Jump Start your Liver Cleanse @CLEANSEWITHCHRISTINA



Warm Lemon Water

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



Herbal Tea

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



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



Limit Harmful Foods

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



**Support Detox** 

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

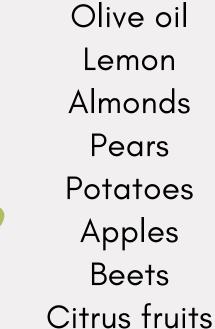


## Foods that Harm & Foods that Heal

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#### Healing

#### Harming



Lean Meats
Cruciferous veggies
Grapes
Cherries
Tomatoes

Bitter Greens

Fresh Herbs
\*Bee pollen

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 & SENSITIVITES







## 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.





 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





- 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





 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 INSPIRATIONAL INFO:

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- HONEY GINGER STIRFRY HTTPS://FITFOODIEFINDS.COM/ME AL-PREP-HONEY-GINGER-CHICKEN-STIR-FRY/
- 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/
- WALDORF CHICKEN SALAD <u>HTTPS://THEREALFOODDIETITIANS.</u>
   COM/WALDORF-CHICKEN-SALAD/
- LEMON & DILL BAKED

  HALIBUT

  HTTPS://WWW.THEMEDITERRANEA

  NDISH.COM/BAKED-HALIBUT
  RECIPE-WITH-LEMON-AND-DILL/

#### **ADDITIONAL INFO:**

#### MEDICAL DISCLAIMER

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

