



DETOX  
*accountability*  
CALENDAR

teami<sup>i</sup>



LET THE  
*journey*  
BEGIN!

Name: \_\_\_\_\_

Detox Start Date: \_\_\_\_\_


# LISTEN TO *your gut*

Listening to your gut isn't just a made-up phrase, it comes from the importance of truly listening to what your body is saying to you!

In today's society, many foods contain processed chemicals, refined sugars and toxins that our bodies can accumulate over the years.

Our goal is to help you listen to your gut and naturally cleanse the body of unnecessary toxins to help you live a happier, healthier lifestyle through your 30 day journey!

Love,



# DETOX TIPS FOR SUCCESS!

## *morning routine*



- ▶ Drink your Teami Skinny in the morning to kick-start your day!
- ▶ Continue your regular morning routine, if you eat a light breakfast then drink the Skinny right after! If you prefer to start your mornings fasted, you can drink it on an empty stomach. The choice is yours!
- ▶ Our Teami Skinny is delicious and gives a sustainable source of clean energy throughout the day, try replacing your morning cup of coffee for best results!
- ▶ Get that extra boost in the afternoon by re-steeping the same Teami Skinny leaves by just adding more hot water into your tumbler! You don't have to drink more than 1 tumbler daily, but you can if you want!

## DETOX TIPS FOR SUCCESS!

### *night routine*



- ▶ Drink your Teami Colon every other night, best 30-60 minutes before bed. Steep your Teami Colon tea for 1-5 minutes and then take bag out of mug. The longer you steep it, the stronger the detoxifying process will be.
- ▶ It is important that you keep gradually increasing your steep time in order to get the best results! (You can go all the way up to 30 minutes, but listen to your body!)
- ▶ Want additional flavor? A few of our favorites to add are liquid stevia, agave or lemon slices!

# DETOX *approved* FOODS

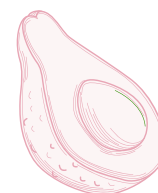


## ✓ Veggies

Cucumber  
Bell Pepper  
Tomato  
Sweet Potato  
Zucchini  
Squash  
Asparagus  
Broccoli  
Carrot  
Radish

## ✓ Fruits

Blueberries  
Blackberries  
Strawberries  
Banana  
Watermelon  
Lemon  
Orange  
Grapefruit  
Apple  
Avocado



# DETOX *don'ts*



## **X Foods**

Fast Food  
Drive Thru Establishment s  
Fried Food  
White Bread  
Processed Sugars ( Store  
bought Cookies, Cakes, etc. )

## **X Drinks**

Soda  
Energy Drinks  
Sweetened Beverages  
(sweet tea / syrups /  
frappuccinos  
Alcohol )



# DETOX *checklist*

## *hydrate your body!*



Water not only helps you stay hydrated, but also helps boost your metabolism and energy levels throughout the day! Have a water bottle handy or use your Teami Tumbler to remind you to drink up!

## *nourish your body!*



Detoxing is the first step, but nourishing your body during and after your detox is equally as important! Eat a variety of colorful, fresh fruits and veggies throughout the day!

## *move your body!*



Sweating and moving your body is not mandatory during a detox, but it is recommended! Working out not only helps the detoxification process in the body, but also helps improve mood, digestion and overall energy! Try moving your body for 30-60 minute sessions, 3+ times per week!





## ANSWERING YOUR *detox* QUESTIONS

*Q:* I missed a day of my detox, what do I do?

♥ Don't sweat it! It's totally normal to forget either your Skinny or Colon blend, just get right back on track and continue your detox!

*Q:* Does the Colon tea make you go to the bathroom?

♥ Yes, that is all part of the detoxifying process! Your body is going to be letting go of the unnecessary waste build up in the gut that isn't serving you!

*Q:* I didn't go to the bathroom yet, what do I do?

♥ Each person may have a different level of build up in their body. If you have not seen a detoxifying effect you should steep your Teami Colon for LONGER, we recommend 15-30 minutes!

*Q:* What happens if I skipped a day? Do I have to start over?

♥ Life happens! Keep your calendar on the **same detox day** (instead of flipping the page) and get back on track the next day!

SHARE YOUR

*journey!*



Take a before and  
after photo!



Connect with other  
members by following  
[@teamiblends](https://www.instagram.com/teamiblends)



Join our Loyalty program by  
signing up under the [Rewards tab](#)  
on our site!



Share your teami tumbler selfies  
with us! Tag [@teamiblends](https://www.instagram.com/teamiblends)  
[#thankyoteami](https://www.instagram.com/teamiblends) to be featured!

WE **CAN'T WAIT** TO FOLLOW ALONG YOUR DETOX!

DAY

7

I drank my Teami Skinny

*wellness tip:* Staying hydrated is SO important! Set an alarm on your phone to go off every 2-3 hours to drink 8oz of water so you never forget!

DAY

2

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Eating 1 fully vegetarian meal per day can help improve digestion and increase energy levels!

DAY

3

I drank my Teami Skinny

*wellness tip:* Green leafy vegetables have plenty of vitamins, minerals and are rich in fiber, which helps in digestion and keeps you full longer! (Spinach, kale, arugula, swiss chard and more!)

DAY

4

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Getting 8 hours of sleep is crucial for your overall health. Figure out what time you need to be in bed by to get 8 hours of sleep. Set your alarm to 1 hour before that so you're ready to go to bed on time!

DAY

5

I drank my Teami Skinny

*wellness tip:* Incorporate eating more light, lean meats like turkey, chicken or fish as they are easier for the body to digest than red meat.

DAY

b

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Opt for taking the stairs whenever you have the chance! Elevators might be convenient, but they don't shape your booty like the stairs!



DAY

7

I drank my Teami Skinny

*wellness tip:* Eat the rainbow! Eating a diversity of colorful fresh fruits and veggies can be an easy way to get a complete range of vitamins and minerals your body needs to thrive!

# WEEK 1 *check in!*

HOW ARE YOU DOING SO FAR ON YOUR DETOX?

---

---

---

---

WHAT WERE THE BIGGEST CHANGES YOU SAW/FELT THIS WEEK?

---

---

---

---

*weekly motivation:* You just finished your first week of detoxing, that is a huge deal! It's only going to get even better from here! Going into week 2, I challenge you to try increasing your water intake to ½-1 gallon per day!

Love, *Aali* 

DAY

8

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Replace drinking soda or sugary beverages with fruit infused detox water instead! Use your Teami Tumbler to add your favorite fruits, veggies and water!

DAY

9

I drank my Teami Skinny

*wellness tip:* Practice gratefulness. Take 5 minutes and think about 5 people you are grateful for! (Maybe shoot them a cute text!)

DAY

70

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Challenge yourself to do 50 squats today! You can do them at home or at work and maybe even get a friend to join!

DAY

77

I drank my Teami Skinny

*wellness tip:* Start your morning off with a nourishing superfood smoothie!  
Recipe: ½ banana, a handful of blueberries, handful of spinach, 1 cup non-dairy milk, protein powder and water!

DAY

72

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Try avoiding alcohol during a detox as it is high in sugar and empty calories. However, 1-2 glasses of red wine per week is totally fine!

DAY

73

I drank my Teami Skinny

*wellness tip:* Start a workout routine with a friend! Not only will it be super fun, it will also hold you accountable!



DAY

74

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Satisfy your sugar cravings with fruit instead of candy, baked goods and refined sugars. Our favorite recommended fruits are oranges, grapefruit, bananas and blueberries!

# WEEK 2 *check in!*

HOW ARE YOU DOING SO FAR ON YOUR DETOX?

---

---

---

---

WHAT WERE THE BIGGEST CHANGES YOU SAW/FELT THIS WEEK?

---

---

---

---

*weekly motivation:* You just slayed week 2! You are halfway done with your detox program! This week I challenge you to gradually increase the amount of time you are steeping your Teami Colon tea!

Love, 

DAY

75

I drank my Teami Skinny

*wellness tip:* Practice self-care and take a detoxifying epsom salt bath to de-stress and reset.

DAY

76

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Life is all about balance! You're halfway through the detox so treat yourself tonight with your favorite dessert!

DAY

77

I drank my Teami Skinny

*wellness tip:* Workout challenge! Get outside today and go for a 30 minute walk!

DAY

78

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Eat good fats! Incorporate avocado, nuts, nut butters, flax seeds, olive oil and salmon into your diet!

DAY

79

I drank my Teami Skinny

*wellness tip:* Disconnect from social media! Put your phone away after work and just enjoy being present.

DAY

20

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Stretching improves posture, flexibility and blood flow! Take 5-10 minutes in the morning or night and do some stretches!



DAY

21

I drank my Teami Skinny

*wellness tip:* It's normal to feel overwhelmed sometimes, we recommend making a list of all the things that are on your mind, get them out on paper and then you can tackle and address them!

# WEEK 3 *check in!*

HOW ARE YOU DOING SO FAR ON YOUR DETOX?

---

---

---

---

WHAT WERE THE BIGGEST CHANGES YOU SAW/FELT THIS WEEK?


---

---

---

---

*weekly motivation:* Week 3 is done, baby! I am so insanely proud of you right now! For the last week of your detox I challenge you move your body a bit more than usual. Whatever your fitness level is, incorporate going for walks, bike rides, gym time or anything that gets the body moving.

Love, *Ali* 

:

DAY

22

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Vitamin D (the sunshine vitamin) plays a substantial role in our health. Spend 5-10 minutes in the sun, 2-3 times per week.

DAY

23

I drank my Teami Skinny

*wellness tip:* Add probiotic foods into your diet like yogurt, sauerkraut, kefir, kombucha and pickled cucumbers to support gut health.

DAY

24

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Experiment and see how you feel replacing gluten in your diet for a week or so! Healthy recommendations: quinoa, buckwheat and oats!

DAY

25

I drank my Teami Skinny

*wellness tip:* Set your intentions for the day! Take 5 minutes and visualize what you want to accomplish today!

DAY

26

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Challenge yourself to drink 1 gallon of water today! Either use a 1 gallon jug or re-fill up your 20 oz tumbler 7 times!

DAY

27

I drank my Teami Skinny

*wellness tip:* Creative expression and overall well-being are linked! Experiment with a new recipe, write a poem or choose an activity that makes you feel creative!



DAY

28

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Do something sweet for someone in your life. Nourish your close, quality relationships and they will nourish you right back!

# WEEK 4 *check in!*

HOW ARE YOU DOING SO FAR ON YOUR DETOX?

---

---

---

---

WHAT WERE THE BIGGEST CHANGES YOU SAW/FELT THIS WEEK?

---

---

---

---

*weekly motivation:* You're on the home stretch! I want you to take a few minutes and be proud of this wellness journey you have taken. You committed and completed a lifestyle change in the last 30 days! Your body will thank you so much for this.

Love, 

DAY 

 29 

I drank my Teami Skinny

*wellness tip:* Go for a walk on your lunch break, breath in the fresh air, get a bit of sun and come back feeling refreshed!

DAY

30

- I drank my Teami Skinny
- I drank my Teami Colon

*wellness tip:* Love yourself even harder. Today is the last day on your Teami 30 Day Detox Program and you should be so proud of yourself! You are extraordinary.

# you did it!

We are so proud of you for completing this journey!



Take your after  
photo!



Post your transformation  
and tag [@teamiblends](#)  
and [#thankyouteami](#)



Submit your  
transformation story!

[success@teamiblends.com](mailto:success@teamiblends.com)



Share your story and  
[leave us a review](#) on our  
website!

[www.teamiblends.com](http://www.teamiblends.com)