

teami

SUMMER

DETOX

PLAN & EBOOK



15
healthy recipes
inside!



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#THANKYOUTEAMI #TEAMISUMMERCHALLENGE



WHAT IS THE 30 DAY SUMMER DETOX CHALLENGE?

The Summer Detox Challenge is a 30 Day Program where we are all following along the Teami Detox Program and combining it with healthy and delicious summer meals!

HAVE YOU NOTICED?

The first 5 months of the year are focused on *“How do I get bikini body for Summer?”*. There is a huge surge of people starting to workout and eating healthier, which is great!

This is because Summer is a GOAL that you can work towards. But here’s the thing. When Summer finally comes around you can lose track of the healthy lifestyle you have been building up all year! Summer vibes set in and yes, a bit of laziness.

We want you to keep all of the wonderful progress you made all year by joining our 30 Day Summer Detox Challenge!!

(And if this is your first step ever toward living a healthy lifestyle, we are SO excited to go on this journey with you!)

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

SUMMER DETOX



RECIPES



SUMMER IS VIBRANT & FUN! WHICH IS WHAT YOU CAN EXPECT WITH OUR DETOX APPROVED RECIPES!





take me on the go!

GREEN MATCHA SMOOTHIE BOWL

INGREDIENTS

- ½ teaspoon matcha
- 1 handful baby spinach
- ¼ avocado
- 1 frozen banana
- ¾ cup Almond milk
- ½ cup frozen pineapple
- 1 cup ice

Blend everything, add it to a bowl and garnish with desired toppings!

SIMPLE TOMATO CUCUMBER SALAD

INSTRUCTIONS:

Chop up tomatoes, cucumber into bite size pieces. Mix olive oil, salt, and lemon juice for the dressing. Drizzle over your veggies, mix and enjoy!





HEARTY ARUGULA BEET SALAD



prep time- 3 minutes



cook time- 15 minutes

INGREDIENTS

4 strawberries
1 Apple
1 tsp olive oil
1 pinch salt
1 radish
2 orange beets
4 cups fresh arugula
1/4 cup feta cheese

INSTRUCTIONS:

1. Steam beets for about 15 minutes or until tender when pierced with a fork
2. Allow beets to cool
3. Cut toppings into bite sized slices
4. Combine all ingredients into a bowl and enjoy!

QUICK & EASY PARFAIT TO GO

INSTRUCTIONS:

Add layers of Greek Yogurt, fresh raspberries, granola and slices of banana into a jar or to go container.

Mix it up by switching out with seasonal fruits like blueberries, blackberries or kiwi!



FRUIT ON A LOG

INGREDIENTS

celery
almond butter
blueberries
pineapple
strawberries

Chop up your fruits into bite sized pieces. Spread almond butter on your celery and have fun garnishing with your fruit toppings!



**Adi's signature dish*

SHAKSHUKA

INGREDIENTS

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 chopped bell pepper
- 4 cups ripe diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper, to taste
- 4-6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

Good for breakfast, lunch, a snack or dinner!



prep time- 10 minutes



cook time- 30 minutes

INSTRUCTIONS:

1. Warm up oil in a deep skillet. Saute onions for 3 minutes or until soft. Add garlic and saute for another minute.
2. Add diced bell pepper, saute for 5-7 minutes over medium until soft.
4. Add tomatoes, spices and tomatoe paste, stir simmer for 5-7 minutes.
5. Add eggs over the tomato sauce, cover and simmer for 10-15 minutes.

WATERMELON “PIZZA”



prep time- 3 minutes



serving size- 1-2 people

INGREDIENTS

1/2 cup greek yogurt
2 sliced strawberries
1/4 cup blueberries
1 tbs feta cheese
3-5 mint leaves

INSTRUCTIONS:

1. Slice watermelon down the middle
2. Spread greek yogurt as the “sauce”
3. Sprinkle feta cheese
4. Top with blueberries, mint and strawberries





WATERMELON FRUIT BOWL

INGREDIENTS

- 1/2 watermelon
- 1 kiwi
- 1/2 cup blueberries
- 1 strawberry
- 1 cup greek yogurt

INSTRUCTIONS

1. Cut watermelon in half
2. Scoop out a hole for yogurt
3. Add yogurt and top with fruit

AVOCADO EGG TOAST

INSTRUCTIONS:

Place bread in the toaster. Mash 1/2 an avocado in a bowl, add salt & pepper to taste. Cook an egg to your liking. Place mashed avocado over toast, top with egg, salt and pepper and lime.



ONE PAN OVEN BAKED SALMON



prep time- 5 minutes



cook time- 15-20 minutes

INGREDIENTS

1/2 lb salmon
2 cups pineapple chunks
3 sliced purple carrots
1 sliced bell pepper
1 tbs coconut oil

INSTRUCTIONS:

1. Preheat the oven to 450° F
2. Lightly grease cooking sheet with coconut oil
3. Add salmon and top with sliced veggies
4. Drizzle and coat with coconut oil
5. Bake for 15-20 minutes
6. Add salt, lemon & pepper to taste



AÇAÍ BOWL

INGREDIENTS

- 1 frozen banana
- 1/2 cup of almond milk
- Handful of frozen blueberries
- 1 tablespoon of açaí berry powder
- 1 tablespoon almond butter

CANTALOUPE BOWL

INGREDIENTS

- 1 frozen banana
- 3-5 cantaloupe chunks
- 1/2 cup almond milk
- 1 tsp tumeric
- 1 tablespoon almond butter





MANGO ARUGULA SALAD



prep time- 10 minutes



serving size- 1-2 people

SALAD INGREDIENTS

6 cups arugula leaves
1 mango, peeled and cut into long slices
1 avocado, peeled and sliced
½ red onion, sliced
1 tbs lime juice

SPICY ORANGE VINAIGRETTE

1 tbs white wine vinegar
4 tbs orange juice, about ½ orange
2 tbs lime juice, about ½ lime
4 tbs olive oil
½ tsp cumin
2 tbs finely chopped cilantro
1 red chili or hot pepper, sliced
Salt and pepper



EGG WHITE OMELET

INGREDIENTS:

2 eggs separated
2-3 chopped cherry tomatoes
5-6 spinach leaves diced

INSTRUCTIONS:

Wisk egg whites in a bowl until fluffy. Add the veggies. Cook over medium-low heat with a lid and let sit until eggs are cooked throughout. They should be solid yet spongy to the touch.

CANTALOUPE PARFAIT BOWL

INSTRUCTIONS:

Cut cantaloupe in half and scoop out seeds with a spoon. Stir a container of yogurt in the cup then spoon into the cantaloupes cavity. Place a few raspberries and mint leaves as decoration.



SUMMER DETOX CHALLENGE TIPS

YOUR 30 DAY DETOX INCLUDES 2 TEAMI BLENDS:

SKINNY 

Drink every morning, before breakfast if you can!



 COLON

Drink every other night, right before bed!

ADDITIONAL TEAMI SKINNY TIPS:

Use your Teami Tumbler daily to easily take your Teami on the go! Just add your 1 tsp of skinny tea in the morning, add hot water and GO! You can reuse your Teami Skinny loose leaf tea up to **3x** by just adding more hot water to your Teami Tumbler!

ADDITIONAL TEAMI COLON TIPS:

Start SLOW. Yes, we mean it. Steep your Teami Colon for 1-3 minutes and then remove it from your mug. As you continue your detox you will be able to increase the steep time and even get to 30+ minutes! Your body is going to want to hang onto those toxins and not let them go. That is why it is SO important to take small steps and increase your Teami colon steep time as you go along. We refer to our Teami Colon as “magic tea”, because you will so surprised by how much lighter and better you feel afterwards. It’s like magic. :)



SUMMER SKINCARE TIP

If you plan on being in the sun on working on your tan this Summer Season, we suggest using our Tea Infused Facial Oil, Teami Repair, to protect your skin from getting damaged.

READY TO FEEL HEALTHY, HAPPY AND CONFIDENT THIS SUMMER?

REMINDER: TAKE A BEFORE PICTURE!

WHY? It is SO important to take before photos. Because you see yourself everyday, you most likely are not going to notice the changes in your body! We want to document all the small and big changes during your 30 Day Detox Challenge...so take those progress pics, girl!



WEEK 1 | DAY 1

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 2

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 3

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 4

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 5

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 6

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 1 | DAY 7

I drank my Teami Skinny this morning!

I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

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YAY, YOU DID IT!



YOU COMPLETED WEEK 1 OF OUR 30 DAY SUMMER
DETOX CHALLENGE!

The first week is always the most important (and sometimes the hardest) because your body usually does not want to let go of the toxin build up in the colon! You just have to keep going! The more toxins you get rid of, the better you will feel! I promise you that every week of the detox program you have you feeling lighter and better than you did before!

*You can expect to see 1-4lbs of weight loss in Week 1. (But remember, everyone is different! Let your body progress at it's own pace!)

All The Love,



@ADIAREZZINI | CO-FOUNDER & CEO



WEEK 1 ROUND UP

RIGHT NOW I FEEL:

I WAS SURPRISED THAT:

MY FAVORITE DETOX RECIPE WAS:

I LOVE MYSELF BECAUSE:

_____ HAS CHANGED & IMPROVED!

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

WEEK 2 | DAY 8

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 9

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 10

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 11

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 12

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 13

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 2 | DAY 14

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

YAY, YOU DID IT!



YOU COMPLETED WEEK 2 OF OUR 30 DAY SUMMER
DETOX CHALLENGE!

The second week is great because you start seeing drastic reductions in your bloating and your natural energy levels will raise! You'll suddenly have WAY more energy that you did before just by continuing on the detox program! You will also experience improvements in your digestive system and your metabolism will be faster.

*You can expect to see 1-2 lbs of weight loss in Week 2. (But remember, everyone is different! Let your body progress at it's own pace!)

All The Love,



@ADIAREZZINI | CO-FOUNDER & CEO



WEEK 2 ROUND UP

RIGHT NOW I FEEL:

I WAS SURPRISED THAT:

MY FAVORITE DETOX RECIPE WAS:

I LOVE MYSELF BECAUSE:

_____ HAS CHANGED & IMPROVED!

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

WEEK 3 | DAY 15

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 16

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 17

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 18

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 19

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 20

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 3 | DAY 21

I drank my Teami Skinny this morning!

I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

YAY, YOU DID IT!



YOU COMPLETED WEEK 3 OF OUR 30 DAY SUMMER
DETOX CHALLENGE!

The third week is so fun because you start really FEELING good and comfortable in your own skin. You will feel that a huge percentage of the toxins have left your body! You will be energetic, happy, light, and will most likely be telling all your friends about Teami at this point. ;)

In the third week it is important to INCREASE the steep time of your Teami Colon so that you CONTINUE to get rid of the toxins that remain. The longer that you steep your Teami Colon, the more effective it is.

Teami Challenge: Increase your colon tea steep time by 2-10 minutes!

All The Love,



ADIA REZZINI | CO-FOUNDER & CEO



WEEK 3 ROUND UP

RIGHT NOW I FEEL:

I WAS SURPRISED THAT:

MY FAVORITE DETOX RECIPE WAS:

I LOVE MYSELF BECAUSE:

_____ HAS CHANGED & IMPROVED!

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

WEEK 4 | DAY 22

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 23

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 24

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 25

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 26

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 27

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 4 | DAY 28

I drank my Teami Skinny this morning!

I made a Teami Detox Recipe!

I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

YAY, YOU DID IT!



YOU COMPLETED WEEK 4 OF OUR 30 DAY SUMMER
DETOX CHALLENGE!

The fourth week is so EXCITING! You are on the home stretch of the 30 day detox challenge and you feel super CLEANSED! Right now you are feeling your best. You have most likely seen major improvements in your bloating, digestion, metabolism, energy levels and weight loss!

You only have 2 days left! Let's finish off strong!
I'm so excited for you to complete this journey!

All The Love,



@ADIAREZZINI | CO-FOUNDER & CEO



WEEK 4 ROUND UP

RIGHT NOW I FEEL:

I WAS SURPRISED THAT:

MY FAVORITE DETOX RECIPE WAS:

I LOVE MYSELF BECAUSE:

HAS CHANGED & IMPROVED!

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

WEEK 5 | DAY 29

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!

My Morning Intentions:

At the end of the day I felt:

WEEK 5 | DAY 30

- I drank my Teami Skinny this morning!
- I made a Teami Detox Recipe!
- I drank my Teami Colon at night before bed!

My Morning Intentions:

At the end of the day I felt:



YAY, YOU FINISHED!

I am so proud of you for going through this detoxifying and cleansing journey with me! It is not easy to start a new program and I appreciate that you chose to place your trust in me and in Teami!

I would love to directly hear from you and get your feedback! How do you feel? What did you enjoy? What did you need help with? How did you like the recipes?

TAKE YOUR AFTER PHOTO!

SHARE YOUR STORY WITH US!

We can't wait to see your #TeamiTransformation!

DM @teamiblends **Tag** #thankyouteami #teamisummerchallenge

Join @teamiloyalty to help inspire others to start their 30 Day Detox Program & earn rewards along the way!

Love,

@AdiArezzini | Co-Founder & CEO

WE LOVE OUR COMMUNI(TEA)!

#THANKYOUTEAMI #TEAMISUMMERCHALLENGE

