



PhenQ

3 DAY DETOX PLAN

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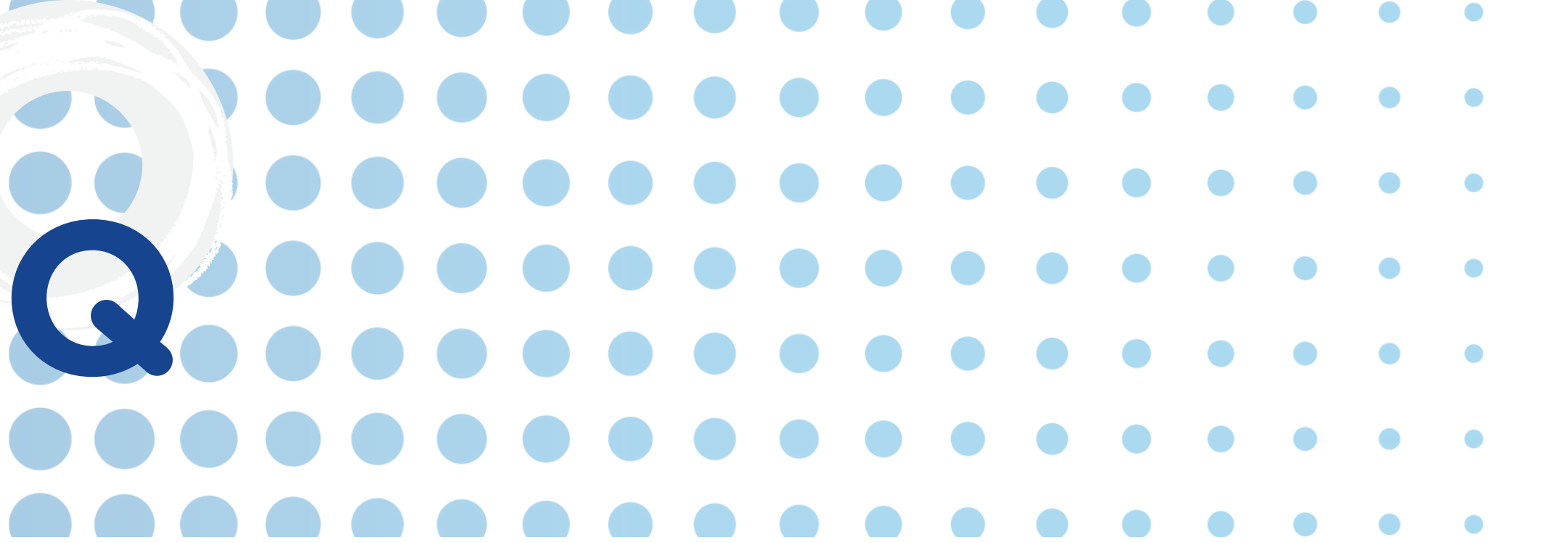


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INTRODUCTION



Partaking in a detox plan is beneficial to your body and mind for a number of reasons. It helps flush your body of toxins in preparation for a particular event or plan, reboots your health, resets your energy, but most importantly it helps to shed some extra pounds fast to set you on the right path for a successful weight loss mission, especially if you are getting ready to start a course of diet pills.

The aim of this 3-day detox is to reset your body, mind and metabolism so that it's running efficiently. Weight loss is more effective if you look after your 'prep' first, which is in the form of this detox. Including some facts to help you along the way and understand why certain elements have been included.

Completing a detox plan is never easy, it is a challenge but the below plan has been specifically designed for men and women to shed a maximum of around 5lbs in 3 days. Stick with it and stay away from the scales until you have completed all 3 days then weigh yourself on the 4th day on the morning before breakfast. Without further ado, lets get this 3-day detox started.

CUPBOARD CLEANSE

The evening before your detox there are some serious cupboard offenders you must remove, as it's vital to your 3-day detox. You need to immediately eliminate:

Alcohol – Alcohol is too catabolic and inhibits calorie burning.

Sugary soda – Far too much sugar will stop you losing weight.

Chocolate, sweets & biscuits – Again, all these will do is inhibit your weight loss, get rid of the temptation!

**The aim of this
3-day detox is to
reset!**

3-Day Detox Underway



DAY 1

BREAKFAST

- 1 cup of hot lemon water using 2-3 slices of fresh lemon in hot water (use a sweetener if you need to). This will help to flush the digestive system and rehydrate you also giving you a much needed energy boost first thing.

- Green kale breakfast smoothie

- Handful of kale
- Half an avocado
- Small handful of blueberries
- 20g of oats
- 1cup of water

Blend up and serve up in your favourite glass with a straw. This smoothie is bursting with antioxidants! It contains an abundance of vitamins and minerals and contains, healthy Omega 3 fats and low GI carbs that means it will digest slowly keeping you fuller for longer.

MID MORNING SNACK

- Cup of green tea (no sugar)

LUNCH

- Garden salad with a small handful of walnuts of almonds, balsamic dressing and 100g of a healthy lean protein of your choice, for example:
 - – Salmon
 - – Chicken
 - – Turkey
 - – Tofu
 - – Soya beans
- 1 bowl of fresh grapefruit

DINNER

- 100g of green beans or broccoli served with 70g of a lean protein choice (refer to lunch options above) and 80g of wholegrain or basmati rice.
- Cup of green tea (no sugar)



DID YOU KNOW?



Fact: Fibrous vegetables such as green beans or broccoli are full of fibre keeping you nice and full while helping with your digestive system.



Fact: Green tea helps raise the internal body temperature helping you burn more calories so try swapping your usual cup of tea for green during the detox.

TIP



Throughout the day make sure you drink 3 litres of water.

Water loading 'tricks' your body making it actually flush water out, which in turn makes you lose weight. Invest in a big bottle and make sure all 3 litres are gone by the end of the day.



DAY 2



BREAKFAST

- 1 cup of hot lemon water (use a sweetener if you need to)
- Green spinach breakfast smoothie
 - – 2 handfuls of fresh spinach
 - – ¼ cucumber
 - – 1 handful of frozen berries
 - – 1 small handful of flax or chia seeds
 - – 1 whole banana
 - – 1 cup of water
 - Blend and serve up in your favourite glass with a straw.

This smoothie is bursting with antioxidants and gives you a healthy dose of iron and potassium!

It contains an abundance of vitamins and minerals as well as healthy Omega 3 fats.

MID MORNING SNACK

- Cup of green tea (no sugar)

LUNCH

- Garden salad with a small handful of walnuts of almonds, balsamic dressing and 100g of a healthy lean protein of your choice, for example:
 - – Salmon
 - – Chicken
 - – Turkey
 - – Tofu
 - – Soya beans
- 1 bowl of fresh grapefruit

DINNER

- 100g of green beans or broccoli served with 60g of a lean protein choice (refer to lunch options above) and 70g of wholegrain or basmati rice.
- Cup of green tea (no sugar)

DID YOU KNOW?



Fact - Grapefruit is so important to detox plans because it contains a natural abundance of antioxidants to help rid your body of harmful toxins. Grapefruit also contains Vitamin C that strengthens your digestive system.



Fact - Broccoli is a good carb and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Along with this, broccoli is also great for weight loss because it is rich in fiber.



According to the results of a new study, choosing almonds as opposed to carbs like white bread or muffins, may reduce the risk of heart disease by decreasing belly fat, the dangerous type of fat that can encircle our organs.



DAY 3

BREAKFAST

- 1 cup of hot lemon water (use a sweetener if you need to)
- Peanut butter protein smoothie
 - – 1 teaspoon of natural peanut butter
 - – Sprinkle of cinnamon
 - – 3 egg whites
 - – 1 whole banana
 - – 1 cup of water
 - Blend up and serve in your favourite glass with a straw.
 - This smoothie is full of healthy, natural calories and high in protein!
 - It will boost your immune system and keep you feeling fuller for longer as well as making your digestive tract operate smoothly.

MID MORNING SNACK

- Cup of green tea (no sugar)

LUNCH

- Garden salad with a small handful of walnuts of almonds, balsamic dressing and 100g of a healthy lean protein of your choice, for example:
 - – Salmon
 - – Chicken
 - – Turkey
 - – Tofu
 - – Soya beans
- 1 bowl of fresh grapefruit

DINNER

- Super weight loss smoothie
 - – 1 cup of almond milk
 - – Pinch of vanilla extract
 - – 2 egg whites
 - – 1 teaspoon of chia seeds – 20g of oats
 - Blend up all the ingredients and serve up with a bowl of spinach & kale on the side.
- Cup of green tea (no sugar)



CONCLUSION

At the end of your 3-day plan you should feel completely detoxified and your digestive system and metabolism will now be finely tuned and running smoothly.

Your body will be flushed out of all the bad stuff and will have enjoyed an abundance of vitamins, minerals, healthy fats and antioxidants. The water load will also have helped you flush out any toxins and excess water you may have been storing; making you bloated and heavy.

