



















# SAMPLE MEAL MAP - Vegan/Vegetarian

	Breakfast	Snack	Lunch	Snack	Dinner	At a Glance
Day 1		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS		1 APPLE & 1/2 CUP CELERY STICKS	*VEGETARIAN LENTIL CHILI	2 SHAKES 1 MEAL 2 SNACKS
Day 2		1 APPLE & 1/2 CUP CELERY STICKS			*SWEET POTATO SHEPARD'S PIE	3 SHAKES 1 MEAL 1 SNACK
Day 3			LEFTOVER CHILI			4 SHAKES 1 MEAL
Days 4						5 SHAKES (UNLIMITED VEGGIES)
Day 5					*VEGETARIAN LENTIL CHILI WITH AVOCADO	4 SHAKES 1 MEAL

AN ACTUAL CLIENT'S CLEANSE

UNLIMITED VEGGIES