BODY BELIEF

REAWAKEN Phase Meal Plan

All recipes can be found in Body Belief.

DAY ONE

Upon waking make yourself a mug of fresh ginger tea with the juice from half a lemon squeezed into it or a mug of hot water with a shot of apple cider vinegar or juice from half a lemon squeezed into it.

Breakfast:
Purify Smoothie

Snack:
Bone Broth Egg Drop Soup

Liver Support Juice

Lunch:
Sweet Potato Toast with Mashed Avocado and 4 oz. bone broth of your choice

Snack:
Golden Milk Bone Broth

Dinner:
Grilled Chicken with Zoodles and NoMato Sauce

4 oz. bone broth of your choice

DAY TWO

Upon waking make yourself a mug of fresh ginger tea with the juice from half a lemon squeezed into it or a mug of hot water with a shot of apple cider vinegar or juice from half a lemon squeezed into it.

Breakfast:
Coconut Milk Yogurt with cinnamon

Snack:
Butternut Squash Soup

Lunch:
Grilled Salmon and sauteed asparagus with hollandaise sauce (make two servings so you can have one for dinner)

Liver Support Juice

Snack:
Ginger Turmeric Bone Broth

Dinner:
Grilled Salmon and sauteed asparagus with hollandaise sauce
4 oz. Bone Broth of your choice

DAY THREE

Upon waking make yourself a mug of fresh ginger tea with the juice from half a lemon squeezed into it or a mug of hot water with a shot of apple cider vinegar or juice from half a lemon squeezed into it.

Breakfast:
Power Oatmeal

Snack:
Golden Milk Bone Broth

Liver Support Juice

Lunch:
Butternut Squash Soup

Snack:
Yokocado

Dinner:
Grilled Steak with Broccoli and Cauliflower sauteed in coconut oil

4 oz. Bone Broth of your choice

DAY FOUR

Upon waking make yourself a mug of fresh ginger tea with the juice from half a lemon squeezed into it or a mug of hot water with a shot of apple cider vinegar or juice from half a lemon squeezed into it.

Breakfast:
Coconut Milk Yogurt with cinnamon

Snack:
Red Beet and Apple Salad

Lunch:
Sweet Potato Toast with mashed avocado and 4 oz. bone broth

Liver Support Juice

Snack:
Bone Broth Egg Drop Soup

Dinner:
Shrimp Scampi

4 oz. Bone Broth of your choice

DAY FIVE

Upon waking make yourself a mug of fresh ginger tea with the juice from half a lemon squeezed into it or a mug of hot water with a shot of apple cider vinegar or juice from half a lemon squeezed into it.

Breakfast:
Purify Smoothie

Snack:
Ginger Turmeric Bone Broth

Lunch:
Butternut Squash Soup

Liver Support Juice

Snack:
½ c. simple sauerkraut and a sweet potato with cultured ghee

Dinner:
Grilled Cod with sauteed asparagus and leeks and hollandaise sauce

4 oz. Bone Broth of your choice