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3 Day Natural Detox Cleanse Recipes + Shopping List:

Breakfast: 1 cup Water, 1 TBSP Flaxseed, 2 TBSP Aloe Vera Juice, 1 cup Raspberries, 1 Banana, ½ cup Spinach, 1 TBSP Almond Butter, 1 TBSP Lemon Juice, ½ tsp cinnamon

Lunch: 1/2 cup Almond Milk, 1 TBSP Melted Coconut Oil, 2 TBSP Aloe Vera Juice, 1 cup Kale, 1 Cucumber, ½ squeezed lime, ½ Green Apple, 1 cup fresh pineapple

Dinner: 1 1/2 cup coconut water, 1 cup blueberries, ½ cup mango, 1 TBSP Lemon juice, 1 cup Kale, ¼ Avocado, 1/4 Tsp cayenne pepper, 1 TBSP Flaxseed

Shopping List: Go organic with everything you can!

Flaxseed (8oz. or more)

Aloe Vera Juice or Gel (8oz.)

Frozen Raspberries & Blueberries (3 cups each)

3 Bananas, 3 cucumbers

2 avocados, 2 Lemons & 2 Limes

1 bunch/bag fresh spinach (3 cups)

2 bunches fresh kale (6 cups)

Almond Milk (3 cups)

Coconut Water (5 cups)

Coconut oil (4oz.) be sure to get organic, non-gmo, cold pressed

2 cups frozen or fresh mango

Cayenne pepper & cinnamon

Fresh ginger root (just one) you can use this in the dinner smoothie or put 2 long slices in boiling hot water with lemon juice and honey for an awesome hot tea that will settle your stomach, improve digestion and help you relax.

That should do it. Again, feel free to add, you're the chef!

Your wellness advocate and friend,

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