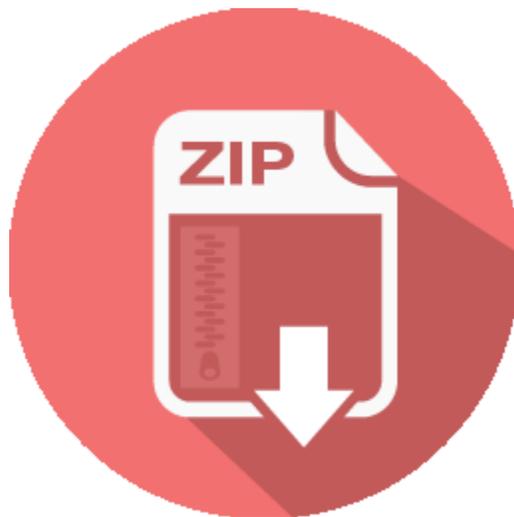


## [THREE DAY CLEANSE RECIPE](#)



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### **A Gentle 3 Day Cleanse To Start the Year Off Right Hello**

Although you have the recipes provided for all of your meals, below is the list of foods to avoid during the three days: Gluten bread, crackers, baked goods, etc. Dairy milk, cheese, yogurt, ice cream, etc. Sugar white sugar, honey, maple syrup, agave, coconut sugar, etc.

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### **3 Day Detox Plan Friday Sunday Hungry For Change**

Cucumber, Celery And Carrot Sticks (Makes enough for 3 days) This is your morning snack and keeps you on track with your cleanse. It s easy to prepare and carry with you when you re on the run. 3 celery stalks, leaves removed; 3 small cucumbers 3 small carrots; Wash all of the vegetables and cut them into small strips.

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