

# After Thanksgiving Detox

It's easy to overeat this holiday. Here are wonderful breakfast, lunch, and dinner cleanses to help make you feel back to normal



## BREAKFAST DRINK

- 1 cup of water
- 1 tbsp. flax seed
- 1 cup raspberries
- 1 banana
- 1/4 cup spinach
- 1 tbsp. almond butter
- 2 tsp. lemon

## LUNCH DRINK

- 4 celery stalks
- 1 cucumber
- 1 cup kale leaves
- 1/2 green apple 1/2 lime
- 1 tbsp coconut oil
- 1/2 cup almond milk
- 1 cup pineapple

## DINNER DRINK

- 1/2 mango
- 1 cup blueberries
- 1 1/2 coconut water
- 1 cup kale
- 1 tbsp. lemon
- 1/4 avocado
- 1/4 tsp. cayenne pepper
- 1 tbsp. flax seeds

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)