

<u>Dump the Junk</u> <u>5 Day Mini</u> <u>Cleanse Meal</u> <u>Planner</u>	Breakfast Life Smoothie	AM Snack 180 Snack Bar	Lunch Life Smoothie	PM Snack 180 Snack Bar and Vegetables	Dinner Life Smoothie	Water and Exercise	Calories for the day
Monday	5 Alfalfa _____ smoothie calories	_____ snack _____ # of calories	_____ smoothie calories	_____ snack _____ # of calories _____ raw vegetables # of calories	5 Alfalfa 2 Herb-Lax _____ smoothie Salad or Steamed Vegetables _____ calories	_____ oz./ _____ oz. and _____/10,000 steps	_____ _____ _____
Tuesday	5 Alfalfa _____ smoothie calories	_____ snack _____ # of calories	_____ smoothie calories	_____ snack _____ # of calories _____ raw vegetables # of calories	5 Alfalfa 2 Herb-Lax _____ smoothie Salad or Steamed Vegetables _____ calories	_____ oz./ _____ oz. and _____/10,000 steps	_____ _____ _____
Wednesday	5 Alfalfa _____ smoothie calories	_____ snack _____ # of calories	_____ smoothie calories	_____ snack _____ # of calories _____ raw vegetables # of calories	5 Alfalfa 2 Herb-Lax _____ smoothie Salad or Steamed Vegetables _____ calories	_____ oz./ _____ oz. and _____/10,000 steps	_____ _____ _____
Thursday	5 Alfalfa _____ smoothie calories	_____ snack _____ # of calories	_____ smoothie calories	_____ snack _____ # of calories _____ raw vegetables # of calories	5 Alfalfa 2 Herb-Lax _____ smoothie Salad or Steamed Vegetables _____ calories	_____ oz./ _____ oz. and _____/10,000 steps	_____ _____ _____
Friday	5 Alfalfa _____ smoothie calories	_____ snack _____ # of calories	_____ smoothie calories	_____ snack _____ # of calories _____ raw vegetables # of calories	5 Alfalfa 2 Herb-Lax _____ smoothie Salad or Steamed Vegetables _____ calories	_____ oz./ _____ oz. and _____/10,000 steps	_____ _____ _____