



HealthyBodyHealthyLife
with Melissa Koerner

Phase 1 Sample Meal Plans



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HealthyBodyHealthyLife.com

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Phase 1 (Days 1-10) Sample Meal Plans

Note: To simplify meal planning, I suggest making a double smoothie batch each morning and drinking the same smoothie for breakfast and lunch. I also suggest eating leftovers for dinner at least two nights in a row. You'll see I followed this system in the meal plan below.

Day 1

Breakfast: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Snack: Carrots or celery with mashed avocado with sea salt and lemon or lime.

Dinner: Kale Salad (Detox Recipes page 8)

Day 2

Breakfast: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Lunch: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Snack: Trail mix (sunflower seeds, pumpkin seeds, coconut flakes, and goji berries)

Dinner: Leftover Kale Salad (Detox Recipes page 8)

Day 3

Breakfast: Ginger Detox Smoothie (Detox Recipes page 3)

Lunch: Ginger Detox Smoothie (Detox Recipes page 3)

Snack: Pumpkin or sunflower seed butter with celery, carrots, green apple, banana or flax crackers

Dinner: Quinoa Salad (Detox Recipes page 12)



Phase 1 (Days 1-10) Sample Meal Plans

Day 4

Breakfast: Strawberry Smoothie (Detox Recipes page 5)

Lunch: Strawberry Smoothie (Detox Recipes page 5)

Snack: Cucumber, tomatoes & sliced avocado with vinaigrette (olive oil and apple cider vinegar)

Dinner: Leftover Quinoa Salad (Detox Recipes page 12)

Day 5

Breakfast: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Lunch: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Snack: Flax crackers with mashed avocado and salsa (see Detox Recipes page 18 for a salsa recipe; if store bought sugar free)

Dinner: Melissa's Favorite Salad (Detox Recipes page 10)

Day 6

Breakfast: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Lunch: Melissa's Favorite Berry Smoothie (Detox Recipes page 3)

Snack: Strawberries dipped in whipped coconut milk flavored with stevia and vanilla extract *optional

Dinner: Leftover Melissa's Favorite Salad (Detox Recipes page 10)



Phase 1 (Days 1-10) Sample Meal Plans

Day 7

Breakfast: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Lunch: Cucumber, Apple & Pear Smoothie (Detox Recipes page 5)

Snack: Tahini with sliced apple (Detox Recipes page 19)

Dinner: Vegetable Soup (Detox Recipes page 11)

Day 8

Breakfast: Ginger Detox Smoothie (Detox Recipes page 3)

Lunch: Ginger Detox Smoothie (Detox Recipes page 3)

Snack: Vanilla or Chocolate Chia Pudding (Detox Recipes page 21)

Dinner: Leftover Vegetable Soup (Detox Recipes page 11)

Day 9

Breakfast: Strawberry Smoothie (Detox Recipes page 3)

Lunch: Strawberry Smoothie (Detox Recipes page 3)

Snack: Berry Chia Pudding (Detox Recipes page 21)

Dinner: Lentil Soup (Detox Recipes page 14)

Phase 1 (Days 1-10) Sample Meal Plans

Day 10

Breakfast: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Lunch: Mango, Banana, Berry Smoothie (Detox Recipes page 6)

Snack: Chocolate Energy Balls (Detox Recipes page 22)

Dinner: Leftover Lentil Soup (Detox Recipes page 14)
