

The 3-Day Natural Cleanse

by Stephanie Margolis, R.D. & Moms Into Fitness®

For the next three days I want you to fill your body with good, natural ingredients. This will make a big difference in your cravings. Plus it will build a “framework” around meal and snack times. Try to eat breakfast within a few hours of waking. And try to eat dinner 3-4 hours before sleep. For your beverages, drink water, water flavored with lemon and hot green tea. Three days...you can do this 😊

Breakfast Options

Option 1 – Egg Omelet: 3 egg whites + 1 cup spinach + ¼ cup diced tomato + 1 teaspoon chopped garlic or preferred seasoning.

Mix ingredients. Cook on the stovetop or microwave in a coffee mug for scrambled eggs.

*Egg yolks are fantastic and should be included long term (beyond these 3 days). If you would like to use egg yolks during the cleanse simply use 1 whole egg instead of 3 egg whites.

Option 2 – Avocado Toast: ¼ avocado + 1 slice whole wheat bread + 1 cup raspberries
Toast bread, mash avocado and spread on toast. Then drizzle with olive oil and serve with a side of raspberries.

Option 3 – Oatmeal: ¾ cup oatmeal + 1 tablespoon wheat germ + ¾ coconut water + ½ cup strawberries
Mix first three ingredients. Cook, then serve strawberries on top or on the side.

Morning Snack Options

Option 1 – 1 banana + 1 tablespoon nut butter of choice

Option 2 – 1 cup Greek Yogurt (or 6-8 ounce serving) + ½ cup sliced strawberries

Lunch Options

Option 1 – Sweet Potato Bake: 1 medium sweet potato + ¼ cup walnuts
Bake sweet potato and top with walnuts.

Option 2 – Salad & Hummus: 2 cups salad + 2 tablespoons dressing (preferably an oil and vinegar or balsamic) + ¼ cup walnuts + 3 ounces dices chicken + celery/carrots + 2 tablespoons hummus
Prep salad and serve with celery/carrots dipped in hummus.

Afternoon Snack Options

Option 1 – 1 medium apple + 14 almonds

Option 2 – 3 slices deli meat + ¼ cup peppers + ¼ mashed avocado
Prepare three ingredients as roll-ups.

Dinner Options

Option 1 – Steak & Quinoa: 5 ounces sirloin steak + ½ cup sautéed mushrooms and onions (sautéed in a little olive oil) + ¾ cup cooked quinoa
You can prepare these ingredients separately or mix together.

Option 2 – Balsamic Chicken: 6 ounces chicken + 1 cup brown rice + 1 cup steamed zucchini
Cook all ingredients with balsamic and garlic to taste.

Option 3 – Kebob: 3 ounces chicken, cubed + grape tomatoes + pineapple, sliced + ¾ cooked quinoa
Prepare first 3 ingredients as kebobs and grill/bake. Serve with quinoa or quick cooking brown rice.