Digestive Detox: Cleanse & Restore (7 day reset)

This 7-day detox plan is designed to cleanse and restore your digestive system, helping you feel rejuvenated and supported.  
  
### Day 1: Hydrate and Nourish  
- \*\*Breakfast\*\*: Warm lemon water and a smoothie with spinach, ginger, and banana  
- \*\*Lunch\*\*: Quinoa and vegetable soup  
- \*\*Dinner\*\*: Grilled chicken with roasted sweet potatoes and broccoli  
  
### Day 2: Light and Healing  
- \*\*Breakfast\*\*: Chia pudding with almond milk and fresh berries  
- \*\*Lunch\*\*: Avocado toast with a side of mixed greens  
- \*\*Dinner\*\*: Baked salmon with steamed kale and quinoa  
  
### Day 3: Fiber-Rich and Detoxifying  
- \*\*Breakfast\*\*: Smoothie bowl with kiwi, chia seeds, and coconut yogurt  
- \*\*Lunch\*\*: Lentil salad with olive oil dressing and lemon  
- \*\*Dinner\*\*: Grilled shrimp with quinoa and sautéed spinach  
  
### Day 4: Gentle Cleanse  
- \*\*Breakfast\*\*: Overnight oats with flaxseeds and almonds  
- \*\*Lunch\*\*: Roasted vegetables with quinoa and tahini sauce  
- \*\*Dinner\*\*: Grilled chicken with steamed asparagus and sweet potatoes  
  
### Day 5: Restorative Foods  
- \*\*Breakfast\*\*: Green smoothie with almond milk, spinach, and berries  
- \*\*Lunch\*\*: Chickpea salad with cucumber, tomatoes, and olive oil  
- \*\*Dinner\*\*: Stir-fried tofu with broccoli and brown rice  
  
### Day 6: Detox and Balance  
- \*\*Breakfast\*\*: Warm lemon water and a bowl of mixed berries  
- \*\*Lunch\*\*: Lentil and vegetable stew  
- \*\*Dinner\*\*: Salmon with roasted Brussels sprouts and quinoa  
  
### Day 7: Final Reset  
- \*\*Breakfast\*\*: Oatmeal with chia seeds, walnuts, and blueberries  
- \*\*Lunch\*\*: Quinoa salad with roasted vegetables and tahini dressing  
- \*\*Dinner\*\*: Grilled chicken with roasted cauliflower and spinach