

DETOX YOUR WAY TO Wellness

HERE'S YOUR 7-DAY DETOX PLANNER

Pollution, bad weather, poor eating habits, and stress - any and all of these could be Enemy No.1 when it comes to clear skin and a clean gut. You can do very little to avoid them but wait! Don't give up! We have an expert curated road map just for you!

Let the detox journey begin!

- AND, BONUS! BONUS! BONUS!**
You get to shed some extra kilos too!
- When you wake up, **DON'T** pick up your phone!

YOUR DETOXIFICATION PLAN STARTS HERE!

DAY OPENER

6:00 AM

What you do just after you wake up, will shape your day completely. Here are a few things that you could do before having breakfast:

- ⦿ Have lemon juice with honey in warm water as soon as you wake up.
- ⦿ A massage can be a great beginning to your day! We know it might not be possible to have one every day, but do make sure you go for massage two times in a week.
- ⦿ Another good detox drink is hot water with apple cider vinegar (if you're worried about your teeth enamel, you could take an ACV pill instead).
- ⦿ Cinnamon or stevia with cold water is yet another cool drink for the morning.



7:00 AM

BREAKFAST ROUTINE



A well-known American author and nutritionist famously said, "**Eat breakfast like a king, lunch like a prince and dinner like a pauper!**" But this is a detox plan so let's keep it light. Take a pause from the rat race and relax. Choose one of these breakfast options and savor all the flavors - feed both your body and soul.

- ⦿ A bowl of Irish overnight soaked oats with chopped walnuts and berries should be on your must-try list too.
- ⦿ Choose non-fat yogurt/ Greek yogurt with flax seeds, berries, and fresh fruits.
- ⦿ Skip the grains, and just go for a green smoothie!

LUNCH TIME

12 NOON

Veggies, veggies, and veggies! When you're on a detox, you cannot skip veggies. For that matter, skipping meals in itself is a bad idea. For lunch, go-to ideas are:

- ⦿ Vegetable soup with a dash of a warm spice like pepper. Along with the soup, have khichdi cooked in ghee and buttermilk.
- ⦿ Zucchini noodles-or zoodles-with an avocado basil sauce makes for the perfect yummy detox meal.
- ⦿ A baked sweet potato with a green soup could make for a nice lunch.
- ⦿ Another great detox lunch option is a small millet roti with veggies!

PS: Avoid pickles and papads in this detox period.



4:00 PM

MID-AFTERNOON SNACK



This is that time of the day when you are hungry and don't know what to binge on. We've got you some healthy detox options:

- ⦿ 1 cup of soy milk with 20 raw almonds.
- ⦿ ½ cup cottage cheese topped with fresh berries.
- ⦿ Sliced green apple with 20 raw almonds.
- ⦿ Pomegranate seeds or sunflower seeds with herbal tea.
- ⦿ Roasted lotus seeds (makhanas) with green tea.

DINNER TIME

7:00 PM

Detox dinners are light and early. Here's what you could have:

- ⦿ Lentil soup (tempered with ghee).
- ⦿ Dal with stir-fried veggies.
- ⦿ A lentil pancake (or moong dal chilla) with a side of grilled veggies.
- ⦿ Sauteed spinach and mushrooms with guacamole and salsa.



BEFORE BED THERAPY

What you have or do right before going to bed is extremely important. You could go for essential oil therapy. You could have warm water for detoxification right before you go to bed.

PS: Apart from just following this, you must follow tips like:

CHEW YOUR FOOD:

One of the most common mistakes is that of swallowing the food without chewing. **DON'T DO THAT!** Chew every bite at least 20 times for proper digestion. Doing this will also keep you sated longer.

REMAIN HYDRATED:

Having water is and must be religiously followed. Keeping yourself hydrated throughout the day is your way to detox naturally.

EXERCISE WISELY:

Along with your detox routine, make sure you follow a gentle exercise routine too. This will help in the removal of toxins from your body, naturally. Hot yoga, boxing, jogging, etc are wise choices.



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