



We all need a reboot from time to time! After a fun-filled weekend, when illness starts to come on, even before a big event when we want to make sure our party dress fits just right. Below is a 1-day plan to help you jumpstart your way to getting back to feeling your best fast. Follow this plan for 3-5 consecutive days for best results, or do this one time per week on a consistent basis.

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| EARLY MORNING PRACTICE | Set a timer for 15 minutes and do a mental detox, pen to paper, writing down whatever comes to mind. |
| MORNING BEVERAGE | 32 ounces of Warm Lemon Water |
| BREAKFAST | Green Tea Citrus Slimmer Smoothie |
| SNACK | Fresh Start Green Juice |
| LUNCH | Wild Salmon Mason Jar Salad |
| SNACK | Cup of Bone Broth with Roasted Chickpeas |
| AFTERNOON PICK ME UP | Take a brisk walk in nature listening to your favorite playlist. |
| DINNER | Large bowl of Bieler's Broth plus a large bowl of steamed non-starchy veggies |
| THROUGHOUT THE DAY | Water, herbal teas , bone broth, more green juice. |
| EVENING PRACTICE | Light some candles and take a long hot Detox Bath (water + 2-3 cups Epsom salt and lavender oil) |
| NIGHTCAP | Ojas Energy Elixir |

Want to go deeper? Join us for our next LIVE Conscious Cleanse [here](#).