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Advocare 10 day cleanse food guide

Dear Diary, we start clearing this week, very excited! I love how I feel after I do the cleaning I'm really hoping to make my muscles pop a little during this phase cleansing and dropping the waste weight. I just had a girl lose 10.9 lbs on her disinfection – amazing results. We have a meal plan below. This is similar to what we did before but this time it is warm and we can grill! Yay! I will probably make an extra vegetarian side with each dinner. I don't notice a snack after dinner should be a vegetarian snack. Please eat vegetables for an afternoon snack as well. Here is a snack menu if you want to mix snacks: If you are interested in learning more about any of the products that feed my family, visit here – Bridget's Advocare lanham website! Day 1 Breakfast: Omelette or Eggs (Limit 2) – can add any vegetables, Organic salsa (no added sugar) or snack hot sauce: spark and larabar (fruit only and larabars walnuts) Lunch: salad 50/50 salad snack: celery w / 1 tablespoon or less of all natural peanut butter (ingredients need to be peanuts and salt only) Dinner: chicken chili w / taco spice day 2: breakfast replacement site shake - order Here's a snack: an apple with 1 tablespoon of everything natural PB or fruit lunch: chicken chili leftovers snack: peppers with organic salsa or guacamole dinner: chicken mustard garlic served with favorite vegetables and side salad (make extra chicken for lunch) day 3 breakfast: banana pancakes and homemade turkey sausages (make extra sausages if you want to add it to your omelette or just get a snack) : Frozen bananas and all natural PB lunch bites: leftovers from dinner last night (you can also serve chicken leftovers on a salad) snack: cucumber with guacamole dinner: tacostuffed zucchini boats (no cheese) will replace tomato sauce for salsa day 4 breakfast: turkey sausage with omelette or fruit snack: Larabar lunch: leftovers from light dinner: celery with 1 tablespoon or less of all natural dinner PB: fish on the grill - we love salmon, tuna and saspse. We season salmon with lemon, olive oil and spices (grill some chicken for your lunch on day 5) day 5 breakfast: a chic replacement meal or oats w/ fruit and cinnamon and all natural PB (no dairy) snack: larabar or fruit lunch: grilled chicken and vegetables: You can use chicken for avocado chicken salad, on salad or stuff in sweet potatoes. Snack: Carrots with 1 tablespoon or less guacamole dinner: chicken blackend w/ mango salsa (usually I don't like to do all this fruit at dinner but I think we'll be fine). Our chicken grill will so I will have grilled vegetable skewers too – usually red or sweet onions, zucchini, squash and pepper. Day 6 Breakfast: Omelette or Eggs (Limit 2) – Any vegetables, organic salsa (no sugar added) or snack hot sauce: banana oats lunch: leftover snack: celery w / 1 Or less than natural peanut butter (ingredients should be peanuts and salt only) dinner: meat turkey (I'm going to try this one with no breadcrumbs) but this is a meatloaf we always eat. don't use agave - meat turkey - try and recipe real w/ vegetables sides sweet potatoes and french fries. I suggest adding organic salsa to the meatloaf. Makes it very good! Day 7 Breakfast: A replacement meal shakes the location for shakes – order here is a snack: apples with 1 tablespoon of each natural PB or fruit lunch: leftover suppling snack: pepper with organic sauce or guacamole dinner: clean the fajitas chicken oven (no wrap) day 8 breakfast: banana pancakes and homemade turkey sausages (make extra sausages if you want to add it to your omelette or just with breakfast) snack: frozen banana & All Natural PB Lunch Bites: Leftovers from last night's dinner (you can also serve in lettuce wrap) Snack: Cucumber with guacamole dinner: Clean spaghetti served on spaghetti squash w / Turkey Meatballs day 9 breakfast: turkey sausage with omelette or fruit snack: larabar lunch: leftover dinner dinner chicken: chicken poppies: burgers or black beans burgers with vegetables: Meal replacement shakes or oats w/ fruit, cinnamon and all natural PB (no dairy) snack: Larabar or Fruit Lunch: Leftover Snack: Chicken Poppers Dinner: Stuffed Peppers (we may cut on some of these ingredients on a progress basis) cleanse is actually very easy to follow in terms of what you can and cant eat, and once you're done, making meals too. This is the bulk of what Teal eats for 10 days. For breakfast, I'm drinking rugby. Yes I'm cheating on Advocare with this one and not using their replacement meals shakes. * Gasp * I like shakeology more. Shhhh don't tell them! Here are the three main meals I have provided to mix either lunch or dinner all the time. 1. Southwest quinoa salad (5 servings) Approximate cost per serving: \$4.15 ingredients: 1 pound chicken breast, 1/2 large red onion, 1 can of organic black beans, 1 cup organic quinoa (technically this is 2 whole servings and will be divided into 5 servings), cherry tomatoes, spinach, salt and pepper to taste. 2. Vegetable tuna salad (6 servings) Approximate cost per serving: \$1.68 Ingredients: 3 cans of tuna, 3/4 cup chopped celery, 3/4 cup chopped carrots, 1/2 red onion, 1 English chopped seed-free cucumber, 2 tablespoons May. (This is 2 servings spread over 6 meals so this is OK) serve the dish on the salad or use cucumber and little paprika instead of crackers to eat! They're so in crisis that you just have to fool yourself! 3. Soup: They have no idea what this can be called because it's like 2 combined recipes (6 servings) approximate cost per serving: \$3.45 Ingredients: 4-6 cups low sodium organic chicken broth, 1 pound chicken breast, 1 can organic Beans, 1 organic corn, 2 diced tomatoes, 1 small white onion, 2 chopped green bell peppers, coriander, 1 chopped jalapeño, juice of 1 lime, cumin, chili powder, onion powder, salt, pepper, red pepper flakes. Snacks if necessary: cucumbers, carrots, little paprika, raw almonds or cashews, tangerines, apples and almond butter. And for Beth the bulk of what will be eating as follows: 1. Chicken taco meat salad (5 servings) actually eat without quinoa most days of the week, but that's something you can definitely put in this salad! Chicken in this form really goes a long way for me and this is usually me getting 2-3 organic chicken breasts. You may remember seeing this meat from an earlier publication on Tuesday delicious from us. Ingredients: Organic chicken, 4 cups low sodium chicken broth, and 1 pack of low sodium taco spices for meat only. For the salad I did green peppers, cherry tomatoes, and spinach leaves. The approximate cost of each service: Yeah, Brent and I split the grocery so I made our receipts weird. I'm lazily here 2. Turkey meat (4 servings) ingredients: 1.5 pounds of 99% sagging turkey breast, 1 cup chopped onion, 1 cup frozen spinach, 3/4 cup salsa, 1 egg (or 2 egg whites), 1/3 cup oats, 1 teaspoon paprika, 1 teaspoon ground mustard, 2 tablespoons di jargon, pepper to taste and 2 tablespoons of soursauce. 3. Mexican lime chicken soup (6 servings) ingredients: 2 tbsp extra virgin olive oil, 1 onion (finely chopped), 6 garlic gloves, 6 skinless chicken thighs, boneless, cut into 1/2 inch pieces, 2 chipotle chiles canned in adobo sauce, 6 cups chicken broth, 1/2 cup fresh coriander, juice of 2 lime, salt, pepper and 1 hass avocado. 4. Frittata egg (6 servings) ingredients: dozens of eggs, 1/2 of one Roma tomato, one squash, 1/4 of green bell pepper, 1/4 of red pepper, garlic, salt and pepper to taste. There was also a meat taco turkey but I figure a lot of people know that one already and generally served about 29 meals to split between me and Brent. With some preparation on your part you can make doing this 10-day advocate cleanse easy to follow! We'll come back with a post on our tips on survival cleanse! ☺ read the full Post » Dear Diary, we start clearing this week, very excited! I love how I feel after I do the cleaning I'm really hoping to make my muscles pop a little during this phase cleansing and dropping the waste weight. I just had a girl lose 10.9 lbs on her disinfection – amazing results. We have a meal plan below. This is similar to what we did before but this time it is warm and we can grill! Yay! I will probably make an extra vegetarian side with each dinner. I don't notice a snack after dinner should be a vegetarian snack. Please eat vegetables for an afternoon snack as well. Here is the snack menu if you want to mix snacks: if you in learning about any of the products that feed my family, visit here – Bridget's Advocare Lanham website! 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Day 7 Breakfast: Meal Replacement Shake Site for Jerks – Order here a snack: apples with 1 tablespoon of each natural PB or fruit lunch: leftover snack: pepper with organic salsa or guacamole dinner: clean the fajitas chicken oven (no wrap) day 8 breakfast: banana snack: pepper with organic sauce Guacamole dinner: Clean fajitas chicken oven (no wrap) day 8 breakfast: banana banana Turkey sausages (make extra sausages if you want to add it to your omelette or just with breakfast) Snack: Frozen bananas and all natural PB lunch bites: leftovers from dinner last night (you can also serve in lettuce wrap) Snack: cucumber with guacamole dinner: clean up spaghetti sauce served over spaghetti squash w / Turkey Meatballs day 9: turkey sausage with omelette or fruit meal Light: Larabar Lunch: Leftovers from Dinner: Chicken Poppers Dinner: Turkey Burgers or Black Bean Burgers with Vegetables Day 10 Breakfast: Shake Replacement Meal or Oats W/ Fruit, Cinnamon and All Natural PB (No Dairy) Snack: Larabar or Fruit Lunch: LeftoverS: Chicken Poppers Dinner: Stuffed Peppers (some of these ingredients may be cut on progress)

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