

SPLENDID DETOX

Your 5-Day Menu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	Masala Khichri Soup	Golden Milk Oats	Red Lentil Dal Soup	Kabocha Congee Soup	Butternut Turmeric Soup
Core mealtimes every two hours	Cauliflower Tikka Soup	Lentil Kale Soup	Garden Minestrone Soup	Black Eyed Pea Stew	Beans & Greens Soup
	Carrot Ginger Chia Smoothie	Banana Flax Smoothie	Hidden Greens Smoothie	Power Greens Smoothie	Blue Majik Smoothie
	Wild Rice Ragout Dish	Coconut Curry Rice Dish	Tomato Quinoa Chili	Green Split Pea Soup	Kimchi Fried Quinoa Dish
	Mint Chip Smoothie	Dragon Fruit Berry Smoothie	Cauliflower Potato Soup	Cacao Almond Smoothie	Butternut Ratatouille Soup
Final sip. (No eating to follow for 16 hours)	Detox Shot	Digestion Shot	Wellness Shot	Immunity Shot	Recovery Shot

Show us that Splendid feeling! Tag us in your Detox experience:   @splendid.spoon

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Your 5-Day Macronutrient Snapshot

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	TOTAL	AVERAGE
Calories	1260	1606	1490	1615	1525	7496	1499
Carbohydrates	177	211	178	192	196	954	191
Sugar	40	53	44	54	49	240	48
Added Sugar	0	9	0	12	0	21	4
Protein	45	58	52	62	56	273	55
Fat	49	65	68	69	62	313	63
Saturated Fat	14	13	18	23	15	81	16
Fiber	46	42	43	43	41	215	43
Fiber: Sugar	1.2	0.8	1.0	0.8	0.8	--	0.9

Got Questions?

Our team of experts is here to help: hello@splendidspoon.com