

Lithe *DETOX*

DAY 1

1. Wake-Up Water: Young Thai Coconut
2. Daily Detox Superfood Smoothie: Super Berry (featuring Chia)
3. Ultra Lithe Green Juice
4. Lithed Up Salad: Lentils, Roasted Eggplant, Saffron & Broken Garlic Vinaigrette
5. Charcoal Lemonade
6. Lithed Up Salad: The Ashram w/Orange & Sherry Vinaigrette
7. Coconut Pudding
8. Lithe Sunset Tea

DAY 2

1. Wake Up Water: Young Thai Coconut
2. Daily Detox Superfood Smoothie: Mexi-cacao (featuring Mesquite)
3. Ultra Lithe Green Juice
4. Lithed Up Salad: Barley & Mushroom
5. Charcoal Lemonade
6. Lithed Up Salad: Beach Body
7. Milk & Cereal
8. Lithe Sunset Tea

DAY 3

1. Wake-Up Water: Young Thai Coconut
2. Daily Detox Superfood Smoothie: Banana Bread Smoothie (featuring Ashwaghandha)
3. Ultra Lithe Green Juice
4. Lithed Up Salad: Chinese Long Bean & Togarashi
5. Charcoal Lemonade
6. Lithed Up Salad: Sun-Kissed
7. Chiaberry Pudding
8. Lithe Sunset Tea

DAY 4

1. Wake-Up Water: Young Thai Coconut
2. Daily Detox Superfood Smoothie: Maca Pina Colada (featuring Maca)
3. Ultra Lithe Green Juice
4. Lithed Up Salad: Wheat Berry, Jalapeño & Chayote
5. Charcoal Lemonade
6. Lithed Up Salad: Summer Elixir Salad
7. Chocolate Truffle
8. Lithe Sunset Tea