**3 Day Shake Detox Cleanse**

**Morning:**

* Drink a morning detox tea
  + Green tea with a slice of lemon
* Take ½ a multivitamin and probiotic supplement
* Breakfast Shake:
  + 1 cup water
  + 1 tbsp. flax seed
  + 1 cup raspberries
  + 1/2 banana
  + ½ cup spinach
  + 1 tbsp. almond butter
  + 2 tsp. lemon juice

**Afternoon:**

* Lunch Shake:
  + 4 celery stalks
  + 1 cucumber
  + 1 cup kale leaves
  + ½ green apple
  + ½ lime
  + 1 tbsp. coconut oil
  + ½ cup almond or coconut milk
  + 1 cup pineapple
* Take ½ a multivitamin and an omega 3 supplement
* Snack:
  + Repeat your favorite shake

**Night:**

* Dinner Shake:
  + ½ cup mango
  + 1 cup blueberries
  + 1 ½ coconut water
  + 1 cup kale
  + 1 tbsp. lemon
  + ½ avocado
  + ¼ tsp. cayenne pepper
  + 1 tbsp. flax sees
* Take a Detox bath
  + 2 ½ cups Epsom salt & 10 drops of lavender oil

**Grocery Shopping List:**

* 3 cups raspberry
* 3 cups blueberries
* 2 mangos
* 1 pineapple (or 3 cups)
* 2 green apples
* 2 bananas
* 6 lemons
* 2 limes
* 6 cups kale
* 3 avocados
* 3 cucumbers
* 2 cups spinach
* 12 stalks celery
* 2 liters coconut water
* 1.5 cups almond or coconut milk
* Cayenne pepper spice
* Ground flaxseed (6 tbsp.)
* Almond butter (3 tbsp.)
* Coconut oil (3 tbsp.)
* Green tea bags (3)
* Lavendar drops
* Epsom salt
* Multivitamin
* Omega 3
* Probiotic