

Next Day Thanksgiving Detox



Morning- Start with 8 oz of Water

Skip the cream in the coffee

Mug of hot water and lemon to promote your digestion and increases your metabolic rate – two important things when dealing with food overload.



Breakfast- Bowl of Hot Oatmeal and your choice of fruit and 8oz of water

Lunch- Turkey sandwich with lettuce and tomato or side salad with light dressing

Plus 8oz of water



Dinner- Bowl of veggie soup and 8 Oz of water

Water Water Water is the key today!! That completes the detox..continue to drink water the next day!