

## Spring 5-Day Detox

# Daily Protocol

### ☀️ WAKE UP

~ 8-12 oz. warm or hot water with juice of half a lemon

### ☀️ BREAKFAST

~ Green or herbal tea  
~ Morning meal or Smoothie  
~ 8-12 oz water\*

### ☀️ MID-MORNING

~ Snack (only if needed)  
~ Cup of tea  
~ 8-12 oz water

### ☀️ MID-DAY

~ Lunch  
~ 8-12 oz water

### ☀️ LATE AFTERNOON

~ Snack (only if needed)  
~ Cup of tea  
~ Get outdoors to walk if possible

### ☀️ EVENING

~ Dinner  
~ 8-12 oz water

### ☀️ BEDTIME

~ Cup of tea (if you want)  
~ Get to bed 15-30 minutes earlier than usual  
~ Write in your journal

\* You may need to drink more water in between meals to reach your goal. Always have a filled up water bottle with you.

