MINNESOTA TOP TEAM

SAMPLE MEAL PLAN for the 10-day cleanse. Use only for ideas and as a guide, tailor it to your likes and taste.

Continue with the same type of food/eating plan during the next 14-day portion of the 24-Day Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Fiber Drink/2 glasses water 10 min later: Fruit	Fiber Drink/2 glasses water 10 min later: Fruit	Fiber Drink/2 glasses water 10 min later: Fruit	Probiotic Restore 30 min later: Fruit	Probiotic Restore 30 min later: Fruit
Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit
Lunch: Salad with fruit, veg, protein, balsamic dressing	Lunch: Salad with fruit, veg, protein, balsamic dressing	Lunch: Salad with fruit, veg, protein, balsamic dressing	Lunch:Turkey burger w/ lettuce	Lunch: Tuna, celery & cucumbers
snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter
Dinner: Salmon w/ steamed peppers/zuchini	Dinner: chicken, quinoa and steamed asparagus	Dinner: turkey burger w/ sweet potato	Dinner: Blackened Tuna w/ steamed broccoli	Dinner: Grilled chicken steamed brocc, grn beans peppers&onions

Day 6	Day 7	Day 8	Day 9	Day 10
Probiotic Restore 30 min later: Fruit	Probiotic Restore 30 min later: Fruit	Probiotic Restore 30 min later: Fiber Drink + 2 glasses h20 Fruit	Probiotic Restore 30 min later: Fiber Drink + 2 glasses h20 Fruit	Probiotic Restore 30 min later: Fiber Drink + 2 glasses h20 Fruit
Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit	Snack: hard boild eggs and piece of fruit
Lunch: grilled chick wrap (in lettuce) and veggies	Lunch: Salad with fish cucumbers/peppers balsamic dressing	Lunch: chicken, salad veggies and blueberries	Lunch: turkey burger w/ onion&peppers on lettuce	Lunch: Fajitas on lettuce protein, balsamic dressing
snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter	snack: Fruit /celery/rice cake w/pb or almond butter
Dinner: Fish, wild rice steamed asparagus	Dinner: chicken steamed broccoli & brussel sprouts	Dinner: Turkey burger w/ onions& peppers on lettuce and sweet potato	Dinner: Fajitias on lettuce	Dinner: Salmon steamed cauliflower