

THE DR. **OZ** SHOW **3 DAY**
DETOX
CLEANSE

SHOPPING LIST

- | | | |
|---|--|---|
| <input type="checkbox"/> 3 cups Raspberries | <input type="checkbox"/> 3 Cucumbers | <input type="checkbox"/> Lavender Drops |
| <input type="checkbox"/> 3 cups Blueberries | <input type="checkbox"/> 1 cup Spinach | <input type="checkbox"/> Epsom Salt |
| <input type="checkbox"/> 2 Mangos | <input type="checkbox"/> 12 Stalks Celery | SUPPLEMENTS |
| <input type="checkbox"/> 1 Pineapple
(or 3 cups) | <input type="checkbox"/> 2 liters Coconut Water | <input type="checkbox"/> Multivitamin |
| <input type="checkbox"/> 2 Green Apples | <input type="checkbox"/> 1.5 cups Almond Milk | <input type="checkbox"/> Omega 3 |
| <input type="checkbox"/> 3 Bananas | <input type="checkbox"/> Cayenne Pepper Spice | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> 6 Lemons | <input type="checkbox"/> Ground Flaxseed (6 tbsp.) | |
| <input type="checkbox"/> 2 Limes | <input type="checkbox"/> Almond Butter (3 tbsp.) | |
| <input type="checkbox"/> 6 cups Kale | <input type="checkbox"/> Coconut Oil (3 tbsp.) | |
| <input type="checkbox"/> 1 Avocados | <input type="checkbox"/> Green Tea Bags (3 total) | |
| | <input type="checkbox"/> Stevia (3 tsp.) | |

DAY 1



MORNING DETOX TEA
 1 Green Tea,
 1 Slice Lemon, 1 tsp. Stevia

BREAKFAST DRINK

1 Cup Water
 1 Tbsp. Flax Seed
 1 Cup Raspberries
 1 Banana
 1/4 Cup Spinach
 1 Tbsp. Almond Butter
 2 Tsp. Lemon

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK



DETOX ULTRA BATH
 2 1/2 cups Epsom Salt, &
 10 drops Lavender Oil

DAY 2

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

LUNCH DRINK

4 Celery stalks
 1 Cucumber
 1 Cup Kale Leaves
 1/2 Green Apple
 1/2 Lime
 1 Tbsp. Coconut Oil
 1/2 Cup Almond Milk
 1 Cup Pineapple

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK

DETOX ULTRA BATH

DAY 3

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:
 repeat favorite drink

DINNER DRINK

1/2 C Mango
 1 Cup Blueberries
 1 1/2 Coconut Water
 1 Cup Kale
 1 Tbsp. Lemon
 1/4 Avocado
 1/4 Tsp. Cayenne Pepper
 1 Tbsp. Flax Seeds

DETOX ULTRA BATH