

Bethenny's B-Tox

Week Two: 7-Day Sample Menu

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

am

- Detox Smoothie with SG Cherry Juice
- SG Coffee with unsweetened almond milk creamer and SG Vanilla Syrup
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- SG Açai Bowl
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- Avocado and vegan cream cheese on toasted sprouted grain bread with EBTB seasoning
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- Whipped PB banana spread on a sprouted grain English muffin
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- SG Vegan Oat Muffin
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- SG Overnight Oats with SG Syrup and SG Cherry Juice
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 8)
- Bethenny's Almond Berry Granola

mid

- Hummus on whole grain wrap w/ tomato, vegan feta, cucumber
- Steamed broccoli with garlic
- Vegan matcha latte
- Potato and Garlic Soup
- SG Rainbow Detox salad with SG Honey Dijon Dressing
- Vegan cream cheese on sprouted grain bread with sliced tomato, salt
- Tomato-basil pureed soup
- Sprouted grain bread with vegan butter, grain mustard, watercress, chives, salt and pepper
- Green salad with SG Poppyseed Dressing
- Coconut yogurt with fresh fruit and almonds
- SG Salt & Lime Popcorn
- Cauliflower pureed soup
- SG Chia pudding with SG Flavored Syrup and SG Cherry Juice
- Vegan Gazpacho
- Roasted Sweet potatoes
- Lemon, cayenne pepper, and maple syrup tonic
- Ginger Carrot Pureed Soup
- Vegan Green Goddess sandwich
- SG Sea Salt Popcorn

pm

- Avocado Pureed Soup
- Fresh raw berries
- SG Cherry Juice
- Oven-roasted asparagus and sweet potatoes over brown rice
- Lemon sorbet
- SG Cherry Juice
- Bethenny's Favorite Salad with Skinnygirl Balsamic vinaigrette
- Baked potato with vegan butter, salt and pepper
- SG Cherry Juice
- Miso soup, edamame, and vegetarian hibachi with brown rice and a small salad
- SG Cherry Juice
- Mushroom and zucchini noodles
- Vegan brownie
- SG Cherry Juice
- Vegan Angel Hair Pasta with Lemon and Garlic sauce
- Raspberry sorbet
- SG Cherry Juice
- Vegan taco's with Lemon and Garlic
- Vegan chocolate chip cookie
- SG Cherry Juice