

Bethenny's 7-Day B-Tox Detox

- Aim for 5 - 6 liquid meals + fiber + light vegetarian dinner.
- Remove the act of chewing to give your body a digestive break.
- Drink filtered water throughout the day.
- Self-care detox: try dry brushing!

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- Aim for 4 - 5 liquid meals + fiber + light lunch and dinner
- Keep it close to nature with fruits and vegetables and some protein.
- Drink filtered water throughout the day.
- Self-care detox: try tongue scraping!

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- Aim for 1-2 liquid meals + fiber + solid, light meals and snacks.
- Bethenny keeps it vegan to reduce digestive stress during B-Tox.
- Drink filtered water throughout the day.
- Self-care detox: try meditation!

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- Aim for 1-2 liquid meals + fiber + solid, light meals and snacks.
- Salads don't have to be boring! Experiment with fun ingredients.
- Drink filtered water throughout the day.
- Self-care detox: try a heated weighted blanket or epsom salts bath!

4

- Aim for 1 liquid meal + fiber + solid, light meals and snacks.
- Try vegan versions of your fave comfort food like vegan mac & cheese.
- Drink filtered water throughout the day.
- Self-care detox: try restorative yoga!

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- Aim for 1 liquid meal + fiber + solid, light meals and snacks.
- Try delicious vegan oat muffins or overnight oats.
- Drink filtered water throughout the day.
- Self-care detox: try a deep stretching class!

6

- Aim for 1 liquid meal + fiber + solid, light meals and snacks.
- Drink filtered water throughout the day.
- Check-in: has your sleep, skin, digestion, focus improved?
- Self-care detox: try a deep stretching class!

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