

# Bethenny's B-Tox

## Week One: Sample 7-Day Menu

### Day 1

### Day 2

### Day 3

### Day 4

### Day 5

### Day 6

### Day 7

*am*

*mid*

*pm*

- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- 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 1)
- SG Açai Bowl
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 1)
- SG Overnight Oats with SG Cherry Juice and SG Syrup
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 1)
- SG Toast with gluten free bread, almond butter and SG Raspberry Preserves
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 1)
- SG Overnight Oats with SG Cherry Juice and SG Syrup
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 1)
- SG Vegan Oat Muffin with SG Preserves
- SG Chia Water with SG Cherry Juice + SG Flavored Syrup
- SG Coffee (see Day 1)
- Bethenny's Almond Berry Granola

- Green juice such as celery or spinach and lemon
- Vegan matcha latte
- Pureed butternut squash soup
- SG Rainbow Detox salad with SG Raspberry Vinaigrette
- Vegan gazpacho
- SG Lime and Sea Salt Popcorn
- SG Vegan Caesar Salad with Tempeh and Crispy Chickpeas
- Fresh, raw fruit
- Simple arugula and avocado salad
- Vegan pureed soup
- Fresh, raw fruit
- SG Asian Salad
- Vegan pureed soup
- Fresh, raw fruit
- SG Sea Salt Popcorn
- Savory Salad with SG Balsamic Vinaigrette
- Vegan Buffalo Cauliflower
- Vegan Kale and Tofu Salad with SG Honey Dijon Dressing
- SG Sea Salt Popcorn

- Pureed asparagus soup
- SG Cherry Juice
- Mu-shu vegetables with tofu
- SG Cherry Juice
- Vegan green sandwich
- Vegan kelp noodles
- SG Cherry Juice
- Vegan chili
- Roasted sweet potato
- SG Cherry Juice
- Vegan rice mac & cheese
- Vegan chocolate ice cream
- SG Cherry Juice
- Bethenny's Broccoli Leek Soup
- Fresh raw fruit
- SG Cherry Juice
- Vegan Lentil Soup
- SG Shaved Brussel Sprouts Salad
- SG Cherry Juice