

One day reset plan



Upon Waking;

Inner bath 500mls of room temp water with 1 tbsp lemon juice and 1/4 tsp sea salt.

Breakfast;

Approved smoothie with 2 scoops of collagen

Mid morning;

Protein shake with unsweetened coconut milk, 1/4 tps ceylon cinnamon and 1/4 tsp ground ginger

Lunch;

Approved smoothie with 2 scoops of collagen

Dinner;

3 cups of green vegetables

1-2 tbsp of extra virgin olive oil

6 ounces of learn protein

*can use vinegar and fairy dust too.

Before bed;

Herbal tea with 1 scoop of collagen