



ONE DAY DETOX DIET PLAN

Early Morning

*Giloy water + Soaked black raisins (5) +
Soaked walnut (1) + Soaked almonds (4)*

Breakfast

Cucumber Slush

*(cucumber + green apple +
coriander+ spinach + amla +
ginger) Blend along with water*

Mid-Morning

Salads

Lunch

*Oats or Barley roti with any
Seasonal vegetable and Curd*

Evening Snack

Tea and Makhana / Peppermint tea

Dinner

Cucumber Slush

*(cucumber + green apple +
coriander+ spinach + amla +
ginger) Blend along with water*