



# 3 Day Detox



# Let Us Prepare

LET US RESET OUR BODIES, MINDS AND SOULS.

To achieve greatness, we must first start with a blank canvas. Let us come together and take the time to reset. During the next 3 days sit with yourself in meditation for at least 30 minutes. Be still and know.

## Let Us Prepare:

To succeed through the next few days, let us first prepare our minds.

Let's set an intention.

Still your mind. For the next few moments, we will take a few deep breaths.

For a count of 7 breath in through your nose, filling first your lower abdomen, through your torso, expanding your chest, bringing the air all the way to the top of our crown chakra.

Hold for 7.

For a count of 7, slowly exhale through your nose. Letting the air come out first from the top of your head, down your torso completely emptying out all the air in your body, with the last of your breath leaving your lower abdomen.

Hold for 7.

Repeat 7x.

With your eyes soft, let's pick our intention to come back to for the next 3 days. Mine will be "I am Powerful!"



# Day 1

Upon Rising: Grab your journal before your feet hit the ground. Write down your goals for the day.

Drink an 8 oz glass of water with fresh squeezed lemon or lime. Wait 15 minutes. \*

(This is a great time to get that first 15-minute meditation in!)

Juice: 16 oz celery juice immediately after your 15 minutes has expired.

## First Meal: Smoothie

1 Banana  
1 cup of frozen Wild Blueberries  
1 tsp Maca Powder  
1 Tbsp Organic Almond Butter  
2 Tbsp Raw Cocoa Nibs  
3 Tbsp Hemp Seeds  
Almond Milk to desired texture

Snack: 1 green apple or 2 dates

## Second Meal: Salad

2 cups Leafy Greens (Spinach, Kale, Green Leaf, etc).  
1 Whole Pomegranate (seeded)  
1 Carrot Chopped  
3 Tbsp Sunflower Seeds  
½ Avocado  
½ Cup Protein of your choosing (Tofu, Chicken, Fish).

### Dressing:

Blend together ½ Tbsp Olive Oil / 1 Tbsp Balsamic with 2 Strawberries, Fresh Basil, and S&P (Salt & Pepper to taste).

Snack: 1 Green Apple or Plain Rice Cake with Organic Almond Butter



# Day 1

## Last Meal: Broccoli Stir-Fry

1 Tbsp Olive Oil  
1 Onion (Diced)  
2-3 Garlic Cloves (Minced)  
2 Tbsp Fresh Ginger (Minced)  
1 tsp Onion Powder  
1 tsp Paprika  
1 tsp Smoked Paprika  
½ Cup Vegetable Broth  
1 Crown Broccoli (Florets and stems chopped)  
1 Can Chickpeas (Drained and Rinsed)  
½ Cup Brown, Wild, Forbidden Rice (Cooked for serving, I prefer Forbidden Rice)

### Sauce:

½ Cup Water (Blue Solar Water if you have).  
3 Tbsp Liquid Aminos  
2 Tbsp Rice Vinegar  
1 Tbsp Corn Starch  
2 Tbsp Maple Syrup

Heat oil in large cast iron skillet, over medium-high heat. Add onion, garlic, and ginger with spice mix. Sauté constantly stirring for 3 minutes or until fragrant and onions are slightly translucent.

Add broccoli florets & vegetable broth, reduce heat to simmer. Cook until tender, roughly 8-10 minutes.

In mean time whisk sauce together and set aside.

When broccoli is tender add sauce and bring to boil, stir and reduce heat to simmer. Cook covered for 5 minutes. Serve with prepared rice of choice.

Evening Juice: 1 Beet, 1 green apple & thumb of ginger

Finish your evening with 15 minutes of stillness. (Meditation)



# Day 2

Upon Rising: Grab your journal before your feet hit the ground. Write down your goals for the day.

Drink an 8 oz glass of water with fresh squeezed lemon or lime. Wait 15 minutes. \*

(This is a great time to get that first 15-minute meditation in!)

Juice: 16 oz celery juice immediately after your 15 minutes has expired.

## First Meal: Smoothie

1 Banana  
1 cup of frozen Wild Blueberries  
1 tsp Maca Powder  
1 Tbsp Organic Almond Butter  
2 Tbsp Raw Cocoa Nibs  
3 Tbsp Hemp Seeds  
Almond Milk to desired texture

Snack: 1 Green Apple or 2 Dates

## Second Meal: Buddha Bowl

1/2 Cup Quinoa (Cooked)  
1/2 Cup Sliced Red Beets (Roasted)  
1 Cup Mixed Greens  
1/3 Cup Microgreens  
1/2 Cup Chickpeas (Strained and Rinsed)  
Dressing:  
3 Tbsp Tahini  
1 Tbsp Miso Paste  
1 tsp Lemon Juice  
3 Tbsp Water (Solar)

Cook quinoa per instructions. Peel beets and cut into bite sized pieces. Roast with light olive oil and S&P at 400 for 40-45 minutes. Layer your bowl. Whisk dressing together and drizzle on top.





# Day 2

Snack: 2 Radishes, handful of cut carrots, optional hummus dip

Last Meal: Brown Rice and Quinoa Bowl

1/2 Cup each Quinoa & Brown Rice (cooked)

1 Cup Raw Spinach

1/2 Sliced Cucumber

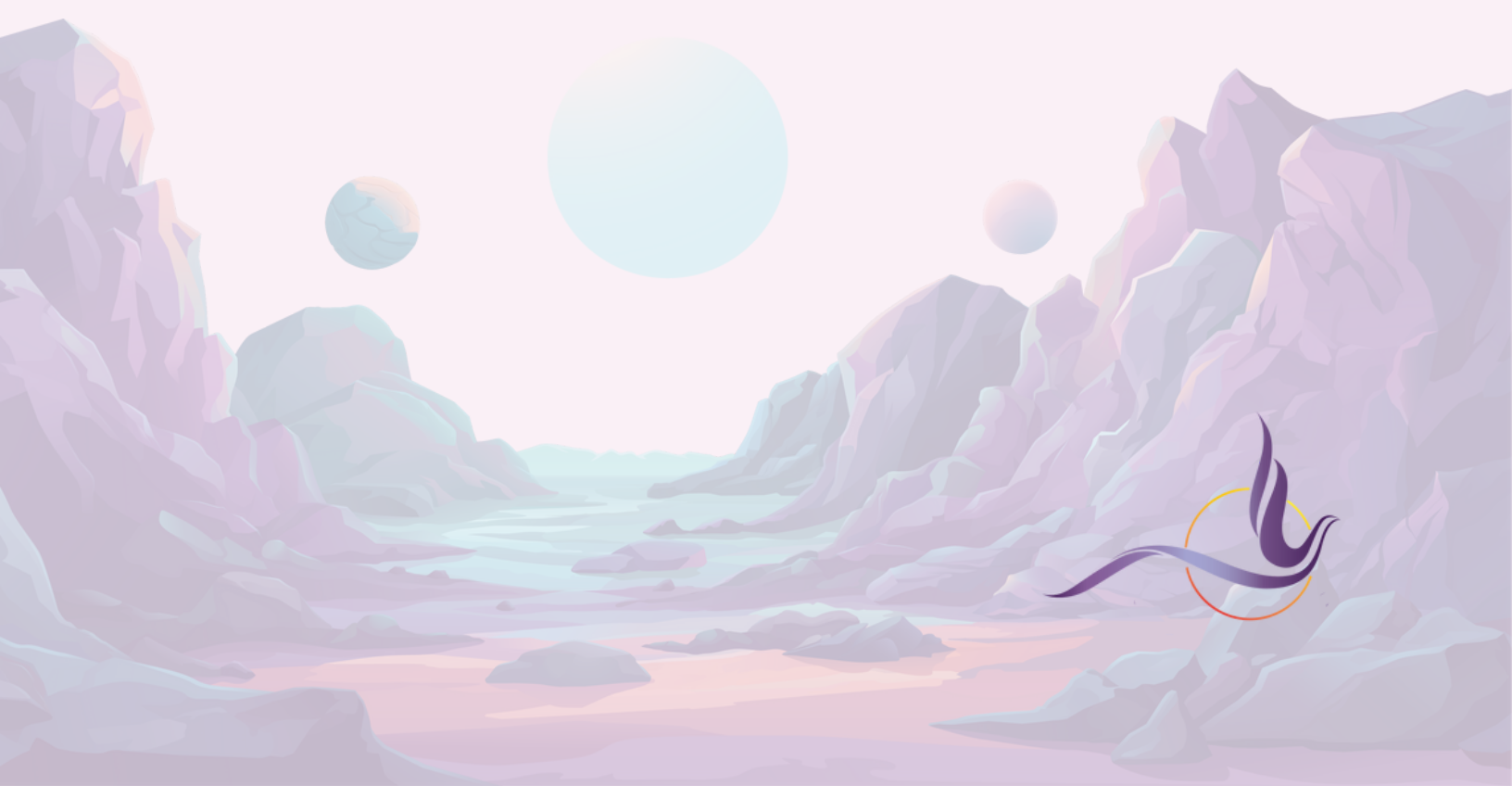
1/2 Avocado (Pitted and Cubed)

2 Tbsp Hummus

Cook quinoa and rice per instructions. Top with remaining ingredients.

Dessert / Snack: Pineapple sliced, sprinkled with cinnamon, and lightly grilled

Finish your evening with 15 minutes of stillness. (Meditation)



# Day 3

Upon Rising: Grab your journal before your feet hit the ground. Write down your goals for the day.

Drink an 8 oz glass of water with fresh squeezed lemon or lime. Wait 15 minutes. \*

(This is a great time to get that first 15-minute meditation in!)

Juice: 16 oz celery juice immediately after your 15 minutes has expired.

## First Meal: Smoothie

1 Banana  
1 cup of frozen Wild Blueberries  
1 tsp Maca Powder  
1 Tbsp Organic Almond Butter  
2 Tbsp Raw Cocoa Nibs  
3 Tbsp Hemp Seeds  
Almond Milk to desired texture

Snack: 1 green apple or 2 dates

## Second Meal: Mexican Bowl

1 Cup Brown Rice (Cooked)  
1/4 Cup Vegetable Broth  
1 Can Black Beans (Rinsed and Drained)  
1/2 Cup Salsa  
1 Tbsp Cumin  
1/2 Onion Chopped  
2 Garlic Cloves (Minced)  
1/2 Avocado (Cubed and Pitted)  
Cilantro (to taste)  
S&P (to taste)

Heat Skillet on Medium High, add Vegetable broth and onion, cook until onion becomes translucent and broth is mostly evaporated. Add garlic and cumin until fragrant. Add beans until warmed. Serve over prepared rice. Top with Salsa, Avocado and Cilantro



# Day 3

**Snack:** 1 Green Apple or Plain Rice Cake with Organic Almond Butter

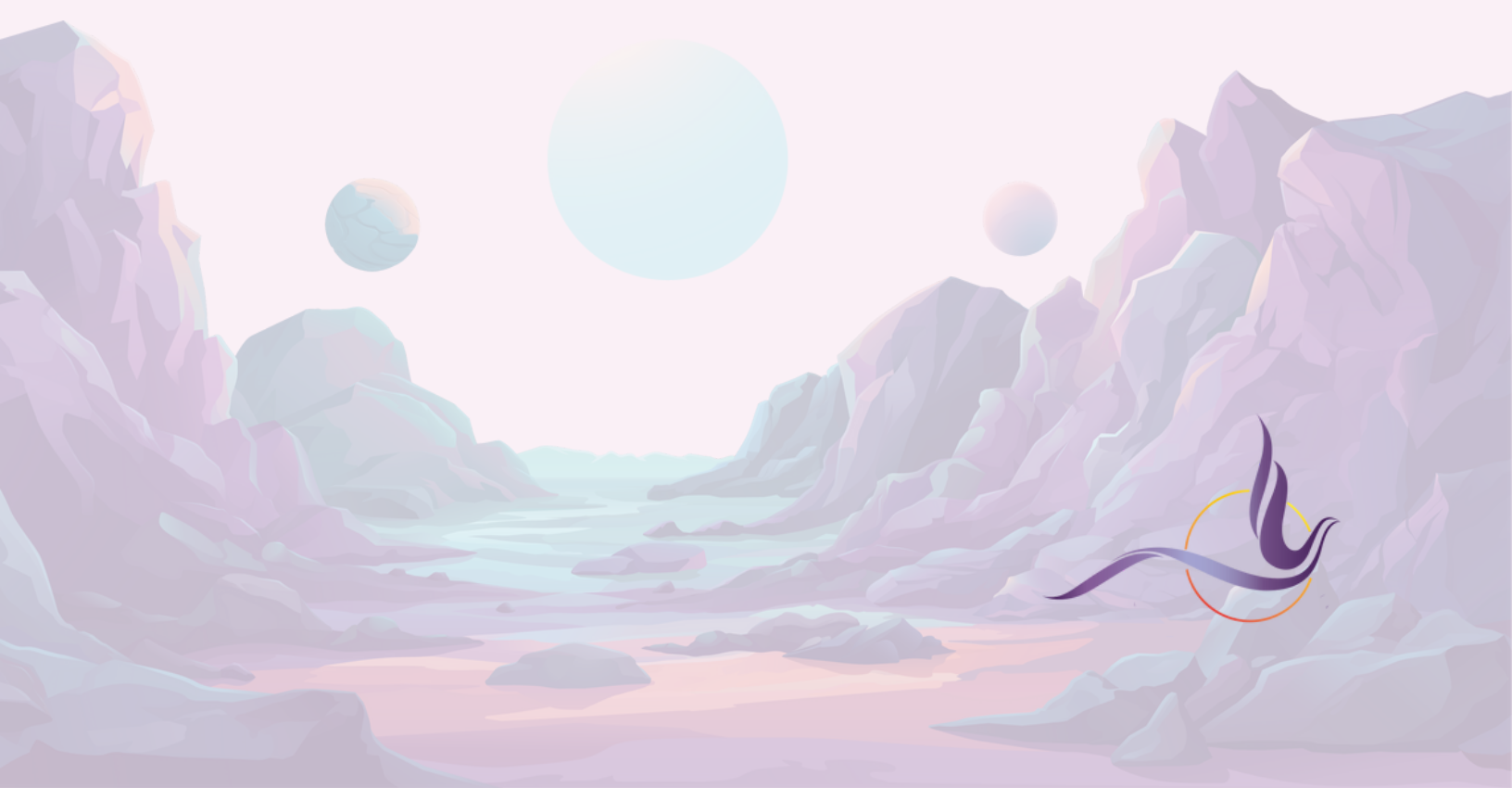
**Last Meal: Spaghetti Squash**  
1 Whole Spaghetti Squash (Prepared)  
1 Cup Spinach  
2 Garlic Cloves (Minced)  
1/2 Onion (Chopped)  
1/2 Pint Cherry Tomatoes  
1 Tbsp Olive Oil

To roast spaghetti squash, slice lengthwise and scoop out seeds and membrane; bake at 375 degrees for 50-60 minutes; let cool and use fork to scrape flesh into “noodles”. Set Aside

Bring a saute pan to medium-high heat. Add onion, when almost translucent add garlic, when fragrant add tomatoes and spinach until blistered and wilted. Toss in spaghetti squash and serve.

**Night Juice:** 1 Beet, 1 Green Apple, 1 thumb of Ginger

Finish your evening with 15 minutes of stillness. (Meditation)





# COMPLETION

**YOU DID IT!!!!**

**Congratulate yourself!**

**Take what you were inspired with during your daily 30 minute meditation and 3 day high vibrational detoxifying diet and make the most of the inspiration you've gained.**

**YOU ARE WORTHY!**

To Schedule a Session visit  
[Songbirdhealingkc.com](http://Songbirdhealingkc.com)

Thank you for joining me on this journey.

Blessings and Light,  
Sabrina

