

# A Healthier You!

## Week 1 Meal Plan



|                  | BREAKFAST   | LUNCH   | DINNER  | SNACK  |
|------------------|---|---|---|--|
| <b>SUNDAY</b>    | Planning & Preparation  | Planning & Preparation  | Planning & Preparation  | Planning & Preparation   |
| <b>MONDAY</b>    | <b>Day 1</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Mid-Morning Snack<br>Detox Tea (2 Cups) | <b>Day 1</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Afternoon Snack<br>Detox Tea (2 Cups) | <b>Day 1</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Evening Snack<br>Detox Tea (2 Cups) | <b>See Snack suggestion on website</b>   |
| <b>TUESDAY</b>   | <b>Day 2</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Mid-Morning Snack<br>Detox Tea (2 Cups) | <b>Day 2</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Afternoon Snack<br>Detox Tea (2 Cups) | <b>Day 2</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Evening Snack<br>Detox Tea (2 Cups) | <b>DETOX TEAS</b><br><br><b>See Detox Tea Recipes on website</b>   |
| <b>WEDNESDAY</b> | <b>Day 3</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Mid-Morning Snack<br>Detox Tea (2 Cups) | <b>Day 3</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Afternoon Snack<br>Detox Tea (2 Cups) | <b>Day 3</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Evening Snack<br>Detox Tea (2 Cups) | <b>SMOOTHIES</b><br><br><b>You can drink smoothies all day!! It is not restricted for the first 7 days!</b>  |
| <b>THURSDAY</b>  | <b>Day 4</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Mid-Morning Snack<br>Detox Tea (2 Cups) | <b>Day 4</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Afternoon Snack<br>Detox Tea (2 Cups) | <b>Day 4</b><br>AVC Mix Drink<br>Smoothie (Unlimited)<br>Do the suggested smoothie<br>Evening Snack<br>Detox Tea (2 Cups) | <b>DAILY FLUSHING</b><br><br><b>Drink Water!</b><br><b>½ your body weight</b><br><b>Take Mag 07</b><br><b>or</b><br><b>SWF (On an empty stomach) See website for instructions.</b> |

# FRIDAY

**Day 5**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Mid-Morning Snack  
Detox Tea (2 Cups)

**Day 5**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Afternoon Snack  
Detox Tea (2 Cups)

**Day 5**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Evening Snack  
Detox Tea (2 Cups)

## SUPPORT

**Support is offered before and after the "14 Day Detox Challenge"**  
Send an email on the website or on the events page on Facebook.

**VIP MEMBERSHIP Coming Soon!**

# SATURDAY

**Day 6**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Mid-Morning Snack  
Detox Tea (2 Cups)

**Day 6**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Afternoon Snack  
Detox Tea (2 Cups)

**Day 6**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Evening Snack  
Detox Tea (2 Cups)

## SHARE

**Take Before and after pictures and post on the events page on Facebook!**

**We want to see YOUR SUCCESS!**

**Share this life changing event with others! It can benefit in so many ways.**

# SUNDAY

**Day 7**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Mid-Morning Snack  
Detox Tea (2 Cups)

**Day 7**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Afternoon Snack  
Detox Tea (2 Cups)

**Day 7**  
AVC Mix Drink  
Smoothie (Unlimited)  
Do the suggested smoothie  
Evening Snack  
Detox Tea (2 Cups)

## DAILY PRAYER

**Pray and Meditate**

**A Healthier You!**  
*with Dr. V. Benson*