



PHASE 1: THE DETOX RESET

7-Day Gut & Liver Detox Starter Kit

Because your liver deserves better than surviving on coffee and takeout. This beginner-friendly detox isn't about starving yourself or sipping weird green sludge all week. Instead, it's packed with real food you actually recognize (and can afford) to gently cleanse your gut, give your liver some much-needed love, and calm inflammation. Think of it as a 7-day reset button for your body—no fancy powders, no kale worship required.



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Let's be real—grocery prices these days feel like they require a small loan just to buy avocados. But good news: you don't need fancy powders, pricey supplements, or a shopping cart full of "superfoods" you can't pronounce to detox and feel amazing. The truth? Your body's best healing tools are probably already sitting in your kitchen. Spinach, lemons, garlic, and even that bag of carrots you forgot in the crisper can help cleanse your gut, boost your liver, and get you feeling like your best self—without emptying your wallet. Consider this your guide to healing on a budget, one real, regular-food meal at a time.



7-Day Anti-Inflammatory Meal Plan

DAY 1

Breakfast: Watermelon, lime juice, chopped mint, pinch of pink salt

Snack: Handful of walnuts + green tea

Lunch: Quinoa bowl with roasted vegetables & tahini dressing

Snack: Sliced cucumbers with hummus

Dinner: Grilled salmon, steamed broccoli & sweet potato mash

DAY 2

Breakfast: Fruit cereal (chopped apples, celery, and pomegranate seeds)

Snack: Tortilla chips with guacamole

Lunch: Lentil soup with kale & olive oil drizzle

Snack: Apple slices with almond butter

Dinner: Baked chicken breast, roasted Brussels sprouts & quinoa

DAY 3

Breakfast: Green smoothie (spinach, banana, ginger, hemp milk)

Snack: Handful of mixed nuts

Lunch: Chickpea & veggie stir-fry over cauliflower rice

Snack: Celery sticks with hummus

Dinner: Pan-seared salmon, sautéed spinach & roasted sweet potatoes



7-Day Anti-Inflammatory Meal Plan

DAY 4

Breakfast: Watermelon + squeeze of lemon juice

Snack: Herbal tea + a small handful of walnuts

Lunch: Roasted veggie & tahini quinoa salad

Snack: Cucumber slices with guacamole

Dinner: Grilled chicken with steamed asparagus & wild rice

DAY 5

Breakfast: Smoothie (blueberries, spinach, coconut water, chia seeds)

Snack: Apple slices with almond butter

Lunch: Lentil & vegetable soup with olive oil drizzle

Snack: Carrot sticks & hummus

Dinner: Baked cod, roasted asparagus & mashed sweet potato

DAY 6

Breakfast: Oatmeal with walnuts, cinnamon & blueberries

Snack: Green tea + mixed nuts

Lunch: Chickpea & roasted veggie bowl with tahini dressing

Snack: Tortilla chips with guacamole

Dinner: Grilled salmon, sautéed kale & herbed fingerling potatoes



7-Day Anti-Inflammatory Meal Plan

DAY 7

Breakfast: Green detox smoothie (spinach, pineapple, ginger, coconut water, chia seeds)

Snack: Turmeric tea + handful of walnuts

Lunch: Lentils & roasted veggie salad with olive oil, lemon juice, and dried oregano

Snack: Apple slices with almond butter

Dinner: Baked chicken breast, steamed green beans & quinoa

Tips for Success:

- Drink at least 8 cups of water or herbal tea daily.
- Swap proteins as needed (salmon, chicken, cod, lentils, chickpeas).
- Cook with olive oil or avocado oil only.
- Avoid processed foods, refined sugar, and dairy during the 7 days.



Grocery List & Ingredient Swap Suggestions

PROTEINS

- Salmon (wild-caught preferred)
- Chicken breast (organic if possible)
- Cod or white fish
- Lentils (green or brown)
- Chickpeas (canned or dry)
- Eggs (organic, pasture-raised)

VEGETABLES

- Leafy greens: spinach, kale, arugula
- Cruciferous veggies: broccoli, cauliflower, Brussels sprouts
- Sweet potatoes
- Zucchini, celery, carrots, cucumber
- Asparagus
- Onions & garlic

FRUITS

- Berries (blueberries, raspberries)
- Pineapple (fresh or frozen)
- Lemons & limes
- Apples (organic if possible)
- Bananas (for smoothies)





Grocery List & Ingredient Swap Suggestions

HEALTHY FATS

- Extra virgin olive oil
- Avocado & avocado oil
- Walnuts, almonds, mixed nuts
- Chia seeds, flaxseeds, pumpkin seeds

PANTRY & SPICES

- Quinoa or wild rice
- Herbal teas (green tea, ginger, turmeric blends)
- Tahini
- Turmeric, cinnamon, ginger powder, black pepper
- Apple cider vinegar (with the 'mother')
- Vegetable or bone broth (low-sodium)



Ingredient Swap Suggestions

- ✓ Rice → Swap white rice for quinoa or cauliflower rice for lower glycemic impact.
- ✓ Dairy milk → Use almond, hemp, or coconut milk.
- ✓ Sugar → Replace with raw honey (in moderation) or avoid completely.
- ✓ Bread → Opt for sprouted grain or whole-grain bread; avoid white bread.
- ✓ Cooking oil → Replace canola or vegetable oil with olive or avocado oil.

Shopping Tips:

- Choose organic or wild-caught options whenever possible.
- Prep and portion produce ahead of time for easy grab-and-go meals.
- Keep frozen fruits & vegetables on hand if fresh options aren't available.





Detox Teas

DETOX TEA

- 1 tsp grated fresh ginger
- 1 tsp turmeric
- 1 slice lemon
- 1 cup hot water

Steep for 5 minutes and drink warm. Ideal first thing in the morning or between meals to aid digestion and reduce inflammation.

MUCUS REDUCTION TEA

- 1 thumb fresh sliced ginger
- 1 thumb fresh peeled turmeric
- 7-8 whole cloves
- 1 ceylon cinnamon stick
- 1 cup hot water

Simmer for 10-12 minutes and drink warm. Ideal first thing in the morning or after consuming dairy to help expel mucus and clean mouth bacteria.





Healing Broth

HEALING BROTH

- 6 cups vegetable or bone broth (low-sodium)
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 1 handful fresh parsley
- 3 cloves garlic, sliced
- 1 thumb of fresh ginger (optional for extra detox benefits)

Instructions:

1. Combine all ingredients in a large pot.
2. Bring to a boil, then reduce heat and simmer for 45 minutes.
3. Strain and sip throughout the day. Store leftovers in the fridge for up to 3 days.



Kitchen Purge Checklist

Your gut can't heal if your kitchen still looks like a snack aisle.

A clean, detox-friendly kitchen is step one—because it's hard to love your liver when chips, cookies, and mystery takeout containers are staring you down every night.

REMOVE:

- Sugary snacks & processed foods (cookies, chips, packaged snacks)
- Refined oils (canola, vegetable, soybean oil)
- Soda, sugary drinks & artificially sweetened beverages
- Processed condiments (ketchup, sugary sauces)
- White bread, pastries, and refined flour products

KEEP/ STOCK UP:

- Fresh fruits & vegetables (organic when possible)
- Healthy fats (olive oil, avocado, nuts & seeds)
- Herbal teas & detox-friendly spices (ginger, turmeric, cinnamon)
- Whole grains (quinoa, wild rice)
- Low-sodium vegetable or bone broth

REMINDERS:

1. Check labels and toss anything with added sugars, hydrogenated oils, or artificial ingredients.
2. Donate unopened processed items if possible.
3. Restock with fresh, whole foods from your grocery list.

Kitchen Cleanse Guide

“An organized kitchen = way fewer ‘oops, I ordered pizza’ moments.”
When everything’s neat and stocked with real food, staying on track with your detox feels way easier (and way less tempting to run to that overpriced steakhouse down the street).

1. Clear Out Expired & Processed Items

- Go through pantry, fridge & freezer. Discard anything expired or processed.

2. Reorganize Pantry & Fridge

- Group healthy staples (grains, nuts, herbs) together.
- Keep fresh produce at eye level for easy access.

3. Prep Grab-and-Go Containers

- Pre-cut vegetables, wash greens, and portion healthy snacks into containers.
- Store detox-friendly broths or smoothies in clear glass jars.

4. Detox-Friendly Tools

- Invest in:
 - ✓ High-speed blender (smoothies & soups)
 - ✓ Glass storage containers
 - ✓ Water filter or reusable glass bottles

5. Weekly Reset Routine

- Schedule 15 minutes each week to check stock, clean shelves, and restock essentials.

SO... WHAT HAPPENS AFTER DAY 7?



You've done the hard part—your gut feels lighter, your liver's finally getting a break, and you're starting to feel really good. But here's the catch: what you do next determines if all this progress sticks... or if you slide right back into old habits.

Your body's primed and ready for the next level of healing, but it won't last if your pantry is still a chaos zone or if your daily rituals scream "city takeout life."

That's why Phase 2: Pantry & Ritual Reset is the game-changer. This is where we lock in the progress you've made, set up your kitchen for automatic healthy choices, and build quick daily rituals that keep you feeling this good—without overthinking it.

You've come this far... ready to find out what your next-level reset feels like?