

# 3-DAY REFRESH™

<http://thebewitchinkitchen.com>

## Meal Plan

	DAY 1	DAY 2	DAY 3
Wake Up	1 1/2 cups filtered water	1 1/2 cups filtered water	1 1/2 cups filtered water
Breakfast (within an hour of waking)	Shakeology + 1/2 cup grapes	Shakeology + 1/2 cup chopped pineapple	Shakeology + 1/2 cup chopped pineapple
Morning tea (hour after breakfast)	Green tea	Green tea	Green tea
Mid-Morning Snack (hour after tea)	Fiber Sweep	Fiber Sweep	Fiber Sweep
Lunch	Vanilla fresh + 1/2 apple + 3/4 broccoli + 1 1/2 tsp almond butter	Vanilla fresh + 12 strawberries + 1 1/2 almond butter + 1/2 large carrot	Vanilla fresh + 1/2 cup grapes + 3/4 broccoli + 1 1/2 tsp almond butter
Afternoon Snack	1/2 large carrot + 2 tbsp hummus	3/4 cup broccoli + 2 tbsp hummus	1/2 large carrot + 2 tbsp hummus
Mid Afternoon Snack	1 cup herbal tea (caffeine free)	1 cup herbal tea (caffeine free)	1 cup herbal tea (caffeine free)
Dinner	Vanilla Fresh + Coconut steamed veggies	Vanilla Fresh + Moroccan Carrot Salad	Vanilla Fresh + Coconut steamed veggies

Recipes in green found in 3-DAY REFRESH Program Guide

Remember to drink plenty of water and follow your program guide.

This is my meal plan and what I chose to use, you can use your program guide to make your own meal plan.

## SHOPPING LIST

PRODUCE + HERBS AND SPICES			
<input type="checkbox"/>	Grapes	<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Apple	<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Lemon	<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Pineapple	<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Strawberries	<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Sea Salt
<input type="checkbox"/>	Broccoli x 2	<input type="checkbox"/>	Cayenne
<input type="checkbox"/>	Carrots (bag)	<input type="checkbox"/>	
Oils & Fats			
<input type="checkbox"/>	Coconut oil		
<input type="checkbox"/>	Extra Virgin Olive Oil		
<input type="checkbox"/>	Almond Butter		
<input type="checkbox"/>	Hummus		
Teas			
<input type="checkbox"/>	Green Tea		
<input type="checkbox"/>	Herbal Tea (Caffeine free)		
<input type="checkbox"/>			



You can purchase the 3-DAY REFRESH from:

<http://beachbodycoach.com/RandaDerkson>

(Just click shop)