



Detox Packages

Doing a detox not only helps you cleanse your body but increase beneficial bacteria in your gut as well which promotes weight loss and improves your overall well-being.

This is a GREAT way to start your month, kick start your journey to a healthier lifestyle, and is ideal to do if you feel bloated often!

As soon as potentially harmful substances enter the body, the body's detoxification systems, which consist of a series of metabolic reactions, start to do their job. Detoxification is a continuous process that the body performs naturally and doing a detox aids your body in this process of ridding these toxins, further strengthening your immune system. Detoxing cleanses both internally and externally as well as resets your natural gut, promoting optimal cell function.
























You will need to be dedicated and kept motivated for a FULL body detox! At the end of your detox, you will feel you have more energy, a stronger immune system and feel healthy.

Detox's can be done every quarter, or when you start feeling body tension.

Make sure to consume enough water each day. Health experts recommend drinking between 2 and 3 litres of water every day.

We advise consulting with your health advisor before making any significant dietary changes.

5 Day Detox Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 am - 8 am	LG Health Shot & Berry Bliss Smoothie 	LG Health Shot & Cocoa Nutter Twister Smoothie 	LG Health Shot & Sunshine Smoothie 	LG Health Shot & Strawberry Go Jo Smoothie 	LG Health Shot & Lemon Punch Smoothie 		
11 am	Carrot Commando Juice 	Sweet Apple Beetz Juice 	Green Machine Juice 	ABC Juice 	Popeye's Favorite Juice 		
1 pm	 Kcal 224	 Kcal 262	 Kcal 219	 Kcal 149	 Kcal 231		
	Beef Stirfry	Chicken Stirfry	Mince with Broccoli & Cauliflower	Vegetable Stirfry	Chicken with Broccoli & Cauliflower		
6 pm	LG Health Shot 	LG Health Shot 	LG Health Shot 	LG Health Shot 	LG Health Shot 		
7 pm	 Kcal 150	 Kcal 309	 Kcal 105	 Kcal 153	 Kcal 132		
	Butternut Soup	Ham & Pea Soup	Tomato Soup	Broccoli, Kale & Spinach	Vegetable Soup		

Total Kcal 671

Total Kcal 1209

Total Kcal 582

Total Kcal 576

Total Kcal 638