**Menu**

This is a whole food Detox

All items are organic, grass-fed, gluten free, sugar and process free.

**Friday**

*Dinner*: Salmon with mango salsa, roasted smashed spring potatoes and asparagus

Ginger Tea + Fat Bombs

**Saturday**

*Breakfast*: Spring egg and veggie frittata with sweet potato crust

*Lunch*: Chicken Greek salad with cauliflower flatbread

*Dinner*: Spaghetti squash ziti with grass fed ground beef and cheese and salad

Mint Tea + Fat Bombs

**Sunday**

*Breakfast*: Chia seed pudding, berries and granola (gf)

*Lunch*: Thai turkey burgers with veggie slaw and sweet potato air fried “fries”