



DETOX DIARY

5-11 FEBRUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
JUICE							
LUNCH							
SNACK							
DINNER							
Glasses of water							
Hours of sleep							
Serves of fruit & veg							
Mindfulness (minutes)							
Outdoors (minutes)							
Socialising (minutes)							
Screen time (minutes)							

AVOID: alcohol, caffeine, red meat, dairy (cow's), gluten, refined sugar, processed food, artificial colours, flavours & preservatives

ENJOY: fresh seasonal fruit & veg, white meat & fish, legumes, eggs, nuts, seeds, wholegrains, herbal tea, fresh juices, dairy-free smoothies & coconut water

#ALCommunityDetox: share your progress for a chance to WIN \$250 to spend at About Life! The more you post, the more chances you have to WIN...

