3 Day Detox Meal Plan for Weight Loss

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Day 1 Detox Meal Plan:

Morning Wakeup Drink:
Hot Lemon Water

Breakfast:
Your choice of either:

17 Day Diet Breakfast Smoothie; or Blueberries and Cream Green Smoothie

Lunch:
17 Day Diet Lunch Smoothie

Dinner:
Your choice of either:

Chicken Breast with Italian Roasted Vegetables (or Asparagus); or Lemony Herbed Chicken and Green Beans

Water and Green Tea:
Drink at least eight 8-oz glasses of water today
Drink at least 3 cups of green tea today

Snacks:
Sliced Cucumbers (try this Cool Cucumber and Strawberry Salad recipe)
Broccoli and Cauliflower florets
Day 2 Detox Meal Plan:

Morning Wakeup Drink:
Hot Lemon Water

Breakfast:
3 Veggie Egg Cups

Lunch:
Turkey Cilantro Enchilada Soup
Small green salad with Apple Cider Vinaigrette

If you’re not a fan of cilantro, omit it from the soup recipe and maybe add parsley instead!

Dinner:
Mediterranean Chicken
Steamed Broccoli

Water and Green Tea:
Drink at least eight 8-oz glasses of water today
Drink at least 3 cups of green tea today

Snacks:
Sliced Apple
Carrot Sticks
Small handful of fresh blueberries or strawberries
Day 3 Detox Meal Plan:

Morning Wakeup Drink:
Hot Lemon Water

Breakfast:
Your choice of either:
3 Veggie Egg Cups
Skillet Garden Eggs

Lunch:
Leftover Turkey Cilantro Enchilada Soup
Small green salad with Apple Cider Vinaigrette

If you’re not a fan of cilantro, omit it from the soup recipe and maybe add parsley instead!

Dinner:
Baked Fresh Herb Parmesan Crusted Chicken Breast
Parmesan Roasted Cauliflower

Water and Green Tea:
Drink at least eight 8-oz glasses of water today
Drink at least 3 cups of green tea today

Snacks:
Sliced Apple
Carrot Sticks
Small handful of fresh blueberries or strawberries
Additional Detox Recipes

For some of the days in this 3 Day Detox Meal Plan for Weight Loss, I give you a few different options for meals. If some of the recipes aren’t to your liking, here are a few additional detox recipes to choose from:

Breakfast Detox Recipes
Asparagus and Eggs
Waffle Omelettes

Lunch Soup Detox Recipes
Marypat’s Creamy Apple, Carrot & Cauliflower Soup
Middle Eastern Turkey & Carrot Stew

Dinner Detox Recipes
Chicken Paprikash
Not Your Momma’s Shepherd’s Pie
Bruschetta Stuffed Balsamic Chicken
1 and 2 Day Detox Diets for Weight Loss

If you enjoy this 3 Day Detox Meal Plan for Weight Loss, you'll want to check out my other one or two day detox diets for weight loss:

- New Year’s Detox Plan to Jumpstart your Weight Loss
- Post-Thanksgiving Detox Plan for the 17 Day Diet
- 2-Day Post Holiday Detox with Meal Plan