HANDOUT #1

# Daily Food Journal

Day/date_____

| | | | |
|---|---|---|---|
| Wake | | Tongue Scrape | Feelings - mental & physical |
| | | Lemon Detox Elixir | |
| | | Skin Brushing | |
| Breakfast | | Probiotic (30 mins after lemon water) | |
| | | (optional) Collagen Smoothie | |
| | | | |
| Snack | | Detox Drink + (optional snack) | |
| | | | |
| Lunch | | 5 Deep Breaths before lunch: | |
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| | | | |
| Snack | | decaffeinated Detox Drink + (optional snack) | |
| | | | |
| Dinner | | 5 Deep Breaths before dinner: | |
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| Breathe | | Breathing exercises; when & how do I feel? | |
| | | | |
| Exercise | | What type of exercise; when & how do I feel? | |
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| Evening | | Complete journal & try a Detox Tool: | |
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