

MY BESTOW CLEANSE PLAN at a glance...

DAY ONE	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUAL</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Buckwheat Granola		Goodness Bowl		Chicken Skewers
	Rise & Shine		Time for Tea Eternitea		Skin Essentials Smoothie	
Meeting the Morning & Lemon Water						
Rituals						

DAY TWO	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUAL</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Buckwheat Granola		Goodness Bowl		Snapper Tortilla
	Rise & Shine		Time for Tea Luminositea		Skin Essentials Smoothie	
Meeting the Morning & Lemon Water						
Rituals						

DAY THREE	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUAL</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Buckwheat Granola		Goodness Bowl		Cauli Falafels
	Rise & Shine		Time for Tea Eternitea		Skin Essentials Smoothie	
Meeting the Morning & Lemon Water						
Rituals						

DAY FOUR	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUAL</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Rosti and Smashed Avo		Goodness Bowl		Sweet Potato Rosti
	Rise & Shine	<b>RITUAL</b>	Time for Tea Puritea		Skin Essentials Smoothie	
Meeting the Morning & Lemon Water	Dry Brushing & Bathing					
Rituals						

DAY FIVE	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUAL</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Rosti and Smashed Avo		Goodness Bowl		Apple Slaw w/ Chicken
	Rise & Shine	<b>RITUAL</b>	Time for Tea Generositea		Skin Essentials Smoothie	<b>RITUAL</b>
Meeting the Morning & Lemon Water	Dry Brushing		Blessings			
Rituals						

DAY SIX	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUALS</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Egg Cups		Goodness Bowl		Sweet Potato Mega
	Rise & Shine	<b>RITUAL</b>	Time for Tea Eternitea		Skin Essentials Smoothie	<b>RITUAL</b>
Meeting the Morning & Lemon Water	Dry Brushing	Breathing	Blessings			
Rituals						

DAY SEVEN	<b>ON RISING RITUAL</b>	<b>BREAKFAST</b>	<b>MID AM RITUALS</b>	<b>LUNCH</b>	<b>MID PM RITUAL</b>	<b>DINNER</b>
		Egg Cups		Goodness Bowl		Roasted Veggie Power Salad
	Rise & Shine	<b>RITUAL</b>	Time for Tea Luminositea		Skin Essentials Smoothie	<b>RITUALS</b>
Meeting the Morning & Lemon Water	Dry Brushing	Breathing	Blessings			
Rituals						