











MY BESTOW WINTER CLEANSE PLAN at a glance...



DAY ONE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Banana Bread	Time for Tea Eternitea	Comfort Bowl	Skin Essentials Smoothie	Hearty Tuscan Soup
	Meeting the Morning & Lemon Water					
Rituals						


DAY TWO	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Banana Bread	Time for Tea Luminositea	Comfort Bowl	Skin Essentials Smoothie	Roast Pumpkin Chickpea Salad
	Meeting the Morning & Lemon Water					
Rituals						

DAY THREE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Banana Bread	Time for Tea Eternitea	Comfort Bowl	Skin Essentials Smoothie	Salmon 'n' Sweet Potato Cakes
	Meeting the Morning & Lemon Water					
Rituals						

DAY FOUR	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Golden Granola	Time for Tea Puritea	Comfort Bowl	Skin Essentials Smoothie	Taste of India Curry
	Meeting the Morning & Lemon Water	RITUAL Dry Brushing & Bathing				
Rituals						

DAY FIVE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Golden Granola	Time for Tea Generositea	Comfort Bowl	Skin Essentials Smoothie	Stuffed Portobello Tray
	Meeting the Morning & Lemon Water	RITUAL Dry Brushing				RITUAL Blessings
Rituals						

DAY SIX	ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Golden Granola	Time for Tea Eternitea	Comfort Bowl	Skin Essentials Smoothie	Slow Cooked Moroccan
	Meeting the Morning & Lemon Water	RITUAL Dry Brushing				RITUAL Blessings
Rituals						

DAY SEVEN	ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Egg n Roast Veg Scramble	Time for Tea Luminositea	Comfort Bowl	Skin Essentials Smoothie	Turmeric Coconut Curry
	Meeting the Morning & Lemon Water	RITUAL Dry Brushing				RITUALS Blessings
Rituals	