

**THE OZ SHOW** **3 DAY**  
**DETOX**  
**CLEANSE**

**SHOPPING LIST**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 3 cups Raspberries      | <input type="checkbox"/> 3 Cucumbers               | <input type="checkbox"/> Lavender Drops |
| <input type="checkbox"/> 3 cups Blueberries      | <input type="checkbox"/> 1 cup Spinach             | <input type="checkbox"/> Epsom Salt     |
| <input type="checkbox"/> 2 Mangos                | <input type="checkbox"/> 12 Stalks Celery          | <b>SUPPLEMENTS</b>                      |
| <input type="checkbox"/> 1 Pineapple (or 3 cups) | <input type="checkbox"/> 2 liters Coconut Water    | <input type="checkbox"/> Multivitamin   |
| <input type="checkbox"/> 2 Green Apples          | <input type="checkbox"/> 1.5 cups Almond Milk      | <input type="checkbox"/> Omega 3        |
| <input type="checkbox"/> 3 Bananas               | <input type="checkbox"/> Cayenne Pepper Spice      | <input type="checkbox"/> Probiotic      |
| <input type="checkbox"/> 6 Lemons                | <input type="checkbox"/> Ground Flaxseed (6 tbsp.) |   |
| <input type="checkbox"/> 2 Limes                 | <input type="checkbox"/> Almond Butter (3 tbsp.)   |   |
| <input type="checkbox"/> 6 cups Kale             | <input type="checkbox"/> Coconut Oil (3 tbsp.)     |   |
| <input type="checkbox"/> 1 Avocados              | <input type="checkbox"/> Green Tea Bags (3 total)  |   |
|  | <input type="checkbox"/> Stevia (3 tsp.)           |   |

**DAY 1**

**MORNING DETOX TEA**  
1 Green Tea,  
1 Slice Lemon, 1 tsp. Stevia

**BREAKFAST DRINK**  
1 Cup Water  
1 Tbsp. Flax Seed  
1 Cup Raspberries  
1 Banana  
1/4 Cup Spinach  
1 Tbsp. Almond Butter  
2 Tsp. Lemon

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:  
repeat favorite drink

DINNER DRINK

**DETOX ULTRA BATH**  
2 1/2 cups Epsom Salt, &  
10 drops Lavender Oil

**DAY 2**

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

**LUNCH DRINK**  
4 Celery stalks  
1 Cucumber  
1 Cup Kale Leaves  
1/2 Green Apple  
1/2 Lime  
1 Tbsp. Coconut Oil  
1/2 Cup Almond Milk  
1 Cup Pineapple

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:  
repeat favorite drink

DINNER DRINK

DETOX ULTRA BATH

**DAY 3**

MORNING DETOX TEA

BREAKFAST DRINK

1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT

LUNCH DRINK

1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT

SNACK:  
repeat favorite drink

**DINNER DRINK**  
1/2 C Mango  
1 Cup Blueberries  
1 1/2 Coconut Water  
1 Cup Kale  
1 Tbsp. Lemon  
1/4 Avocado  
1/4 Tsp. Cayenne Pepper  
1 Tbsp. Flax Seeds

DETOX ULTRA BATH