

Dr. Tammy's

7-DAY DETOX

7 Days to Better
Health





1-Day **SMOOTHIE DETOX**



7-day **SMOOTHIE DETOX PLAN**

with recipes

DRINK DELICIOUS • FEEL YOUR BEST



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Welcome!

Are you fed up of feeling sluggish? We get you.

One of the best approaches is to do a 7-day smoothie detox, which involves drinking smoothies every few hours in place of meals for a week, allowing your body time to reset and begin losing weight again once you return to eating regular meals again.

You'll learn what detox is, why it's important, and how smoothies can help.

Let's get started!



What is detox?

and why is it important?

If you're trying to lose weight or get healthier, a smoothie detox is a great place to start. If you don't plan to lose weight, incorporating a daily smoothie habit into your lifestyle can have a positive impact on your health and well-being. Smoothies are easy to digest, so they don't cause bloating like solid foods do; additionally, they offer a variety of vitamins and minerals in one drink.

You may be able to reduce your caloric intake by 500 calories or more by replacing one or two meals per day with smoothies made from vegetables and fruits, depending on how much you normally eat for lunch and dinner. As a result, you lose fat faster and start to develop healthier habits. Smoothie detoxes help reset your body by eliminating processed sugars, replacing those empty calories with fibrous foods that leave you feeling full, but not bloated.



1-day detox Schedule

Replace two main meals (breakfast and lunch) with a smoothie and have two healthy snacks in between.

You can make both servings of the smoothies at once or you can make them separately throughout the day. Sometimes it is faster to make everything all at once, but it is also fresher if you prepare them as you're about to consume them. Either way, as long as you consume the right number of servings of the smoothie for each meal then you will be absolutely fine!

Here is a breakdown of the next seven days:

DAY 1

Smoothie 1: Berries

Gold Mine

Snack 1

Smoothie 2: Spinach

Glow

Snack 2

Dinner

DAY 2

Smoothie 1: Blueberry

Bonanza

Snack 1

Smoothie 2: Raspberry

Ice

Snack 2

Dinner

DAY 3

Smoothie 1: Nutty

Chocolate

Snack 1

Smoothie 2:

Strawberry Smoothie

Snack 2

Dinner

DAY 4

Smoothie 1: Morning Buzz

Snack 1

Smoothie 2: Green Bestie

Snack 2

Dinner

DAY 5

Smoothie 1: Shining Green

Snack 1

Smoothie 2: The Mango Smoothie

Snack 2

Dinner

DAY 6

Smoothie 1: The Cherry Pop

Snack 1

Smoothie 2: The Banana Twist

Snack 2

Dinner

DAY 7

Smoothie 1: The Superfood Smoothie

Snack 1

Smoothie 2: Cinnamon Smoothie

Snack 2

Dinner

The recipes and shopping list are on the following pages.

Before you get started

Here are some tips to help you get through this 3-day detox challenge without any problems!

01

Prepare ahead of time, especially if you have a busy schedule. When the smoothies are prepared ahead of time, it will be easier to grab a smoothie rather than an unhealthy snack.

02

Exercises like high intensity interval training or weight training should be avoided. During this time, you will be on a calorie deficit and your energy levels might decline a little. Exercising might make you feel dizzy and shaky.

03

Don't forget to drink plenty of water! Drinking water helps you maintain control over your cravings and detoxifies your body. Carry a filled bottle with you at all times, and g-keep hydrated throughout the day.



Shopping list

Fruits

- ☐ 75g frozen berries
- ☐ 6 medium bananas
- ☐ 160g blueberries
- ☐ 6 medjool dates
- ☐ 125g frozen raspberries
- ☐ 170g frozen strawberries
- ☐ 1 ½ avocado
- ☐ 1 ½ mango
- ☐ 169g Cherries
- ☐ ½ Apple

Powders and spices

- ☐ 250g vanilla whey protein powder
- ☐ 75g chocolate whey protein powder
- ☐ 30g instant coffee powder
- ☐ 3 tsp. cocoa powder, natural
- ☐ ½ tsp. matcha green tea powder
- ☐ ½ tsp. ground cardamom
- ☐ ½ tsp. ground cinnamon
- ☐ ½ tsp. ground turmeric
- ☐ ½ tsp. ground ginger
- ☐ pinch black pepper

Vegetables

- ☐ ½ medium beetroot
- ☐ 90g spinach
- ☐ 130g kale
- ☐ 40g cauliflower florets

Liquid and dairy

- ☐ 2 litre 40ml almond milk
- ☐ 100ml coconut water
- ☐ 120ml coconut milk
- ☐ 160g Greek yogurt
- ☐ 165g coconut yogurt
- ☐ 1 tsp. vanilla extract

Healthy fats

- ☐ 1 tbsp. smooth almond butter
- ☐ 30g pecans
- ☐ 15g pumpkin seeds
- ☐ 15g hemp seeds hearts
- ☐ 1 tbsp. ground flax seeds

Other

- ☐ 175g rolled oats
- ☐ Ice cubes



DAY 1

SMOOTHIE 1

Berries Gold Mine

Ingredients

- ½ cup (120ml) almond milk
- ½ cup (75g) frozen berries
- ½ banana
- ½ medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

Directions

Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.

Did you know?

Beetroot has a deep red color, which means it is loaded with antioxidant pigments. Additionally, beets are a great source of folate, which is essential to your immune system, may reduce your risk of stroke, promote healthy heart function, and may even prevent Alzheimer's disease.



DAY 1

SMOOTHIE 2

Spinach Glow

Ingredients

- ½ small banana
- ½ cup spinach
- ½ cup kale
- ½ tbsp. almond butter
- ½ cup (100ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

Directions

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

NOTE:

The protein powder is optional, but adds a boost of protein.

Did you know?

Coconut water is packed with potassium, which is good for maintaining a healthy heart, and magnesium, which relaxes muscles. Coconut water consumption may relieve muscle soreness after exercise and boost athletic performance.



DAY 2

SMOOTHIE 1

Blueberry Bonanza

Ingredients

- ½ cup (80g) blueberries, frozen
- ½ medium banana, ripe
- 30g rolled oats
- 1 tbsp. almond butter
- 1 cups (240ml) almond milk, unsweetened
- 2 medjool dates
- 1 scoop (25g) vanilla protein powder

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

REMEMBER the order.

Did you know?

Blueberries have more vitamin C than oranges, which makes them a powerful antioxidant that fights free radicals in your body and boosts your immune system. They are also great for reducing blood pressure and regulating high cholesterol levels.



DAY 2

SMOOTHIE 2

Raspberry Ice

Ingredients

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- ½ cup (120ml) almond milk
- 25g vanilla whey or pea protein
- ½ tbsp. smooth almond butter
- handful ice cubes

Directions

Place all ingredients in a high-speed blender and blitz until smooth.

REMEMBER the order.

Did you know?

Raspberries provide 1.4 grams of protein, along with vitamins C, K, folate, potassium, and other essential nutrients. Additionally, they contain fiber, another important nutrient for digestion, and phytochemicals called anthocyanins, which may help prevent type 2 diabetes.



DAY 3

SMOOTHIE 1

Nutty Chocolate

Ingredients

- 2 tbsp. (30g) rolled oats
- 1 cup (160ml) almond milk, unsweetened
- ½ cup (80ml) water
- 1 scoop (25g) chocolate protein powder
- 1 tsp. instant coffee powder
- 1 tsp. cocoa powder, natural
- ½ banana
- ¼ cup (30g) pecans

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Pecans contain antioxidants such as niacin, which is important for proper digestion. Additionally, they're high in selenium, a mineral that's important for immunity, thyroid function, reproduction, and embryonic development.



DAY 3

SMOOTHIE 2

Strawberries Smoothie

Ingredients

- ½ medium banana, sliced & frozen
- ½ cup (90g) strawberries, frozen
- 1 tbsp. rolled oats
- 1 scoops (25g) vanilla protein powder
- 1 tbsp. natural peanut butter
- 1 cups (160ml) almond milk, unsweetened

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Strawberries contain vitamins A, C, E, folate and potassium. Studies have shown that strawberries can improve eyesight and fight cancer.



DAY 4

SMOOTHIE 1

Morning Buzz

Ingredients

- ½ cup (120ml) coconut milk, from carton
- ½ cup (120ml) coffee, chilled
- ¾ cup (165g) coconut yogurt, unsweetened
- 2 medjool dates
- 1 scoop (25g) protein powder, chocolate
- ½ tbsp. cacao powder, natural

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Medjool dates contain a wealth of nutrients, vitamins, and minerals that are beneficial to health. They are high in antioxidants, which provide protection against disease. In addition to fiber, dates lower cholesterol levels and can improve bowel movements.





DAY 4

SMOOTHIE 2

Green Bestie

Ingredients

- 1 tbsp. rolled oats
- ½ tsp. matcha green tea powder
- ½ an avocado
- ½ cups (120ml) almond milk, unsweetened
- ½ banana, chopped & frozen
- 1 scoops (25g) vanilla protein powder

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Anyone looking for more antioxidants and nutrients in their diet should consider Matcha green tea. Since it's made from shade-grown tea leaves (not teabags), which have undergone less processing, it has a higher level of beneficial compounds like EGCG.





DAY 5

SMOOTHIE 1

Shining Green

Ingredients

- ½ cup (120ml) almond milk, unsweetened
- ½ medium banana, frozen
- ½ avocado
- ½ mango, frozen
- 1 cups (60g) spinach
- ¼ cup (15g) pumpkin seeds
- 1 tbsp. hemp seeds hearts
- 1 scoop (25g) vanilla protein powder
- ¼ cup (60ml) water

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Men with high cholesterol levels have been shown to benefit from hemp seeds. Additionally, they contain healthy fats, fiber, magnesium, phosphorus, zinc, and iron. They contribute to the production of energy within your body.



DAY 5

SMOOTHIE 2

The Mango Smoothie

Ingredients

- ½ cup (80g) strawberries, frozen
- ½ mango, chopped, and frozen
- ½ cup (80g) Greek yogurt
- 1 scoop (25g) vanilla protein powder, vanilla
- 1 cup (240ml) almond milk, unsweetened
- 3 ice cubes

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

There's so much to love about mango. Not only is it delicious, but it's also chock-full of nutrients like vitamin C, B-1, B-2, B-3, B-5, vitamin E as well as minerals like calcium, iron, magnesium and potassium.



DAY 6

SMOOTHIE 1

The Cherry Pop

Ingredients

- 1 cups (160ml) almond milk, unsweetened
- ½ cup rolled oats
- ½ avocado
- 1 (160g) cup cherries, frozen
- 1 scoop (25g) protein powder, chocolate
- 1 tsp. vanilla extract

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Cherries contain a whopping 1.75 grams of fiber, as well as vitamins A, B6, C, E, and K. Cherries support healthy vision and skin, fight stress, boost your immunity, ward off Alzheimer's disease, and reduce inflammation.





DAY 6

SMOOTHIE 2

The Banana Twist

Ingredients

- 3 tbsp. rolled oats
- 1 cup (240ml) almond milk, unsweetened
- 1 banana
- ½ apple
- ½ tsp. ground cardamom
- 1 scoop (25g) vanilla protein powder

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

They contain vitamin B6, vitamin C, manganese, potassium, and fiber. Bananas help reduce inflammation and protect against free radical damage (which is thought to play a role in aging), heart disease, cancer and type 2 diabetes.



DAY 7

SMOOTHIE 1

The Superfood Smoothie

Ingredients

- ½ medium banana, sliced and frozen
- ½ cup (80g) blueberries, frozen
- ½ cup (70g) kale
- 2 medjool dates
- 1 tbsp. ground flax seeds
- 3 cauliflower florets (40g), frozen
- 1 scoop (25g) protein powder, chocolate
- 1 tbsp. cocoa powder, natural
- 1 cup (240ml) almond milk, unsweetened

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

Vitamin C, manganese, and folate are all abundant in cauliflower. The anti-inflammatory properties of this cruciferous vegetable help lower your risk of chronic diseases. The risk of bladder cancer is reduced by almost 40 percent for those who eat a lot of cauliflower.





DAY 7

SMOOTHIE 2

Cinnamon Smoothie

Ingredients

- ½ mango, chopped, frozen
- 1 banana, sliced, frozen
- ½ cup (80g) Greek yogurt
- ½ tsp. ground cinnamon
- ½ tsp. ground turmeric
- ½ tsp. ground ginger
- pinch black pepper
- ½ cup (120ml) almond milk, unsweetened
- 1 scoops (25g) vanilla protein powder

Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

Did you know?

It's been shown that cinnamon helps regulate blood sugar levels, making it a superfood for diabetics, but it's also useful for anyone looking to control their appetite. Researchers published a study in Diabetes Care in which people lost nearly 5 pounds over 12 weeks by eating half a teaspoon of cinnamon in yogurt twice daily after meals.

Congratulations!

Let's keep in touch.

I've witnessed remarkable transformations in patients who shift their focus from chasing fad diets to nurturing their liver health. Think of your liver as the body's grand conductor, orchestrating a beautiful symphony of health and balance. When the conductor is in harmony, the entire orchestra plays flawlessly, creating a melody of weight loss, balanced hormones, and restored vitality.

Imagine your body as a bustling metropolis, with the liver acting as the city's most efficient waste management system. When it's running smoothly, the streets are clean, and everything functions optimally. But when the liver is overwhelmed, it's like the trash trucks are on strike – chaos ensues, and the city's health declines.

By prioritizing liver health, many of my patients have unlocked the secret to sustainable wellness. They no longer feel like they're endlessly spinning their wheels, trying one thing after another without lasting results. Instead, they experience genuine improvements in their energy levels, mood, and overall well-being.

To support this journey, our health detox powder is available on www.carbmelt.com. It's designed to give your liver the boost it needs to perform at its best. Plus, you can find delicious smoothie recipes on our website to make your detox journey enjoyable and effective.

Remember, your liver is the key to unlocking a healthier, happier you. Focus on it, nurture it, and watch as it transforms your health from the inside out.



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