

Sample Meal Plan Suggestions

Pre-Cleanse Phase

It is important that you prepare your body, especially your gastrointestinal system, for the So Easy 3 Day Cleanse program. To prevent adverse reactions like dizziness, headache and bloating you must undergo a 3-day pre-cleanse period where your calorie intake is gradually reduced.

Day 1: 1200 cal

Breakfast:

2 slices of bread
1 cup nonfat milk
1 banana

Lunch:

2 cups fresh veggie salad w/
2 tbsp low fat dressing
Sandwich:
2 slices bread
2 oz tuna or chicken spread
w/ low fat mayo
tomato slices

Afternoon Snack:

1 small apple

Dinner:

1 cup sautéed mixed veggies
2 oz fish (baked, boiled, grilled
or steamed)
1 cup rice

Day 2: 800 cal

Breakfast:

1 cup cornflakes
1 cup nonfat milk
1 banana

Lunch:

2 cups fresh veggie salad w/
2 tbsp low fat dressing
Sandwich:
2 slices bread
2 oz tuna or chicken spread
w/ low fat mayo
tomato slices

Afternoon Snack:

1 small apple

Dinner:

1 cup sautéed mixed veggies
1 cup rice

Day 3: 500 cal

Breakfast:

½ cup oatmeal
1 cup nonfat milk
1 banana

Lunch:

½ cup rice
1 oz fish dish

Afternoon Snack:

1 banana

Dinner:

1 cup vegetable soup

Sample Meal Plan Suggestions

Post-Cleanse Phase

You have finally reached the Post-Cleanse Phase. Meals for the 3-day post-cleanse vary in consistency from liquid nourishment to soft then to balanced nourishment. As you develop healthy eating habits, you are supporting a healthy digestive tract.

Day 1: Liquid Nourishment

Breakfast:

1 cup clear or plain soup

Morning snack:

1 cup flavored gelatin (jello)

Lunch:

2 cups fruit juice/smoothie

Afternoon Snack:

1 cup yogurt or milk
or 1 ½ cups smooth ice cream
(w/o fruits & nuts)

Dinner:

1 cup clear plain soup

Day 2: Soft Nourishment

Breakfast:

½ cup oatmeal/cereal
1 cup nonfat milk/yogurt
1 serving fruit (soft/pureed)

Lunch:

1 cup vegetable juice/dish
(cooked soft/mashed)
1 cup baked/mashed potato
w/ sour cream or gravy

Afternoon Snack:

1 serving of fruit (soft/
pureed) or 1 cup fruit juice

Dinner:

½ cup rice
2 oz tofu or fish dish
(steamed, baked or boiled)

Day 3: Balanced Nourishment

Breakfast:

2 pcs. 4 ½" pancakes w/ syrup
1 banana
1 cup nonfat milk

Lunch:

1 cup sautéed mixed veggies
1 cup cooked vegetable dish
2 oz chicken or lean meat dish
1 cup rice

Afternoon Snack:

1 apple

Dinner:

2 cups fresh veggie salad w/
2 tbsp low fat dressing
2 oz fish or chicken dish
(baked, boiled, grilled or
Steamed)
1 cup rice