

Detox Schedule

DAY 1 & 2
FOR FEMALE

Renew
You

01 8:00 AM



Virgin Coconut Oil

1 CUP

PURPOSE

Boosts the body's metabolism. Prepares calorie burning throughout the day.

Consume before drinking Morning Zing.



Morning Zing

250 ML

INGREDIENTS

Ginger, Turmeric, Apple Cider Vinegar, Madagascar Black Pepper.

PURPOSE

Kick-start digestion, increase metabolism, curbs your appetite.

Brush your teeth after.

02 10:00 AM



Sweet Roots

250 ML

INGREDIENTS

Beetroot, Carrot, Cayenne Powder, Spirulina.

PURPOSE

Antioxidants and Nitrates to detoxify and increase energy throughout the day.

03 12:00 PM



Meal in a Bottle

500 ML

INGREDIENTS

Raw Almonds, Chia Seeds, High Protein Blend, Flaxseeds, Mineral Water.

PURPOSE

High in fiber, calcium, and omega-3 fatty acids. Increases daily protein intake and keeps the body feeling full.

04 02:00 PM



Renew Tea

250 ML

INGREDIENTS

Lemongrass Tea, Pandan, Apple Cider Vinegar, Lime, Aloe Vera, Himalayan Salt.

PURPOSE

Boosts the immune system, anti-inflammatory, hydrates, lowers cholesterol & blood sugar.

05 04:00 PM



Healing Broth

250 ML

INGREDIENTS

Free Range Chicken Broth, Mineral Water, Organic Collagen, Goji Berries, Madagascar Black Pepper.

PURPOSE

Boosts collagen for skin, bone, and gut health.

06 06:00 PM



Berry-Biotic

250 ML

INGREDIENTS

Coconut Water, Raspberry, Mint Leaves, Psyllium Husk.

PURPOSE

Soothe digestive tract, reduce gut bloating, anti inflammatory, clenases the colon.

07 07:00 PM



Bee Pollen Almond Milk

500 ML

INGREDIENTS

Raw Almonds, Bee Pollen, Chia Seeds, Dates, Himalayan Rock Salt, Mineral Water.

PURPOSE

Improves digestion. Suppresses appetite. Consume before 8 PM.

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Slippery Elm

2 CAPSULES / DAY

PURPOSE

Soothes mouth, throat, stomach & intestines. Antioxidants helps to relieve inflammatory bowel conditions.

ADDITIONAL

2 BOILED EGGS (WITH THE YOLK) OR
1 AVOCADO.

During detoxification, the body often feels weak, hungry, and tired due to caffeine, sugar, and carbohydrate withdrawal. If additional energy is needed, consume 2 eggs or 1 avocado.

Detox Schedule

DAY 3
FOR FEMALE

Renew
You

01 8:00 AM



Virgin Coconut Oil

1 CUP

PURPOSE

Boosts the body's metabolism. Prepares calorie burning throughout the day.

Consume before drinking Morning Zing.



Morning Zing

250 ML

INGREDIENTS

Ginger, Turmeric, Apple Cider Vinegar, Madagascar Black Pepper.

PURPOSE

Kick-start digestion, increase metabolism, curbs your appetite. Brush your teeth after.

02 10:00 AM



Sweet Roots

250 ML

INGREDIENTS

Beetroot, Carrot, Cayenne Powder, Spirulina.

PURPOSE

Antioxidants and Nitrates to detoxify and increase energy throughout the day.

03 12:00 PM



Meal in a Bottle

500 ML

INGREDIENTS

Raw Almonds, Chia Seeds, High Protein Blend, Flaxseeds, Mineral Water.

PURPOSE

High in fiber, calcium, and omega-3 fatty acids. Increases daily protein intake and keeps the body feeling full.

04 02:00 PM



Renew Tea

250 ML

INGREDIENTS

Lemongrass Tea, Pandan, Apple Cider Vinegar, Lime, Aloe Vera, Himalayan Salt.

PURPOSE

Boosts the immune system, anti-inflammatory, hydrates, lowers cholesterol & blood sugar.

05 04:00 PM



Healing Broth

250 ML

INGREDIENTS

Free Range Chicken Broth, Mineral Water, Organic Collagen, Goji Berries, Madagascar Black Pepper.

PURPOSE

Boosts collagen for skin, bone, and gut health.

06 06:00 PM



Berry-Biotic

250 ML

INGREDIENTS

Coconut Water, Raspberry, Mint Leaves, Psyllium Husk.

PURPOSE

Soothe the digestive tract, reduce gut bloating, anti-inflammatory, cleanses the colon.

07 07:00 PM



Bee Pollen Almond Milk

500 ML

INGREDIENTS

Raw Almonds, Bee Pollen, Chia Seeds, Dates, Himalayan Rock Salt, Mineral Water.

PURPOSE

Improves digestion. Suppresses appetite. Consume before 8 PM.

+



Slippery Elm

2 CAPSULES / DAY

PURPOSE

Soothes mouth, throat, stomach & intestines. Antioxidants helps to relieve inflammatory bowel conditions.

08 Extra Drink



Glowing Green

250 ML

INGREDIENTS

Timun, Kale, Wheatgrass

PURPOSE

Phytonutrients and Vitamins A, K, and C for anti-aging and cell repair. Can be consumed before 8 PM.

ADDITIONAL 2 BOILED EGGS (WITH THE YOLK) OR 1 AVOCADO.

During detoxification, the body often feels weak, hungry, and tired due to caffeine, sugar, and carbohydrate withdrawal. If additional energy is needed, consume 2 eggs or 1 avocado.

Post Detox

OPTIONAL

Renew
You

BREAKFAST - 08:00 AM



Virgin Coconut Oil

1 CUP

PURPOSE

Boosts the body's metabolism.
Prepares calorie burning
throughout the day.

Consume before drinking
Morning Zing.



Morning Zing

250 ML

INGREDIENTS

Ginger, Turmeric, Apple Cider
Vinegar, Madagascar Black Pepper.

PURPOSE

Kick-start digestion, increase
metabolism, curbs your appetite.
Brush your teeth after.

LUNCH - 12:00 PM



A Healthy & Balanced Meal

Avoid processed food | Avoid food with added
sugars | Avoid refined carbs

Keep the cleanse going with nourishing lunch plan from [@wholesome.id](#)

DINNER - 06:00 PM



Bee Pollen Almond Milk

500 ML

INGREDIENTS

Raw Almonds, Bee Pollen, Chia
Seeds, Dates, Himalayan Rock Salt,
Mineral Water.

PURPOSE

Improves digestion. Suppresses
appetite. Consume before 8 PM.