



3-Day Flush & Deloat Meal Plan (for Pre-Weigh-In)

A quick reset to shed water weight, reduce bloat, and feel leaner in just 3 days.

MEAL	Day 1	Day 2	Day 3
Breakfast	Scrambled eggs + spinach Happy Juice	Hard boiled eggs Oatmeal + blueberries Happy Juice	Egg whites + spinach Strawberries Happy Juice
AM Snack	Red delicious apple + almond butter	Celery + hummus	Cucumber Almonds
Lunch	Grilled chicken + roasted zucchini noodles Salad with lemon dressing	Shrimp + zucchini noodles	Grilled chicken + zucchini noodles + green beans with lemon dressing
PM Snack	Protein shake with almond milk	Cottage cheese + pineapple	Protein shake with almond milk
Dinner	Baked salmon Asparagus Greens with lemon dressing	Quinoa bowl: Ground turkey, spinach, broccoli	Cod + asparagus Cucumber salad with lemon dressing
PM Snack	Cantaloupe Peppermint tea with monk fruit or Stevia	Clementines Peppermint tea with monk fruit or Stevia	Sliced cucumber Peppermint tea with monk fruit or Stevia
Water	2-3 liters with lemon slices	2-3 liters with lemon slices	2-3 liters with lemon slices (Stop by 5-6 PM)
Workout	Sweat session: Peloton Tabata	Sweat session: Hot Yoga	Light (no sore muscles): Light Peloton or Yoga

This 3-day meal plan is intended for general wellness and short-term guidance only. It is not a substitute for medical advice, diagnosis, or treatment. Always consult with your physician or a qualified healthcare professional before making significant dietary or exercise changes, especially if you have any underlying health conditions.

