

## The Blended For You & 2 Guys With Knives 2-Day Summer Cleanse Plan

Whether you're starting a clean eating diet for the first time, kick-starting weight loss, or need a little help recovering from festive Summer weekends, we've got your back with our 2-Day Cleanse Plan. The program is designed to support your body's detoxification processes, boost immunity and leave you rejuvenated. Together, we've created one mega nutrient-packed, energizing, health-reset program.

Getting into the habit of eating on a regular schedule is an important part of keeping your metabolism up and reaching your health goals. It also reduces the chance of snacking on junk foods and grabbing unhealthy foods to go. Adjust depending on your wake up time and avoid eating 2 hours before bed.

### Your Cleanse Meal Plan

	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Day 1	Be Green Smoothie	Chia EnergyBowl	Greens Immunity Soup*	The Athlete Smoothie	Southwest Salad Bowl (vegan)
Day 2	Matcha Morning Smoothie	Maca Energy	Sweet Potato Coconut Soup*	Acai Organic Bowl Blend	Caesar Salad (vegan)

### Prepping Your Blended Smoothies, Bowls & Soups

Prep information is on the back of each package. For liquids, unsweetened nut and oat mylks are best (we love coconut & cashew). For the soups, heat with ¾ cup of water.

\***On hot days**, we love eating the soups like a cold gazpacho. You can swap the lunch soups and dinner salads if you prefer eating salads midday.



**Please store your blends in the freezer.**

**Hydration:** We recommend drinking at least eight 8 oz glasses of water per day to help with digestion, detoxification, and hydration. Add another 8 oz of water for every hour of physical activity.

Tip: adding lemon or cucumber to your water will support detoxification. Track your great water work with this chart:

Glass:	1	2	3	4	5	6	7	8
Day 1								
Day 2								
Day 3								

**Sleep:** It's an important part of your plan, so plan to get 8 hours per night. Pro tip: power off your data devices for the night at least one hour before bed. Give yourself an hour in the morning before jumping back on it.

### Your FAQs

#### **Should I consult a doctor before starting?**

If you are making a significant change to your diet, are pregnant or breastfeeding, have a medical condition and/or are taking medication, it is always best to consult your healthcare practitioner before starting a new program.

#### **Can I workout on the 2-day program?**

This is not a calorie restrictive plan – you should have plenty of energy to continue your workouts. We recommend that you exercise daily and try to take at least 30 minutes each day for quiet, technology-free personal time (we know it can be hard, but give meditation or yoga a chance).

#### **Can I drink coffee and tea during the program?**



You're not alone in your coffee love! It is best to eliminate coffee for the 3 days, but 1 to 2 cups of green tea per day is ok (we've got your matcha covered on day 2). Herbal teas are a great option, too. When you've completed the 2 days, try to limit coffee to one cup per day.

### **Can I expect any physical symptoms during the program?**

Switching to a clean eating program, which encourages toxin elimination, cleansing, and includes a lot of high fibre foods, may result in experiencing flu-like symptoms at the start. Drink lots of water during your cleanse. If symptoms continue, drop us a line and ease up on the program - you may need to move into clean eating more gradually.

### **Can I do the program for more than 3 days?**

Yes! Continue on your journey to reaching your health goals. To order again, jump on to the 2 Guys site or email us.

If you have any questions about the meals, smoothies or plans in general, please email us at [info@blendedforyou.com](mailto:info@blendedforyou.com) or [hello@2guyswithknives.com](mailto:hello@2guyswithknives.com).

We'd love to hear your feedback and tips, so please share them with us.

XO

Blended For You & 2 Guys With Knives

Get social with us: [@blendedforyou](https://www.instagram.com/blendedforyou) [@2guyswithknives](https://www.instagram.com/2guyswithknives)



## Ingredients / Nutritional Values:

### Day 1

- Be Green (Frozen Smoothie):** Spinach, pineapple, lemon, avocado, cucumber, Vegan protein blend (soy-free), turmeric, ginger.  
calories 280 / protein 16g / carbs 36g / fat 10g / fibre 11g
- Chia Energy Bowl:** Banana, cauliflower, coconut milk, chia seeds, hemp seeds, organic almond butter, cacao blend (soy-free), turmeric, ginger.  
calories 310 / protein 10g / carbs 33g / fat 18g / fibre 11g
- Greens Immunity Soup:** Zucchini, vegetable stock (onion, celery, carrot, garlic, onion, sea salt, tomato paste, filtered water), chickpeas, cauliflower, broccoli, onion, carrots, coconut milk, organic spinach, olive oil, lemon juice, basil, green curry paste (green chili pepper, shallot, garlic, lemongrass, galangal root, coriander, salt, lime), garlic, ginger, turmeric, sea salt, black pepper, cayenne pepper.  
calories 300 / protein 10g / carbs 38g / fat 14g / fibre 10g
- The Athlete (Frozen Smoothie):** Blueberries, avocado, spinach, coconut oil, almond butter, Vegan protein blend (soy-free), turmeric.  
calories 300 / protein 17g / carbs 39g / fat 11g / fibre 11g
- Vegetarian Southwest Salad Bowl:** Black beans, red onion, romaine, grape tomatoes, avocado sauce (avocado, tahini, apple cider vinegar, lemon juice, olive oil, basil, garlic, parsley, green onion, spinach, cayenne, xylitol, coconut water, salt, pepper), herbs & spices.  
calories 336 / protein 15g / carbs 42g / fat 12g / fiber 10g



## Day 2

Matcha Morning (Frozen Smoothie): Spinach, pineapple, lemon, avocado, cucumber, ginger, Spirulina, turmeric, green matcha, vegan protein blend (soy-free).

calories 313 / protein 19g / carbs 39g / fat 9g / fibre 12g

Maca Energy (Frozen Smoothie): Banana, almond butter, cacao, hemp seeds, vegan protein blend (soy-free).

calories 360 / protein 20g / carbs 51g / fat 11g / fibre 11g

Sweet Potato Coconut Soup: Sweet potato, onion, carrots, vegetable stock (onion, celery, carrot, garlic, onion, sea salt, tomato paste, filtered water), coconut milk, organic almond butter, chaga mushroom, garlic, olive oil, ginger, cayenne pepper, sea salt, nutmeg, black pepper.

calories 290 / protein 7g / carbs 44g / fat 12g / fibre 12g

Açaí Organic Bowl: Organic blueberries, organic banana, organic raspberries, coconut milk, organic chia seeds, organic hemp seeds, açai extract.

calories 350 / protein 10g / carbs 49g / fat 16g / fibre 17g

Vegan Kale Caesar: Chicken, vegan cesare dressing (lemon juice, dijon, garlic, soft tofu, nutritional yeast, olive oil, red wine vinegar, Worcestershire sauce, herbs, spices), lettuce, kale, walnuts, walnut-hemp parmesan (walnuts, hemp seeds, nutritional yeast, olive oil, salt), chickpeas, herbs & spices.

calories 373 / protein 16g / carbs 21g / fat 25g / fiber 8g

