


















MY BESTOW CLEANSE PLAN at a glance...



DAY ONE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Chai Spice Rice Pudding	Time for Tea Eternitea	Goodness Bowl	Skin Essentials Smoothie	Chicken Skewers
	Greeting the Sun & Lemon Water					
Rituals						


DAY TWO	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Chai Spice Rice Pudding	Time for Tea Luminositea	Goodness Bowl	Skin Essentials Smoothie	Snapper Tortilla
	Greeting the Sun & Lemon Water					
Rituals						

DAY THREE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Buckwheat Granola	Time for Tea Eternitea	Goodness Bowl	Skin Essentials Smoothie	Cauli Falafels
	Greeting the Sun & Lemon Water					
Rituals						

DAY FOUR	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Buckwheat Granola	Time for Tea Puritea	Goodness Bowl	Skin Essentials Smoothie	Sweet Potato Rosti
	Greeting the Sun & Lemon Water	RITUAL Dry Brushing & Bathing				
Rituals						

DAY FIVE	ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Egg Cups	Time for Tea Generositea	Goodness Bowl	Skin Essentials Smoothie	Avo Slaw Pods
	Greeting the Sun & Lemon Water	RITUAL Dry Brushing & Bathing				RITUAL Blessings
Rituals						

DAY SIX	ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Egg Cups	Time for Tea Eternitea	Goodness Bowl	Skin Essentials Smoothie	Sweet Potato Mega
	Greeting the Sun & Lemon Water	RITUAL Dry Brushing & Bathing	Breathing			RITUAL Blessings
Rituals						

DAY SEVEN	ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	Rise & Shine	Brekkie Stack	Time for Tea Luminositea	Goodness Bowl	Skin Essentials Smoothie	Asian Fish Bowl
	Greeting the Sun & Lemon Water	RITUAL Dry Brushing & Bathing	Breathing			RITUALS Blessings Meditation
Rituals	