

THE MARIETTA DETOX GUIDE

A simple 3-day whole-food reset to support hydration, regular digestion, and healthy daily habits.

Welcome!

This guide is designed as a gentle wellness reset—not a crash diet or a medical detox. Your body already has natural systems, including the liver, kidneys, lungs, and digestive tract, that process and remove waste. The goal here is to support those systems with nourishing food, fluids, sleep, movement, and consistency.

Before You Begin

If you are pregnant or breastfeeding, have a medical condition, take prescription medicines, have a history of an eating disorder, or have been advised to follow a special diet, check with a qualified healthcare professional before making significant dietary changes. Stop if you feel unwell.

Your 3-Day Reset Basics

Hydration	Drink water regularly throughout the day. A reusable bottle can make this easier.
Whole foods	Build meals around vegetables, fruit, beans, whole grains, nuts/seeds, and lean proteins.
Fiber	Increase fiber through foods such as oats, berries, beans, vegetables, and chia or ground flax.
Movement	Take an easy walk or do another comfortable form of movement each day.
Sleep	Aim for a consistent bedtime and enough sleep for your age and needs.
Limit	For these 3 days, minimize sugary drinks, highly processed snack foods, and excessive sodium.

3-DAY SAMPLE MEAL GUIDE

Use this as a template. Swap foods you enjoy and that fit your dietary needs.

Day 1

Breakfast: Oatmeal with berries, chia seeds, and plain yogurt or a milk alternative.

Lunch: Grilled chicken or beans over a large salad with avocado and a simple olive-oil/lemon dressing.

Snack: Apple with peanut or almond butter.

Dinner: Baked salmon or tofu, roasted vegetables, and brown rice.

Day 2

Breakfast: Eggs or tofu scramble with spinach and whole-grain toast, plus fruit.

Lunch: Lentil or bean soup with a side salad.

Snack: Greek yogurt or unsweetened yogurt with berries.

Dinner: Chicken, turkey, tofu, or beans with sweet potato and steamed broccoli.

Day 3

Breakfast: Smoothie made with fruit, spinach, plain yogurt or milk alternative, and chia or ground flax. Add oats if desired.

Lunch: Turkey, chicken, tuna, tofu, or chickpea wrap with vegetables and a piece of fruit.

Snack: Carrots/cucumber with hummus.

Dinner: Lean protein or beans, quinoa, and a colorful mix of roasted or sautéed vegetables.

SMART GROCERY LIST

Water • Oats • Berries and seasonal fruit • Leafy greens • Broccoli or mixed vegetables • Sweet potatoes • Brown rice or quinoa • Beans/lentils • Eggs, chicken, fish, tofu, or another protein • Plain yogurt or unsweetened alternative • Avocado • Chia or ground flax • Nuts/nut butter • Hummus • Lemon and simple herbs/spices

DAILY CHECK-IN

Day 1: ■ Water ■ Whole-food meals ■ Fiber-rich food ■ Movement ■ Good sleep

Day 2: ■ Water ■ Whole-food meals ■ Fiber-rich food ■ Movement ■ Good sleep

Day 3: ■ Water ■ Whole-food meals ■ Fiber-rich food ■ Movement ■ Good sleep

WHAT TO EXPECT

You may notice changes in fullness, bowel habits, energy, or bloating when you change your food and hydration routine. More fiber can cause temporary gas or bloating, especially if increased quickly, so build up gradually and drink fluids regularly.

IMPORTANT NOTE

This guide is educational and is not medical advice. It does not diagnose, treat, or cure disease. A commercial 'detox' product, prolonged fasting, laxatives, or colon cleansing is not required to follow this guide.

Created as a free wellness resource for Marietta-area clients.