

DoshaCoach :: Blissful Belly

Days 1-4: Remove Phase Menu Planner

MEAL PLAN FOR REMOVE PHASE				
MEAL	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Spice Churna	Spice Churna	Spice Churna	Spice Churna
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
LUNCH	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna
SNACK	ACV Elixir	ACV Elixir	ACV Elixir	ACV Elixir
DINNER	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna	Ginger Pickle Spice Churna



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Days 1-4: Remove Phase Recipes

Apple Cider Vinegar Elixir

- apple cider vinegar
- stevia
- OPTIONAL: 2–4 oz. aloe vera juice

Ginger Pickle

- 3 1-inch knuckles of ginger

Blueberry Coconut Chia Pudding

- 1 (13.5-oz.) can coconut milk
- 2–3 c. fresh blueberries
- vanilla extract
- 3 Medjool dates
- fresh ginger
- ½ c. chia seeds

Lebanese Lentil Salad

- 1 c. green or brown lentils
- 5 cloves of garlic
- 1 bunch fresh parsley
- 1 bunch fresh mint or
1 Tbsp. dry mint leaves

Fennel Soup

- 1 yellow onion
- 4 fennel bulbs
- 4 stalks celery
- 2 cloves garlic
- 1 green Bell pepper
- 4 garnet yams
- ground pumpkin seeds

Dill Pullao

- 2 c. quinoa
- 2 bay leaves
- 4 cloves
- 1 leek
- 1 bunch fresh OR 1 Tbsp. dried dill
- fresh ginger
- 4 c. cauliflower
- 2 small carrots

