

7 Day Detox Checklist

BODY

MIND

SPIRIT

DAY 1

"The Daily Five:

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Switch your music influences to **Christian radio**, artists and YouTube channels.

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **God's love for you.**

DAY 2

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Do a social media purge of everything that does not lift you up in Jesus' name.
- Find new people/groups to follow, join new groups and filter your newsfeed to eliminate negative influences.

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **Any areas needing repentance and asking God for forgiveness.**

DAY 3

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Create mental and physical space: Purge your closets and drawers. Donate to your local church or Salvation Army.

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **Any areas you need to forgive yourself.**

DAY 4

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Download and begin daily reading **Who I Am in Christ** by Joyce Meyer Ministries

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **Jesus' sacrifice and love for you.**

DAY 5

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Start a 24-hour Negative Self-Talk Journal.
- Begin to become more aware of your self-criticism and start replacing each one with God's truths.

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **People you are needing to forgive.**

DAY 6

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Start eliminating negative messages around you.
- God is in control!** Filter and remove your exposure to negative news outlets.

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **The Lord's Prayer: Matthew 6:9-13**

DAY 7

- 1) 100oz. water
- 2) High protein, low-carb breakfast
- 3) Small meals/snack 5-6x/day (Every 3-4 hours)
- 4) Lunch & Dinner: Lean Protein + Veggies
- 5) Exercise (Interval cardio or HIIT workouts)

- Detox from the tv. Swap your regular tv time to reading a book or watching a positive tv show. *Example: Turn that tv time into shows learning how to cook a healthy meal or learn a new skill.*

- Connect purposefully with God. Set a timer and spend 5 uninterrupted minutes in silence meditating on: **Holy Communion: 1 Corinthians 11:23-26**