

ConFITdance
Studio

2 WEEK POST DETOX MEAL PLAN

GROCERY LIST AND MEAL PLAN TO CONTINUE THE JOURNEY POST



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Disclaimer

This meal plan is designed to support a gradual transition from a 3-day detox to a balanced, nutrient-rich diet. It is intended as a general guide to assist in reintroducing a variety of foods, including animal proteins, while aiming for continued weight loss.

Please note:

I am not a medical professional or a registered dietitian. This meal plan is based on general dietary principles and may not address specific health conditions, allergies, or individual nutritional needs.

Before making any significant changes to your diet, especially after a detox period, it is important to consult with a qualified healthcare provider or registered dietitian. They can provide personalized guidance tailored to your health status, goals, and dietary preferences.

The information provided in this meal plan should not be considered medical advice or a substitute for professional consultation.

By using this meal plan, you acknowledge and agree that you are solely responsible for any outcomes resulting from its use and that the creator of this plan assumes no liability for any adverse effects or health issues that may arise.



Transitioning from a detox to a balanced meal plan while aiming for weight loss requires a thoughtful approach.

The goal is to reintroduce animal proteins and other foods gradually while maintaining a focus on nutrient density and portion control.



Two-Week Meal Plan Overview

Week 1



Day 1-2: Reintroduce animal proteins slowly.

Day 3-7: Continue to incorporate balanced meals with lean proteins and vegetables.

Week 2

Day 8-14: Focus on maintaining variety, balanced nutrition, and portion control for continued weight loss.



Grocery List

Vegetables

Spinach

Kale

Broccoli

Bell peppers (red, yellow, green)

Carrots

Zucchini

Sweet potatoes

Tomatoes

Avocados

Garlic

Onions

Fruits

Apples

Berries (strawberries, blueberries, raspberries)

Bananas

Oranges

Lemons

Limes

Proteins

Chicken breast

Turkey breast

Eggs

Greek yogurt

Salmon or other fatty fish

Tofu (for variety)



Grocery List (CONTINUED)

Grains & Legumes

Quinoa

Brown rice

Lentils

Chickpeas

Dairy & Alternatives

Almond milk (or other plant-based milk)

Low-fat cheese

Oils & Condiments

Olive oil

Balsamic vinegar

Low-sodium soy sauce

Spices (cumin, paprika, black pepper,
turmeric)

Nuts & Seeds

Almonds

Walnuts

Chia seeds

Flaxseeds

Snacks

Hummus

Rice cakes



DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1	Smoothie: Spinach, banana, almond milk	Apple	Quinoa salad with mixed vegetables & chickpeas	Handful of almonds	Grilled chicken breast with steamed broccoli
2	Greek yogurt with berries	Carrot sticks with hummus	Turkey and vegetable wrap with whole wheat tortilla	Rice cake with avocado	Baked salmon with sautéed spinach
3	Scrambled eggs with spinach	Orange slices	Mixed greens salad with grilled chicken	Greek yogurt with honey	Stir- fried tofu with bell peppers and zucchini
4	Oatmeal with chia seeds and berries	Handful of walnuts	Lentil soup with side salad	Sliced cucumber with hummus	Turkey breast with roasted sweet potatoes and green beans

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
5	Smoothie: Kale, apple, almond milk	Banana	Quinoa bowl with roasted vegetables	Rice cake with almond butter	Baked cod with quinoa and steamed kale
6	Greek yogurt with sliced banana	Apple slices	Chicken and vegetable stir-fry with brown rice	Carrot sticks with hummus	Grilled shrimp with mixed vegetable salad
7	Chia pudding with berries	Orange slices	Turkey and avocado salad	Handful of almonds	Stuffed bell peppers with lean ground beef
8	Scrambled eggs with tomatoes	Apple	Quinoa and black bean salad	Greek yogurt with berries	Baked chicken with sweet potato mash

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
9	Smoothie: Spinach, berries, almond milk	Handful of walnuts	Grilled chicken wrap with vegetables	Sliced cucumber with hummus	Salmon fillet with quinoa and steamed broccoli
10	Overnight oats with chia seeds and fruit	Banana	Lentil and vegetable stew	Rice cake with almond butter	Grilled tofu with mixed vegetable stir-fry
11	Greek yogurt with mixed berries	Orange slices	Chickpea and spinach salad	Carrot sticks with hummus	Baked turkey breast with roasted carrots
12	Oatmeal with nuts and apple slices	Handful of almonds	Turkey and vegetable soup with side salad	Greek yogurt with honey	Grilled chicken with zucchini noodles

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
13	Smoothie: Kale, banana, almond milk	Apple	Mixed greens salad with grilled shrimp	Rice cake with avocado	Baked cod with sweet potato and green beans
14	Chia pudding with sliced berries	Carrot sticks with hummus	Chicken quinoa bowl with mixed veggies	Greek yogurt with honey	Stuffed bell peppers with lean ground turkey

Alternative Ingredients

Tofu Alternatives

Chicken Breast: A lean protein that works well in stir-fries and salads.

Turkey Breast: Another lean protein option, great for wraps or salads.

Tempeh: Fermented soy product that offers a different texture and flavor from tofu.



Cod Alternatives

Salmon: Rich in omega-3 fatty acids, good for grilling or baking.

Tilapia: Mild-flavored fish that is versatile for baking or pan-searing.

Trout: Another fish option that is flavorful and healthy.



Rice Cake Alternatives

Whole Grain Crackers: Look for low-calorie options with minimal ingredients.

Sliced Veggies with Dip: Use cucumber, bell peppers, or celery with hummus.

Apple Slices with Almond Butter: A sweet and satisfying alternative.



Hydration: Continue drinking plenty of water throughout the two weeks.

Portion Control: Focus on moderate portions of protein and grains.

Preparation: Prep vegetables and proteins in advance to make meal planning easier.

Thank You for Reading!

Thank you for taking the time to read this e-book and for allowing me to be a part of your health and wellness journey. I hope the meal plan and tips provided help you smoothly transition from your detox and continue to achieve your fitness and weight loss goals.

Remember, this plan is a starting point, and your health is a personal journey. Feel free to adjust the plan to suit your preferences and needs. If you have any questions or need further guidance, don't hesitate to reach out to a healthcare professional.

Stay motivated, stay positive, and keep moving forward. You've already taken a great step towards better health, and I'm excited to see how you continue to thrive!

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We're here to support you every step of the way!

Wishing you health, happiness, and success,

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