Daily Kidney Cleanse - Day ___

Morning (Prepare your tea for the entire day)

☐ Kidney flush drink
☐ Kidney tincture
☐ Juice
☐ Blood/lymph tincture
☐ Kidney/bladder tea
☐ Superfood
☐ Juice
☐ Water

Early Afternoon

☐ Kidney tincture
☐ Superfood
☐ Juice
☐ Kidney/bladder tea
☐ Blood/lymph tincture
☐ Juice
☐ Potassium broth (if desired)
☐ Water

Later Afternoon

☐ Kidney/bladder tea
☐ Superfood
☐ Kidney tincture
☐ Kidney tincture
☐ Blood/lymph tincture
☐ Juice
☐ Potassium broth (if desired)
☐ Water

JuiceRecipes.com