MOLLY SIMS 4 WEEK DETOX CHALLENGE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout
Week 2	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout
Week 3	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout
Week 4	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout	Breakfast Lunch Snack Dinner Workout