

# Nutrition Detox

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## 1 Summary

Recently I started a **7-day detox**, which is also a liver cleanse. The first 2.5 days are basically a liquid shake drink, and then after that you can return to meals – see pictures below.

So far I've found that my appetite is good, and that I feel full. This has taught me an important lesson to eat about 3-cups of vegetables at each meal, and also the sugar and protein levels need to be at a minimum value as well.

## 2 Photos





### **3 Links**

Equi.Life