

SIMPLE HABITS. CLEAN FOOD. BETTER YOU.

30 DAYS
TO A LIGHTER,
CLEANER &
HEALTHIER
YOU

30 DAYS NUTRITION & DETOX TIPS

A Simple 30-Day Plan to Cleanse,
Nourish and Rejuvenate Your Body
Naturally



CLEAN
NUTRITION



NATURAL
DETOX



BETTER
DIGESTION



STRONGER
IMMUNITY



MORE
ENERGY



SUSTAINABLE
HABITS

Includes
✓ Daily Checklist
✓ Simple Recipes
✓ Healthy Habits
✓ Bonus Tips



REAL FOOD



EVERYDAY HABITS



LASTING RESULTS



**HEALTHY
HOME**
Better Health, Better Life

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*Evidence-Informed Guidance for
Healthy Families & Better Living*



30-Days Nutrition & Detox Tips (Healthy Home)

Reset Your Body, Rebuild Your Energy, Restore Your Health Naturally

Introduction: Why Your Body Needs a Reset?

Every day, your body is working quietly, digesting the food, filtering toxins, balancing hormones and keeping you alive.

But modern life isn't so simple:

Processed foods, stress, poor sleep, pollution and digital stress are slowly building inside your body. You may not notice it immediately, but subsequently, it may show up as:

- . Low energy
- . Brain fog
- . Digestive issues
- . Weight gain
- . Poor sleep

Here is the important thing:

Your body already has a powerful detox system like your liver, kidneys, gut and skin.

This 30-day guide doesn't focus about the extreme healthy behavior or fasting or it's not a quick solution. It's only about **supporting your body naturally** and step by step.

You may think it as:

- * A reset
- * A gentle cleanse
- * A sustainable lifestyle upgrade

How This 30-Day Plan Works

The plan is divided into **4 powerful phases**:

Week	Focus	Goal
Week 1	Clean Start	Remove toxins & junk
Week 2	Nourish Deeply	Add healing foods
Week 3	Activate Detox	Boost metabolism & elimination
Week 4	Sustain & Glow	Build lifelong habits

Week 1:

Clean Start (Day 1–7)

Remove before you rebuild.

Reduce toxin load and prepare your body.

Day 1: Hydration Reset

Focus: Flush out toxins

- . Morning: Warm lemon water**
- . Drink: 8–10 glasses of water**
- . Food: Simple meals (rice + dal + vegetables)**
- . Avoid: Packaged foods**
- . Habit: 15-minute walk**

Tip: Start slow, hydration is your foundation.

Day 2: Reduce Sugar Load

Focus: Cut hidden sugars

- . Replace sweets with fruits**
- . Avoid sugary drinks**
- . Add: Apple or papaya**
- . Drink: Herbal tea**

Tip: Sugar reduction improves energy instantly.

Day 3: Clean Plate Eating

Focus: Eat natural foods

- . 50% plate = vegetables**
- . Add: Salad before meals**
- . Avoid fried foods**

Tip: The cleaner your plate, the lighter your body feels.

Day 4: Reduce Caffeine

Focus: Balance energy naturally

- . Limit tea/coffee to 1 cup**
- . Replace with herbal drinks**

***Tip:* Notice improved sleep tonight.**

Day 5: Light Dinner Habit

Focus: Improve digestion

- . Dinner before 8 PM**
- . Eat light (soup/khichdi)**

Tip: Your body detoxes better at night.

Day 6: Self Awareness

Focus: Reduce bloating

- . Avoid processed snacks**
- . Eat fresh home-cooked meals**

Tip: Less salt = less water retention.

Day 7: Reset Day

Focus: Reflect & relax

- . Light meals**
- . Early sleep**
- . 20-min walk**

Tip: Consistency matters more than perfection.

Week 2:
Nourish Deeply (Day 8–14)

Goal: Rebuild nutrients & gut health

Day 8: Add Greens

Add Greens

- Spinach, moringa, or leafy veggies
- Add to lunch/dinner

***Tip:* Greens = natural detox boosters**

Day 9: Fiber Boost

- Add oats, fruits, vegetables
- Helps digestion

Tip: Fiber cleans your gut naturally

Day 10: Healthy Fats

Healthy Fats

- . **Add nuts, seeds, coconut**
- . **Improves brain & hormone health**

***Tip:* Not all fats are bad**

Day 11: Protein Focus

- . Add dal, eggs, paneer
- . Supports muscle repair

Tip: Protein keeps you full longer

Day 12: Probiotic Day

- . **Add curd, buttermilk**
- . **Improves gut bacteria**

Tip: A healthy gut = strong immunity

Day 13: Mindful Eating

- **Eat slowly**
- **No phone while eating**

Tip: Awareness improves digestion

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Day 14: Early Dinner + Light Fast

- . **Dinner before sunset**
- . **No late-night snacking**

Tip: Give your body rest

Week 3:
Activate Detox (Day 15–21)

Goal: Boost metabolism & elimination

Day 15: Morning Movement

- . **20–30 min walk**
- . **Sunlight exposure**

***Tip:* Morning routine = energy boost**

Day 16: Sweat It Out

- . Light exercise/yoga
- . Helps toxin removal

Tip: Sweat = natural detox

Day 17: Detox Drinks

- . Jeera water
- . Lemon water

Tip: Simple drinks, powerful benefits

Day 18: Anti-Inflammatory Foods

. **Turmeric, ginger, garlic**

***Tip:* Reduces internal inflammation**

Day 19: Mental Detox

- . Reduce screen time
- . Practice deep breathing

Tip: Detox your mind too

Day 20: Creative Reset

- . Journal or reflect
- . Spend time in nature

Tip: Clarity comes in silence

Day 21: Digital Detox Day

- . Limit phone usage
- . Focus on self-care

Tip: Disconnect to reconnect

Week 4:
Sustain and Glow (Day 22–30)

Goal: Build lifelong healthy habits

Day 22: Balanced Plate

- . **Veggies + protein + grains**

Tip: Balance is key

Day 23: Portion Control

- . Eat till 80% full**

Tip: Avoid overeating

Day 24: Routine Building

- . **Fixed meal timings**

***Tip:* Routine supports metabolism**

Day 25: Sleep Optimization

- . **Sleep before 11 PM**

Tip: Sleep = ultimate detox

Day 26: Weekly Detox Habit

- **Light meals**
- **More fluids**

Tip: Make detox a habit

Day 27: Active Lifestyle

- . Walk more**
- . Avoid sitting long**

Tip: Movement = life

Day 28: Gratitude Practice

- . Write 3 things you're thankful for**

***Tip:* Mental health matters**

Day 29: Reflection Day

- . Notice changes
- . Energy, mood, digestion

Tip: Celebrate progress

Day 30: Your New Lifestyle

- . Continue habits**
- . Stay consistent**

***Tip:* This is just the beginning**

Concluding Points

This 30-day journey is not about restriction, it's about reconnection with your body.

You didn't just detox.

You:

- . Built discipline**
- . Improved awareness**
- . Created a healthier lifestyle**

Keep going. Stay consistent.

“Your journey doesn’t end here...”

- . Visit: <https://healthhom.com>
- . Follow for more tips
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