**Email blurbs for Detox Digest**

**Intro email:**

Whenever it’s a new year, we naturally want to this year to be better than the last. One popular way people try to start off with a “clean slate” is to go on a detox diet. These next four weeks will teach you what detoxification is really about, the best foods you should eat, and actual ideas for breakfast, lunch, dinner, and snacks!

**Week 1 The Big Clean:**

Welcome to the Week #1 of *Detox Digest!* Let’s get right to it, what is detoxing about? A proper detox lasts about a week, and involves eating a nutritious, well-balanced diet, drinking tons of water and clear fruit juices, and getting enough rest. Is it necessary to detox? Is detoxing for me? Read on to find out more.

**Week 2 Best Foods:**

Now that you’ve understood what detoxing is, it’s time to determine what you should actually eat. Here’s an easy trick – eat the colours of the rainbow: red, orange, yellow, green, blue, purple, and even white (even though it’s not a colour of the rainbow)! Find out examples of food for these colours and why it’s beneficial for your body in this week’s email.

**Week 3 Breakfast and Lunch Ideas:**

Getting bored with eating the same thing each day? These next two weeks will provide you ample ideas of breakfast and lunch meals that are detox friendly. Try to apply what you learned last week about eating colourful foods to these meal ideas.

**Week 4 Dinner and Snack Ideas:**

Welcome to the last week of *Detox Digest!* Have you tried any new breakfast or lunch ideas? This week is about trying new dinner and snack ideas. Remember: eat whole grain grains, probiotic yogurt, leafy greens, salmon, and lots of water!