

# 7-Day Morning Detox Ritual by Lisa

A slow, kind, printable guide for busy mornings

*“This isn’t about weight loss. It’s about beginning again — gently.” — Lisa, [cookthistoday.com](https://cookthistoday.com)*

# DAY 1 — I begin today...

## ■ Morning Intention:

## ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“The slower you go, the more you feel.”*

## ■ Notes & Feelings:

## DAY 2 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“You are not behind. You are where you begin.”*

### ■ Notes & Feelings:

## DAY 3 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“Nourish to flourish.”*

### ■ Notes & Feelings:

## DAY 4 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“Small rituals lead to big changes.”*

### ■ Notes & Feelings:

## DAY 5 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“Your morning sets your story.”*

### ■ Notes & Feelings:

## DAY 6 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“Gentleness is power.”*

### ■ Notes & Feelings:

## DAY 7 — I begin today...

### ■ Morning Intention:

### ■ Detox Ritual Reminder:

Warm 1 glass of water + ½ tsp pink Himalayan salt + 1 tsp lemon juice → Sip slowly. Breathe deeply.

*“A quiet cup can be a revolution.”*

### ■ Notes & Feelings:

Thank you for showing up. You've completed 7 days of intentional mornings. I hope this pink salt ritual gave you what you needed — even if just a pause. Keep what works. Leave the rest. And remember: it's okay to start again.