

NEUROPATHY BREAKTHROUGH

Table of Contents

The Neuropathy Breakthrough Program	2-8
Food List	9-11
Structuring your Diet on the Neuropathy Breakthrough Program	12
Detoxification	13-15
Frequently Asked Questions about the Detoxification Process	16-17
Supplements included in the Neuropathy Breakthrough Program	18-19
DAILY CHECKLISTS	20-51
Day 1-2	20-21
Day 3-5 – DETOX #1	22-24
Day 6-20	25-39
Day 21-90	40-51
Recipes	52-69
Shopping List	70
Example Menu	71
Weekly Menus at a Glance	72-74

The Neuropathy Breakthrough Program

PROGRAM BREAKDOWN



✓	Products and Services Received	Price Per Session	Total
1	Supplement Kit	\$712.00	
	Weekly Evaluations to review progress	\$50.00	
	NeuroCare™ Sessions for pain relief	\$50.00	
	Leg Wraps for leg detoxification and circulation	\$50.00	
	Light Therapy for pain relief	\$50.00	
	Self-Mastery Technology Development tool	\$30.00	
	Whole Body Vibration	\$30.00	
	Follow up Evaluation at the completion of this program	\$50.00	
	Total Price for Everything		
	You Pay		

The Neuropathy Breakthrough Program

What Is Neuropathy?

Neuropathy essentially means: an abnormal and degenerative condition of the nervous system.

Neuropathy may be diffuse; affecting many parts of the body. Or it can be focal; affecting a single, specific nerve and part of the body.

Diffuse Neuropathy:

The two categories of Diffuse Neuropathy are Peripheral Neuropathy, affecting the hands and feet and Autonomic Neuropathy, affecting the internal organs.

Peripheral Neuropathy:

This is the most common type; damaging the nerves of the limbs, especially the feet and affecting both sides of the body.

Common symptoms of Peripheral Neuropathy are:

- 1) Numbness or insensitivity to pain or temperature
- 2) Tingling, burning or prickling sensations
- 3) Sharp pains or cramps (or like walking on sponges)
- 4) Extreme sensitivity to touch, even light touch
- 5) Loss of balance and coordination

Most of these symptoms are often worse at night.

Autonomic Neuropathy (also called Visceral Neuropathy): This is another form of diffuse neuropathy. It affects the nerves that serve the heart and internal organs.

Neuropathy affecting the organs via nerve damage can lead to:

- *Urinary incontinence*
- *Lack of sexual function*
- *Digestion issues (the stomach emptying slowly, bloating, persistent nausea and vomiting)*
- *Lower bowel problems (constipation, diarrhea)*
- *The cardiovascular system (which controls the circulation throughout the body)*

Damage to this system affects the signal for the blood in regulating blood pressure and heart rate. One can feel dizzy upon standing as a result (orthostatic hypotension). This type of Neuropathy affects the system in the perception of pain from heart disease. People may not experience angina as a warning sign of heart disease and suffer painless heart attacks.

It can also lead to Hypoglycemia or low blood sugar. This condition makes it difficult to recognize and treat an insulin reaction.

Amputations Caused by Pre-Diabetes to Full-Blown Diabetes:

Uncontrolled diabetes (even on medication) results from a poor diet, lack of exercise and unstable sugar levels. These can lead to conditions such as Neuropathy, which affects the whole body potentially leading to amputations.

Unstable Glucose levels (high blood sugar due to diet) harms nerves and blood vessels. This affects circulation, especially the peripheral area of the body, such as limbs and extremities. This will then lead to Diabetic Neuropathy, which damages nerve fibers, causing numbness that leads to injuries and/or infections due to decreased sensations. The blood circulation is then compromised, leading to infections, injuries, foot ulcers, which can then lead to foot and leg amputations. This is because the blood cannot circulate fast enough to heal wounded areas.

The Cause: Malnutrition

Malnutrition Neuropathy is caused by eating yourself sick; eating foods out of a box, bag or can. These foods are all dead foods – no live enzymes are present.

This condition of Neuropathy was brought to attention during WWII. This provided an unprecedented opportunity for observation of the effects of nutritional deficiencies. Men of many races were subjected to years of defective nutrition as prisoners of war. This malnutrition affected the most highly differentiated cells of the organism that would suffer the most. In fact, they found that the nervous system shows the severest and most common lesions.

These findings were not due to the region of the world these men were in – as the findings were the same no matter where someone was on the planet. Malnutrition was the only common denominator in all the physical ailments these men experienced.

This is essentially a degenerative or katabolic nature arising under conditions of deprivation. The imbalance of the altered diet being given to the POWs affected their gastro-intestinal tract, leading to defective absorption and defective biosynthesis. Due to the altered balance of the deficient diet, reduction of good quality proteins, fats and vitamins, the body was starving for good balanced food.

This level of deficient nutrition is now prevalent in all the foods we consume today. It is completely lacking in live enzymes, vitamins and minerals, which are essential to healing the body and allowing it to function properly. This malnutrition affects the central and peripheral nervous system as a result.

The Club Reduce Neuropathy Program is amazing because it addresses the nutritional deficiency issues you have. It gets the body to start digesting and assimilating food better. It also allows the body to start healing from the inside and decreases the degenerative process of the nervous system.

By combining nutrition with in-office visits using the Neuro-Care machine, light therapy and leg wraps, we are reversing the degeneration process that had already set in and accelerates healing. We want to give you your life, well-being, health and happiness back!

By combining these nutrients and vitamins in your diet, it will greatly speed up your recovery process:

Vitamin E

People with Diabetes have a higher than usual need for vitamin E. This vitamin helps improve insulin activity and acts as an antioxidant as well as a blood oxygenator. Research has shown that people with low levels of vitamin E are more likely to develop Type 2 Diabetes. Studies show that vitamin E improves glucose tolerance in people with Type 2 Diabetes. It is also found to improve glucose tolerance in elderly non-diabetics.

A vitamin E deficiency results in increased free-radical induced damage, particularly lining of the vascular system. Supplemental vitamin E may help prevent diabetic complications through its antioxidant activity.

Vitamin E can be found in each of these Solutions4 supplements: Multivitamin/Multimineral, Evening Primrose Oil, Flax Seed Oi, Salmon Fish Oil and the Antioxidant supplement. It may require 3 months of supplementation for benefits to become apparent. The trace mineral selenium functions synergistically with vitamin E.

Vitamin C

People with Type 1 Diabetes have low vitamin C levels. Vitamin C lowers sorbitol levels in diabetics. Sorbitol is a sugar that can accumulate and damage the eye, nerves and kidneys of diabetics.

The transport of vitamin C into cells is facilitated by insulin. Due to impaired transport or dietary insufficiency, a vitamin C deficiency exists in the diabetic and may be responsible for the increased capillary fluidity and other vascular disturbances seen in diabetics. Vitamin C can be found in the Multivitamin/Multimineral, Antioxidant supplement and the Solutions4 shake.

Vitamin B6 (Pyridoxine)

Diabetics with neuropathy have been shown to be deficient in vitamin B6 and benefit greatly from supplementation. Peripheral neuropathy is a known result of pyridoxine deficiency and is cannot be distinguished from diabetic neuropathy. Vitamin B6 supplements improve glucose tolerance in women with diabetes caused by pregnancy.

Pyridoxine is also important in preventing other diabetic complications because it is an important coenzyme in the cross-linking of collagen and inhibits platelet aggregation. It can be found in the Solutions4 Multivitamin/Multimineral supplement.

Vitamin B12

Vitamin B12 supplementation has been used with some success in treating diabetic neuropathy. This may be because it is correcting a deficiency state or normalizing vitamin B12 metabolism.

Vitamin B12 is needed for normal functioning of nerve cells. Vitamin B12 taken orally, intravenously, or by injection reduces nerve damage caused by diabetes in most people. Oral supplementation may be sufficient and can be found in the Solutions4 Multivitamin/Multimineral supplement.

Biotin

Biotin is a B vitamin needed to process glucose. It has been shown to work in conjunction with insulin as well as independently in increasing the activity of glucokinase. This enzyme is responsible for the first step in glucose utilization. Glucokinase is present only in the liver, where, in diabetics, its concentration is very low.

Supplementation with large quantities of biotin may significantly enhance glucokinase activity, thereby improving glucose metabolism in diabetics. Take 16 mg of biotin for a few weeks to see if blood sugar levels will fall. Biotin can be found in the Solutions4 Multivitamin/Multimineral supplement and the shake.

Niacin

This vitamin (a form of B3) may help some people with Type 2 diabetes and can be found in the Solutions4 Multivitamin/Multimineral supplement, the shake as well as the wrap and maintenance cream used on the legs.

Chromium

This is a key contributor of the 'glucose tolerance factor.' Chromium is a vital nutrient in diabetes. Chromium has been demonstrated to decrease fasting glucose levels, improve glucose tolerance, lower insulin levels and decrease total cholesterol and triglyceride levels, while increasing HDL-cholesterol levels.

Research shows that chromium supplements improve glucose tolerance in people with both Type 1 and Type 2 diabetes, by apparently increasing sensitivity to insulin. Chromium improves the processing of glucose in people with pre-diabetic glucose intolerance and in women with diabetes associated with pregnancy.

Niacin given at relatively low levels along with chromium has been shown to be more effective than chromium alone. Exercise increases tissue chromium concentrations. Niacin and chromium can be found in the Solutions4 Multivitamin/Multimineral supplement.

Manganese

Manganese is an important partner in the key enzymes of glucose metabolism. A deficiency of manganese was found to result in diabetes in guinea pigs. It also resulted in frequent births of offspring who developed pancreatic abnormalities or no pancreas at all. Diabetics have been shown to have only one-half the manganese of normal individuals. This can be found in the Solutions4 Multivitamin/Multimineral supplement.

Magnesium

Magnesium levels are significantly lowered in diabetics. Studies suggest that a deficiency in magnesium may worsen the blood sugar control in Type 2 diabetes. Scientists believe that a deficiency of magnesium interrupts insulin secretion in the pancreas and increases insulin resistance in the body's tissues.

Supplementation with magnesium leads to improved insulin production in elderly people with Type 2 diabetes. Elderly people without diabetes may also produce more insulin as a result of magnesium supplements. Insulin requirements are lower in people with Type 1 diabetes who supplement with magnesium.

Diabetes-induced damage to the eyes is more likely to occur to magnesium-deficient people with Type 1 diabetes. Low magnesium levels appears to be a significant risk factor in the development of cardiovascular disease. Many doctors of natural medicine recommend that diabetics with normal kidney function supplement with magnesium. Magnesium can be found in the Solutions4 Multivitamin/Multimineral and Calcium supplements.

Vanadium

Vanadium is a compound found in tiny amounts in plants and animals. Early studies showed that vanadium normalized blood glucose levels in animals with Type 1 and 2 Diabetes. A recent study found that when people with diabetes were given vanadium, they developed a modest increase in insulin sensitivity and were able to decrease their insulin requirements. This can be found in the Solutions4 Multivitamin/Multimineral supplement.

Potassium

Potassium supplementation yields improved insulin sensitivity, responsiveness and secretion in diabetics. Insulin administration often causes a potassium deficiency. Potassium can be found in the Solutions4 shake supplement.

Zinc

Zinc deficiency has been suggested to play a role in the development of diabetes in humans. Zinc is involved in practically all aspects of insulin metabolism: synthesis, secretion and utilization. Zinc also has a protective effect against beta cell destruction, and has well-known anti-viral effects.

People with Type 1 diabetes tend to be zinc deficient, which may impair immune function. Zinc supplements have lowered blood sugar levels in people with Type 1 diabetes. People with Type 2 diabetes also have low zinc levels, caused by excess loss of zinc in their urine. Zinc can be found in the Solutions4 Multivitamin/Multimineral and shake supplement.

Inositol

Inositol is needed for normal nerve function. Diabetes can cause nerve damage, or diabetic neuropathy. Some of these abnormalities have been reversed by inositol, which can be found in the Solutions4 Multivitamin/Multimineral supplement.

ALA and GLA

Alpha-lipoic acid (ALA) is a powerful natural antioxidant. It has been used to improve diabetic neuropathies and has reduced pain in several studies.

Gamma-linolenic acid (GLA), found in evening primrose oil, has been shown to be helpful for improving damaged nerve function, which is common in diabetes.

These essential acids can be found in the Solutions4 shake mix, evening primrose oil, flax seed oil and salmon fish oil.

Carnitine

Carnitine is a substance needed for the body to properly use fat for energy. When diabetics are given carnitine, high blood levels of fats-both cholesterol and triglycerides-dropped 25-39% in just ten days. In addition, carnitine improves the breakdown of fatty acids, possibly playing a role in preventing diabetic ketoacidosis. This substance can be found in the Solutions4 shake mix.

Taurine

Taurine is an amino acid found in protein-rich food. People with Type 1 diabetes have low taurine levels, that leads to "thickened" blood-a condition which increases the risk of heart disease. Supplementing taurine restores the levels to normal and corrects the problem of blood viscosity within a few months. This amino acid can be found in the Solutions4 shake mix.

FOOD LIST

The amount of vegetables consumed on the Solutions4 program is unlimited. Use the list below for successful eating.

- Vegetables may be steamed for four minutes or stir fried over low heat; however, for *best results*, *½ of vegetable intake should be raw*.
- Vegetable intake should be twice the amount of fruit intake.
- Use organic whenever possible, frozen is okay, no dried or canned fruits and vegetables.
- Fresh juices made from vegetables and juices are allowed.
- Standard serving size is ½ cup.
- Fresh herbs and spices may be used. Organic dried spices may be used as long as they are not expired or old.

Vegetables (Always best eaten raw, but if you must cook, lightly steam them)

Artichokes	Eggplant	Pimentos
Alfalfa sprouts	Fennel	Radish
Asparagus	Garlic	Rhubarb
Bamboo shoots	Green Beans	Rutabaga
Bean sprouts	Green Onions	Shallots
Beets	Jicama	Snap Beans (Edible Pods)
Bok Choy	Kohlrabi	Snow Peas (Sugar Peas)
Broccoli	Lima Beans	String Beans
Brussels sprouts	Leek	Sprouts
Buckwheat sprouts	Mung Bean Sprouts	Sunflower Sprouts
Cabbage, Chinese	Okra	Tomatillos
Cabbage, Red	Olives	Tomatoes
Carrots	Onion	Turnips
Cauliflower	Parsley	Water Chestnuts
Celery	Parsnips	Wheat Grass
Chard	Peas	Zucchini
Chives	Pepper, Green	
Cucumber	Pepper, Red	

Lettuce and Greens

Arugula	Dandelion Greens	Oakleaf
Beet Greens	Endive	Radicchio
Belgian endive	Endigia (Red Endive)	Red Leaf
Bib lettuce	Escarole	Romaine
Boston lettuce	Green Leaf	Spinach
Butter Lettuce	Iceberg	Swiss chard
Cress	Kale	Watercress
Collard Greens	Mesclun	
Curly Endive	Mustard Greens	

Fruits

Apples	Grapefruit	Papaya
Apricots	Grapes	Peaches
Avocadoes	Guava	Pears
Bananas	Honeydew	Persimmon
Blackberries	Kiwi	Pineapple
Blueberries	Lemon	Plums
Boysenberries	Limes	Pomegranate
Cantaloupe	Mango	Raspberries
Cherries	Melons	Strawberries
Coconut (no dried)	Mulberries	Tangelos
Dates	Nectarines	Tangerines
Figs	Oranges	Watermelon

Approved Oils: (Serving size 1 TBSP. if used for dressing, 1tsp for stir fry) use as needed

Coconut Oil – (A great substitute for Butter!)

Extra-virgin olive oil

Flaxseed Oil – (Great for dressings. Keep refrigerated, do not heat)

Grape seed oil

*Use cold-pressed and unprocessed

Dairy:

Organic butter – use sparingly

Salt and Spices:

Salt – Real Salt or Celtic Sea Salt

Fresh herbs and spices may be used. Organic dried spices may be used as long as they are not expired or old.

Juices:

Fresh Vegetable Juices

Water:

Distilled Water (Use during lemonade detox)

Filtered Water

Purified Water

Spring Water

*Remember to drink a minimum of half your body weight in ounces

_____ (body weight)/2= _____ ounces of water intake a day

AVOID GROUP:

Alcohol, Caffeine, tobacco or other stimulants

All Coffee and tea (including herbal)

All Dairy – All hard cheese are made from mold. (With the exception of organic butter)

All sugars including: refined sugar, fructose, corn syrup, honey, molasses, date sugar and maple sugar.

(Maple syrup is allowed on detox days)

All white flour and white flour products.

All pastries, bread, crackers, pastas, etc.

Mixed seasonings and spice rubs like Mrs. Dash etc.

Grains

All Meat

Processed or Refined Foods

- Yeast or products containing yeast

- Refined White Flour

- Refined White Sugar

MSG or Chemicals

Starchy Vegetables:

- Hominy

- White Rice

- Yams

- Potatoes

- Corn

- Dried Beans

STRUCTURING YOUR DIET ON THE NEUROPATHY BREAKTHROUGH PROGRAM

When not detoxing or just juicing, your diet should consist mostly of green leafy vegetables. The easiest way to incorporate more greens into your diet is to plan meals around salads. An easy way to get your daily amount of fruit is to have it for breakfast in the morning or to add it to a Nutritional Shake. Rice and lentils are allowed on the program, but use them sparingly. Add your rice or lentils to a green salad to get more greens in the meal.

Why should my diet consist mostly of raw green leafy vegetables?

Foods that require cooking to be consumed probably are not very good nutritionally for humans. By cooking them, we further compromise their nutritional value, because the vitamins, minerals, enzymes, co-enzymes, carbohydrates, proteins, and fats are damaged or destroyed by the heat of cooking.

Salads are central to a raw diet and should be used to structure your meals. Structure your diet by building every meal around salads. Keep the following tips in mind:

1. Remember that everything you need to live can be found in the produce section.
2. Shop two times a week in order to get fresh produce. Most leafy greens have a refrigerator shelf life of 4-5 days.
3. Buy your produce first. It is the most important food. If you are on a budget, shopping for produce will maximize your dollar as you will avoid junk food while you have a cart full of produce.
4. Wash leafy greens by separating the leaves. Rinse well in order to remove pesticides.
5. Keep your refrigerator well stocked with fresh vegetables. This way you will always have what you need for a salad.
6. While shopping, ask, "How will this go with a salad." Try to consider everything as something that will go into a salad or alongside it.

DETOXIFICATION

The Solutions4 Company is committed to your health, vitality and appearance. We continue to research and develop products and programs that offer total body wellness.

Because of the need for individuals to regularly rid their bodies of accumulated toxins and waste materials, Beneficial International, the parent company of Solutions4, has spent many years in the development and perfection of the ultimate detoxification and body cleansing program. Designed with the aid and interaction of physicians, nutritionists, and herbalists, the Solutions4 Detoxification Program has helped thousands of people in their quest for health and vitality.

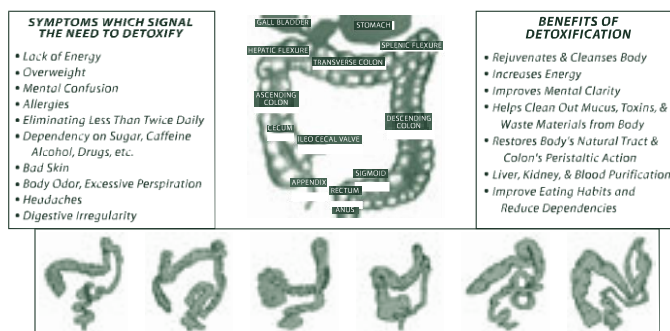
Detoxification is one of the most important factors in the promotion of good health and disease prevention. The Solutions4 Program helps the body to cleanse itself of toxins, mucus and other waste materials in the intestinal tract and major vital organs, improving the way they function. This not only restores new energy to the vital organs, but to the entire body as well.

Solutions4 offers one of the original Detoxification Programs. Our natural formulas have been in use since 1979 – long before detoxification was a popular concept. This history gives you confidence that you are using a program that is safe and effective.

Detoxification can be part of a health maintenance and prevention program when used 3 to 4 times per year. Though it is not a “cure-all”, it is a positive way to start addressing many undesirable body conditions, such as allergies, acne, arthritis, skin problems, cellulite, obesity, etc.

Benefits of Detoxification

- An increase in energy is experienced
- The digestive tract can rid itself of accumulated waste and putrefied bacteria. (Typical loss is between 2-8 lbs. of water and waste during a 3 day cleanse.)
- Liver, kidneys and blood are purified and function more effectively.
- The peristaltic action of the colon is strengthened.
- A mental clarity occurs that is not possible under the constant bombardment of chemicals and food additives.
- Physical dependency on habit-forming substances such as refined sugar, caffeine, nicotine, alcohol and drugs is greatly diminished.
- Bad eating habits are broken. As you come off the program, it is easier to make wiser food choices.
- The stomach has a chance to return to normal size, making it easier to control the quantity of food eaten.



TYPICAL (UNHEALTHY) COLONS

HEALING CRISIS

The body has natural cleansing abilities that help to expel unnecessary or harmful substances. Four eliminative organs of the body are: the bowels, the skin, the lungs, and the kidneys. These systems are in use all the time, working to keep the body clean and healthy.

When an invader enters the body, the natural process is for the body to remove that invader through eliminative organs. This can happen through diarrhea, vomiting, perspiration (fever), coughing, mucus, or nasal discharge. These natural healing abilities are often under used, as the common response to illness or discomfort is to take chemical medications for symptom relief. We suppress the body's natural eliminative processes through anti-diarrhea drugs, antihistamines, fever reducers, antibiotics and others to keep our bodies from cleansing in the natural way. The "stuffing drugs" that we use drive the virus and bacteria back into the tissues where it can remain until the next immune system crash. Immediate symptoms are managed, but long-term health problems are often the result. For instance, a steroid (cortisone) ointment used for a skin condition may clear up immediate symptoms, but later a more serious problem may occur, such as asthma. In turn, bronchodilators may control the asthma, but may cause depression. In the effort to relieve a patient's symptoms, the real causes of the patient's condition have been overlooked. In addition to environmental toxins and the unhealthy foods that we consume, these types of chemical stuffers contribute to our need to detoxify regularly. A cleansing process such as Detoxification takes these substances out of storage and into circulation to be eliminated. This occasionally causes unpleasant symptoms for a short time. The consumption of caffeine, refined sugar, alcohol and other substances also contributes to the effect that is known as a "healing crisis."

During detoxification and the days following, many people experience some of the signs of a healing crisis, which may include: headaches, skin breakouts, bowel sluggishness, diarrhea, fatigue, sweating, frequent urination, congestion, nasal discharge, or body aches. A few may also briefly experience anxiety, irritability or mental depression.

You must understand that your body is going through cleansing and detoxification. It is throwing out poisons using the energy it has saved from the hard-to-digest meals that have been discontinued. This is your body's natural way of cleansing, and is a positive occurrence.

The best way to encourage your body's natural cleansing methods is to not use over the counter drugs to stop the cleansing process. (Prescription medication should NOT be discontinued without a medical doctor's approval). They may make you feel better in the short term, but do so by driving toxins back into the tissues. Drink plenty of water to facilitate the process and get some rest.

The healing crisis generally lasts from just a few hours to a few days. The healthier one's body is to begin with, the fewer symptoms there will be. The more the body has to clean up, the harder and longer the cleansing side effects will be. Symptoms will also be more pronounced if

the change in the diet is abrupt, and less so if it is gradual. This is why detoxification preparation days are so important. Each healing crisis is followed by increased vitality and improved wellbeing.

Please be aware that it is just as important for your body to come off detoxification correctly as it is to detoxify. Your body is in a cleansing mode and will continue until clogging foods are reintroduced. As you finish Detoxification, continue taking the herbs until they are gone. Many of the ill-feeling symptoms that you may have been experiencing will have already begun to disappear. In fact, the three day cleanse is pretty dramatic. You will have lost 2-8 pounds, and will have begun eliminating some of the 5-27 pounds of waste that are being stored in the colon. If you are on medication, ask your prescribing doctor to work with you as you go through this program. Start consuming fresh fruit, salads and vegetables. Some people choose to juice live foods for a few days before eating solid foods, allowing the body more time and energy to heal and gain strength. Slowly work your way back into foods after detoxification. Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, and you may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy and your clean body is simply more sensitive to toxins.

Contact your Health Care Practitioner for specific questions on Healing Crisis.

Detoxification is a wonderful way to begin a healthy lifestyle. Done 3-4 times per year, the body is cleansed, stronger, and better able to resist illness.

FREQUENTLY ASKED QUESTIONS ABOUT DETOXIFICATION

Will the lemon juice mixture cause too much acid for my sensitive stomach?

Although the lemon is an acidic fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance within the body.

Is detoxification safe?

Absolutely. Body cleansing for health is a concept that has been in use for thousands of years. This type of internal cleanse has been used safely for periods of up to 2 months over the last 30 years. Solutions4 recommends detoxification for 3-10 days only, 3 to 4 times per year. See you Health Care Practitioner for specific directions.

Can I detoxify if I have hypoglycemia?

Detoxifying is especially beneficial to those with hypoglycemia. Just be sure to use only pure maple syrup in the lemon juice mixture. Honey or other sweeteners will trigger an unhealthy insulin response. Solutions4 APPETITE APPEASER will also help to regulate blood sugar levels.

How does detoxification affect cellulite?

Cellulite is waste materials trapped in connective tissue and fat cells, and it is very resistant to ordinary dieting and exercise. While Detoxification will not remove cellulite, it does cleanse the intestinal tract and the body's liquid waste system, thereby speeding up the elimination of toxins from the body, which aids in cellulite removal. Improved results can be achieved when done in conjunction with Solutions4 Body Contouring Wraps.

Will I have energy during the cleanse?

As toxins are expelled from the system, the energy levels rise. It may take a day or two for this effect to occur. If you are not as energetic as you feel you should be, add a little more maple syrup to the lemon juice mixture to raise and maintain your blood sugar level. It is also helpful to make the mixture last throughout the day rather than drinking it all at once. Solutions4 recommends reducing physical activity on detoxification days.

Why is it important to use distilled water?

Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. We recommend continuing to use distilled and /or pure spring water after your cleansing program. Do not use bottled mineral water since it may contain concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

Will I suffer hunger pains during detoxification?

Yes, you might and if you do, simply drink the lemon juice mixture more often. Since this mixture is food already in liquid form, it gets into the bloodstream faster and allays hunger. You might think you are hungry because you aren't chewing food, but with the mixture you getting the nutrients you need.

Why is it important to use pure maple syrup?

First, pure maple syrup contains many minerals and vitamins. For this reason, it will provide the body with energy. Second, pure maple syrup is a balanced, natural sweetener and can be used without causing an insulin response. Because of this, hypoglycemic's can use the program without fear of lowering or raising blood sugar levels.

Won't the lemon juice mixture cause too much acid for my sensitive stomach? No. Even though lemon is an acid fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance.

SUPPLEMENTS INCLUDED IN NEUROPATHY BREAKTHROUGH PROGRAM

APPETITE APPEASER

Balances blood sugar. This blend of 11 natural herbs also works together to assist the body in breaking down and dissipating excess fat from around the heart and other vital organs. It produces the “fat burning” enzymes, and increases energy levels naturally.

BODY PURIFIER

A combination of 11 herbs that work together to help rid the liver, kidneys, and bowels of accumulated toxins and other waste materials. Helps purify the blood stream, cleanse the lymphatic system, and accelerate healing.

CELLULITE CLEANSE

Stimulates the circulatory system and the lymphatic system to prevent water retention, and sweeps away toxins and waste materials harboring in the connective tissues. It then promotes the elimination function for these unwanted substances to eliminate from the body.

DIGESTIVE ENZYME BLEND

Helps the body to digest and assimilate all nutrients necessary for proper and healthy body rebuilding. Restores natural energy to the body while promoting weight control by heightening absorption of vitamins, minerals and other nutrients from food.

FIBER BLEND

This superior source of fiber is essential in the fight against obesity. By speeding up the body's food processing time, the important vitamins, minerals, and other nutrients are absorbed from the food, maximizing efficiency without calories. This formula also helps lower cholesterol levels in the blood, cleanses the intestinal tract, and combats constipation.

FLAX SEED OIL

An Organic source of omega-3 and other essential fatty acids, which play a vital role in healthy cell renewal. Regulates cholesterol levels, reduces risk of strokes, cancer and diabetes. Feeds the nerve tissue and helps repair it.

EXERCISE GEL

Cold feet may be a sign of circulation problems and lack of blood flow to the feet and toes is common for those with diabetes. Using EXERCISE GEL on your feet at night will increase the circulation in your feet, decrease pain, and increase feeling in tissue.

INTESTINAL CLEANSER

This formula is a superb combination of 9 herbs that have an extremely beneficial effect on the entire intestinal tract. It is also a bowel tonic and rebuilding formula. It helps improve intestinal absorption of vital nutrients while decreasing the absorption of toxins.

MULTIVITAMIN/MULTIMINERAL

Two capsules per day provide 100% RDA of all essential vitamins and minerals to help tissue nerves and circulation.

PROBIOTIC BLEND

This supplement, which provides 10 billion units of friendly bacteria per dose, nutritionally encourages proper food assimilation for healing damaged nerve tissue.

NUTRITIONAL SHAKE

An all-natural, 180-calorie, sugar free balanced meal replacement. Blood sugar management, which is needed to slow and stop neuropathy. This shake easily mixes with water and is available in Chocolate, Vanilla, and Orange Cream, and Strawberry.

VITAMIN D

Vitamin D3 (Cholecalciferol) offers many health benefits, including bone strengthening, lower risk of disease and infection, and immune boosting. It comes in an easily absorbable liquid gel-cap form.

How to Take Your Supplements during Your 12-Week Neuropathy Program

Your Solutions4 supplements are radically different than any other supplements you have taken before. Solutions4 strives to keep their products as pure as possible – unlike a myriad of supplement companies that can allow for a large percentage of fillers in each bottle.

Due to the purity of the product you are receiving, it is essential you follow proper instruction on how to take your daily supplements.

Here are our recommendations:

- Place all your supplements in bags according to the time of day you will be taking them.
 - AM bag
 - Noon Bag
 - PM Bag
- Always take your supplements with food in your stomach.
 - During Lemonade detox days, take with mixture in your stomach.
- Only take 3-4 supplements at a time and wait 30 minutes before taking more.
- Continue this process until all supplements are gone.
- Finish taking all supplements before 6:00pm.

Day 1

Date: __ / __ / __

Only consume approved fruits and vegetables. Today is a preparation day for the Detox.

AM SUPPLEMENTS:

- ☐ Appetite Appeaser: 2 ☐ Cellulite Cleanse: 2 ☐ Multivitamin/Multimineral: 2 ☐ Vitamin D: 2
☐ Probiotic Blend: 2

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- ☐ Appetite Appeaser: 2 ☐ Cellulite Cleanse: 1 ☐ Multivitamin/Multimineral: 2 ☐ Vitamin D: 1
☐ Probiotic Blend: 2

DINNER:

V = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 2

Date: __/__/__

Prep day. Only consume approved fruits and vegetables.

AM SUPPLEMENTS:

- ☐ Appetite Appeaser: 2 ☐ Cellulite Cleanse: 2 ☐ Multivitamin/Multimineral: 2 ☐ Vitamin D: 2
☐ Probiotic Blend: 2

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- ☐ Appetite Appeaser: 2 ☐ Cellulite Cleanse: 1 ☐ Multivitamin/Multimineral: 2 ☐ Vitamin D: 1
☐ Probiotic Blend: 2

DINNER:

V = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 3 - Detox (Day 1)

Date: __ / __ / __

Notice a change in supplementation and diet today. Today is about cleansing the body!

AM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 2**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

9:00 a.m. – 2:00 p.m.

☐ **Detox Mixture #1**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #1 (32 ounces)**

PM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 2**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

2:00 p.m.-7:00 p.m.

☐ **Detox Mixture #2**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #2 (32 ounces)**

✓ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements today?
- ☐ Did you drink at least 128 ounces of liquid today?
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 4 - Detox (Day 2)

Date: __ / __ / __

Notice a change in supplementation and diet today. Today is about cleansing the body!

AM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 3**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

9:00 a.m. – 2:00 p.m.

☐ **Detox Mixture #1**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #1 (32 ounces)**

PM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 3**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

2:00 p.m.-7:00 p.m.

☐ **Detox Mixture #2**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #2 (32 ounces)**

✓ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements today?
- ☐ Did you drink at least 128 ounces of liquid today?
- ☐ Hours of Sleep received last night _____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 5 - Detox (Day 3) Last Day

Date: __ / __ / __

Notice a change in supplementation and diet today. Today is about cleansing the body!

AM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 4**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

9:00 a.m. – 2:00 p.m.

☐ **Detox Mixture #1**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #1 (32 ounces)**

PM SUPPLEMENTS: Take Appetite Appeaser when needed

☐ **Body Purifier: 4**

☐ **Fiber Blend: 8**

☐ **Intestinal Cleanser: 2**

2:00 p.m.-7:00 p.m.

☐ **Detox Mixture #2**

- ¾ cup of fresh lemon juice (can substitute for pure cranberry juice)
- ¼ cup of pure maple syrup
- 24 ounces of distilled water

Makes 32 ounces of Lemon Detox Mixture

☐ **Water Bottle #2 (32 ounces)**

✓ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements today?
- ☐ Did you drink at least 128 ounces of liquid today?
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 6

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 7

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- | |
|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Did you use exercise gel on affected area?<input type="checkbox"/> Follow nutrition guidelines for the day?<input type="checkbox"/> Did you take all of your supplements today?<input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.<input type="checkbox"/> Did you exercise? ____ Min<input type="checkbox"/> Hours of Sleep received last night ____ hrs<input type="checkbox"/> If stressed, did you use any relaxation techniques?<input type="checkbox"/> Write down any questions you have for your next appointment: _____ |
|--|

Day 8

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 9

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 10

Date: __ / __ / __

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 11

Date: __ / __ / __

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 12

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 13

Date: __ / __ / __

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 14

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 15

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 16

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 17

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 18

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 19

Date: __ / __ / __

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

Day 20

Date: __/__/__

Choose snacks and meals from approved food list.

AM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 2 | <input type="checkbox"/> Cellulite Cleanse: 2 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

BREAKFAST:

MIDMORNING SNACK:

LUNCH:

MID-AFTERNOON SNACK:

PM SUPPLEMENTS:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Appetite Appeaser: 2 | <input type="checkbox"/> Body Purifier: 1 | <input type="checkbox"/> Cellulite Cleanse: 1 | <input type="checkbox"/> Fiber Blend: 5 |
| <input type="checkbox"/> Intestinal Cleanser: 2 | <input type="checkbox"/> Multivitamin/Multimineral: 2 | <input type="checkbox"/> Vitamin D: 2 | <input type="checkbox"/> Probiotic Blend: 2 |

DINNER:

√ = YES x = NO (Check Daily)

- ☐ Did you use exercise gel on affected area?
- ☐ Follow nutrition guidelines for the day?
- ☐ Did you take all of your supplements today?
- ☐ Drink ½ your body weight in ounces? ____ oz.
- ☐ Did you exercise? ____ Min
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
- ☐ Write down any questions you have for your next appointment: _____

DAY 21 and Beyond

Once someone has gone through the first 20 days of the Neuropathy Breakthrough Program, they should be feeling like a completely new person. A new level of vitality and health will have been reached and you will have noticed improvement in your Neuropathy pain. Now each person must decide how they will live to maintain this level of wellness, and even improve upon it. For the next 9 weeks you will still be taking supplements but will not be required to follow a strict eating plan. Remember, that the healthier you eat, the better you will feel. Hippocrates said, "Let food be thy medicine and medicine be thy food." Use the following list to ensure lasting health:

- **Make healthy food choices that consist of foods that heal the body, rather than foods that destroy health and cause degenerative disease.**
- Eat twice as many veggies as fruits.
- Eat a variety of fresh food and a rainbow of colors.
- Fresh and organic produce is always best
- If eating meat always try to use organic, antibiotic free and hormone free.
- If eating dairy products always try to use organic, antibiotic free and hormone free.
- When eating grains or breads, try to use whole grain and when possible organic.
- If using salt, use Real Salt or Sea Salt.
- Try looking for healthy snacks like nuts and seeds or cut up fruit and veggies.
- DRINK WATER: You should be drinking half your weight in ounces – not tap water!
- No processed foods!
- No MSG and NO CHEMICALS
- 5-7 small meals throughout the day will keep your metabolism going
- Last meal of the day should be eaten before 6 pm
- 100% nutrition — there will always be a need to supplement nutrients, as it is impossible to get complete nutrition by eating food sources as they are in today's world.
- Solutions4 recommends these supplements each day for a healthy body
 - Body Purifier
 - Cellulite Cleanse
 - Digestive Enzyme
 - Flax Seed Oil
 - Intestinal Cleanser
 - Vitamin D
 - Solutions4 Nutritional Shake
- Have one Solutions4 Nutritional shake daily to replace a meal.
- Continue to stay away from
 - Processed or refined foods.
 - MSG or Chemicals.
 - Artificially sweetened drinks and food products.
 - Carbonated beverages.
 - Alcohol, Caffeine, tobacco or other stimulants Cellulite Cleanse
 - Any products containing sugar or high fructose corn syrup.

- All white flour and white flour products.
 - All processed meats such as bacons, sausage, ham, hot dogs, luncheon meats, corned beef, and pastrami.
 - Red Meat such as Beef, Lamb, Pork and Veal.
- Get to bed early and get 8 hours of sleep if possible.
 - Body cleansing and detoxification — everyone should detoxify at least four times per year. We still live in a toxic society, and this becomes a cleansing lifestyle.
 - Exercise — at least 40 minutes per day. Alternate weight-bearing and cardiovascular.
 - Learn to deal positively with stress.
 - Listen to the body. The body will tell you what it needs and what it doesn't need.
 - Become educated on how the body works.
 - Live a positive, happy, healthy life.

Day 21 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 22 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 23 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 24 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 25 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 26 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 27 Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.	
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 25%;"><input type="checkbox"/> Appetite Appeaser: 1</div> <div style="width: 25%;"><input type="checkbox"/> Body Purifier: 3</div> <div style="width: 25%;"><input type="checkbox"/> Cellulite Cleanse : 3</div> <div style="width: 25%;"><input type="checkbox"/> Digestive Enzyme: 3</div> <div style="width: 25%;"><input type="checkbox"/> Flax Seed: 1</div> <div style="width: 25%;"><input type="checkbox"/> Intestinal Cleanser: 4</div> <div style="width: 25%;"><input type="checkbox"/> Multivitamin/Multimineral: 1</div> <div style="width: 25%;"><input type="checkbox"/> Vitamin D: 3</div> </div>	

Day 28	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 29	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 30	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 31	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 32	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 33	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 34	Choose foods from the approved list when possible.	Date: __ / __ / __
AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.		
<input type="checkbox"/> Appetite Appeaser: 1	<input type="checkbox"/> Body Purifier: 3	<input type="checkbox"/> Cellulite Cleanse : 3
<input type="checkbox"/> Flax Seed: 1	<input type="checkbox"/> Intestinal Cleanser: 4	<input type="checkbox"/> Digestive Enzyme: 3
	<input type="checkbox"/> Multivitamin/Multimineral: 1	<input type="checkbox"/> Vitamin D: 3

Day 35 Choose foods from the approved list when possible. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Vitamin D: 3 |

Day 36 Choose foods from the approved list when possible. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Vitamin D: 3 |

Day 37 Choose foods from the approved list when possible. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Vitamin D: 3 |

Day 38 Choose foods from the approved list when possible. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Vitamin D: 3 |

Day 39 Choose foods from the approved list when possible. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Vitamin D: 3 |

Day 40 NOTICE CHANGE IN SUPPLEMENTS TODAY. **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Vitamin D: 3 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | | |

Day 41 **Date:**__ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Vitamin D: 3 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | | |

Day 42

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Vitamin D: 3 | <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 |
| <input type="checkbox"/> Flax Seed: 1 | <input type="checkbox"/> Intestinal Cleanser: 4 | | |

Day 43

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 44

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 45

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 46

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 47

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 48

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 49

Date: __/__/__

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 50

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 51

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 52

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 53

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 54

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 55

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 56

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 57

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 58

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 59**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 60**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 61**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 62**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 63**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 64**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3**Day 65**

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.☐ Body Purifier: 3☐ Cellulite Cleanse : 3☐ Digestive Enzyme: 3☐ Flax Seed: 2☐ Intestinal Cleanser: 4☐ Vitamin D: 3

Day 66

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 67

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 68

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 69

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 70

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 71

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 72

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 73

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 74

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 75

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 76

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 77

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 78

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 79

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 80

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 81

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 82

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 83

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 84

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 85

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 86

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 87

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 2 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 88

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 89

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

- | | | | |
|---|--|--|---------------------------------------|
| <input type="checkbox"/> Body Purifier: 3 | <input type="checkbox"/> Cellulite Cleanse : 3 | <input type="checkbox"/> Digestive Enzyme: 3 | <input type="checkbox"/> Flax Seed: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 4 | <input type="checkbox"/> Vitamin D: 3 | | |

Day 90

Date: __ / __ / __

AM SUPPLEMENTS: Take 3-4 pills every 20 minutes with food. Take supplements throughout the day if needed.

☐ **Body Purifier: 3**

☐ **Cellulite Cleanse : 3**

☐ **Digestive Enzyme: 3**

☐ **Flax Seed: 1**

☐ **Intestinal Cleanser: 4**

☐ **Vitamin D: 3**

RECIPES

Shakes

Chocolate Dream	5 mins	Serves 1
<ul style="list-style-type: none"> 2 scoops Solutions4 Chocolate 1 cup ice cubes 1 cup water 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Fruit Smoothie	5 mins	Serves 1
<ul style="list-style-type: none"> 2 oranges 1 banana ½ cup berries 2 scoops Solutions4 Vanilla 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Pina Colada	5 mins	Serves 1
<ul style="list-style-type: none"> 6 ounces orange juice 1 cup pineapple ½ cup fresh coconut milk 2 scoops Solutions4 Orange 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Citrus Berry Splash	5 mins	Serves 1
<ul style="list-style-type: none"> 2 scoops Solutions4 Orange ½ cup blackberries ¼ cup blueberries ½ cup strawberries ½ banana (optional) The juice from 2 freshly squeezed oranges 1-2 cups ice cubes 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Coconut chocolate Delight	5 mins	Serves 1
<ul style="list-style-type: none"> ▪ 1 banana ▪ Milk from a Baby Thai coconut ▪ Meat from a Baby Thai coconut ▪ 2 scoops Solutions4 Chocolate 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Snack Shake	5 mins	Serves 1
<ul style="list-style-type: none"> ▪ 1 scoop of Chocolate, Vanilla, Strawberry, or Orange Cream Solutions4 Nutritional Shake ▪ Ice and water to equal 8 oz. 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Meal Shake	5 mins	Serves 1
<ul style="list-style-type: none"> ▪ 2 scoops of Chocolate, Vanilla , Strawberry or Orange Cream Solutions4 Nutritional Shake ▪ Ice and water to equal 10 oz. 		
Combine all ingredients in a blender and blend well.		
✓ LOVED IT!	✓ Didn't like it	

Salads

Confetti Salad	15 mins	Serves 2
<ul style="list-style-type: none"> ▪ 1 cup Red Cabbage ▪ 2 cups Chopped Romaine Lettuce ▪ ½ cup tomato, diced ▪ ¼ of an avocado, diced ▪ 2 tbsp Annie's Lemon and Chive Dressing 		
Mix all ingredients and Savor! Mmmm. Tip – This salad is filling! Use it as a Main meal.		
✓ LOVED IT!	✓ Didn't like it	

Fennel and Orange Salad	15 mins	Serves 2
<ul style="list-style-type: none"> ▪ 2 cups raw spinach ▪ 1 small fennel bulb, thinly sliced ▪ 1 orange, peeled and sectioned ▪ lemon vinaigrette 		
Combine all ingredients with desired amount of dressing.		
✓ LOVED IT!	✓ Didn't like it	

Green Salad	10 mins	Serves 1
<ul style="list-style-type: none"> ▪ 2 cups mixed lettuce ▪ 4 thin slices of Roma tomato, cucumber or carrot ▪ 1 tbsp Choice of Dressing 		
Place lettuce and dressing in a bowl and toss. Transfer to plate. Garnish with tomato, cucumber, or carrot.		
✓ LOVED IT!	✓ Didn't like it	

Greek Salad	15 mins	Serves 1
<ul style="list-style-type: none"> 2 cups chopped romaine lettuce 1 Roma tomato, seeded and cut into chunks ¼ cucumber, seeded and cubed ¼ cup thinly sliced red onion ¼ red bell pepper, cut into chunks 		
Combine all ingredients with desired amount of dressing.		
✓ LOVED IT!	✓ Didn't like it	

Lemon Herb Dressing	15 mins	Serves 1
<ul style="list-style-type: none"> ½ cup extra-virgin olive oil ¼ cup fresh lemon juice 1 tsp. dill 1 tsp. oregano 1 tsp. tarragon 1 clove garlic crushed Dash of salt Dash of pepper 		
Place all ingredients in a bowl and toss.		
✓ LOVED IT!	✓ Didn't like it	

Harvest Salad	15 mins	Serves 1
<ul style="list-style-type: none"> 2 cups of torn red leaf lettuce ¼ apple, sliced 2 tbsp Vinaigrette 1 tbsp fresh raspberries 		
1. Place lettuce, apples and vinaigrette into a bowl and toss. 2. Transfer to a plate and sprinkle with raspberries		
✓ LOVED IT!	✓ Didn't like it	

Mediterranean Salad	15 mins	Serves 2
<ul style="list-style-type: none"> 4 Medium tomatoes 2 cucumbers 1 cup chopped fresh parsley ½ tbsp chopped basil ¼ cup extra-virgin olive oil ½ tsp Celtic salt Juice of 2 lemons 		
Combine all ingredients in bowl and toss well.		
✓ LOVED IT!	✓ Didn't like it	

Nori and Avocado Salad	20 mins	Serves 2
<ul style="list-style-type: none"> 1 cup Romaine lettuce, chopped 1 cup Spinach, chopped ½ cup alfalfa sprouts 4 Sheets of Nori ½ Avocado, diced 		
1. Mix ingredients in a medium salad bowl. Set aside. 2. Place a nori sheet in a frying pan on medium heat. Turn the nori from side to side until it goes from black to bright green. Repeat with other sheets of nori. 3. Cut nori into bite size pieces and add to salad. Toss well and add avocado. Drizzle "Energy Dressing" over the top. Enjoy! *Substitute ½ cup sliced cucumber for the avocados for a lighter, equally delicious salad!		
✓ LOVED IT!	✓ Didn't like it	

Spring Garden Salad		30 mins	Serves 4
<p><u>Salad</u></p> <ul style="list-style-type: none">▪ 4 cups chopped Iceberg or Salad Bowl lettuce▪ 4 cups chopped Butter lettuce▪ ½ cup chopped tomato▪ ½ cup black olive▪ ½ alfalfa sprouts▪ ½ sunflower sprouts▪ 1 cup thin broccoli florets, steamed▪ 1 cup small cauliflower florets, steamed▪ 1 cup cubed zucchini, sautéed▪ 1 cup snow peas, blanched and halved▪ 1 cup petit peas, steamed	<p><u>Dressing</u></p> <ul style="list-style-type: none">▪ 5 tbsps extra-virgin olive oil▪ 2 ½ tbsps lemon juice▪ 2 tbsps dairy-free mayonnaise or Almonnaise▪ ½ tsp Dijon-style mustard▪ Dash of Worcestershire sauce▪ 2 tbsps water▪ 1 tsp minced onion		
<p>1. Place lettuce in large bowl</p> <p>2. Measure dressing ingredients into hand blender container and blend until creamy</p> <p>3. Add tomato, olives, and sprouts to lettuce. Toss in cooked vegetables. Add dressing and toss well.</p>			
✓ LOVED IT!		✓ Didn't like it	

Dressings

Energy Dressing	5 mins	Serves 2
<ul style="list-style-type: none"> 1 clove garlic, minced 3 tbsps Olive Oil 	<ul style="list-style-type: none"> 1 tbsp lemon juice ¼ tsp sea salt 	
Place all ingredients in bowl and let marinate for 10-15 minutes.		
✓ LOVED IT!	✓ Didn't like it	

Italian Marinade or Dressing	15 mins	Serves 4-6
<ul style="list-style-type: none"> ½ cups fresh lemon juice ¼ cups water 1/3 cups olive oil 	<ul style="list-style-type: none"> 1-2 cloves garlic, peeled and minced ¼ tsp sea salt, optional 1 tbsp each coarsely chopped oregano and basil 	
Refrigerate in jar 2-4 hours before using. Shake well before using.		
✓ LOVED IT!	✓ Didn't like it	

Garlic Olive Oil Dressing	15 mins	Serves 2
<ul style="list-style-type: none"> 2 cloves of garlic 1/8 tsp sea salt 	<ul style="list-style-type: none"> Juice from half of a freshly squeezed lemon 1/3 cup flax oil 	
Mash garlic cloves with Salt. Squeeze lemon juice into the mixture. Taste...if needed; add more salt, garlic, or juice. Add flax oil. Mix all ingredients together and pour over salad.		
✓ LOVED IT!	✓ Didn't like it	

Dr. Julie-Ann Holland's Candida Friendly Dressing	15 mins	Serves 6-8
<ul style="list-style-type: none"> ½ cup Lemon Juice 1 ½ cups Olive Oil 	<ul style="list-style-type: none"> 2 tbsp Minced Ginger 1/3 cup Minced Garlic 	
Blend all ingredients until creamy. Keeps for up to five days in refrigerator.		
✓ LOVED IT!	✓ Didn't like it	

CONDIMENTS/DIPS/SPREADS/MARINADES

APPETIZERS

Chunky Guacamole	10 mins	Serves 4-6
<ul style="list-style-type: none"> ▪ 1 medium avocado, peeled, pitted, and grated ▪ 2 tbsp fresh squeezed lemon juice ▪ 1 large tomato, chopped ▪ 2-4 green onions, chopped ▪ ½ tsp garlic ▪ Fresh pepper and sea salt to taste 		
Mash avocado with a fork. Chop the tomato. Add all ingredients and mix well.		
✓ LOVED IT!	✓ Didn't like it	
Classic Guacamole	10 mins	Serves 8-10
<ul style="list-style-type: none"> ▪ 2 ripe avocados ▪ ¼ tsp garlic powder ▪ 1 tbsp fresh lemon juice ▪ ½ tsp fresh oregano ▪ ¼ tsp ground cumin ▪ Fresh pepper and sea salt to taste 		
Throw ingredients in a food processor. Chill, if desired, before serving.		
✓ LOVED IT!	✓ Didn't like it	
Fresh Tomato Salsa	15 mins	Serves 2-3
<ul style="list-style-type: none"> ▪ 3 large Roma tomatoes, peeled ▪ 1 tbsp crushed jalapeno peppers ▪ 4 green onions, chopped ▪ 2 tbsps fresh lime juice ▪ Pinch of finely chopped red chili peppers 		
<ol style="list-style-type: none"> 1. Chop the tomatoes into small pieces. 2. Combine tomatoes with remaining ingredients in a medium sized bowl and stir. 3. Wrap tightly and refrigerate for one day before serving or leave covered at room temperature to allow flavors to blend. May be stored in fridge for up to 2 days. 		
✓ LOVED IT!	✓ Didn't like it	

CONDIMENTS

Homemade Tomato Sauce	25 mins	Serves 2-3
<ul style="list-style-type: none"> 2 leaves fresh basil Small handful loosely packed parsley leaves (about 1 oz) 1 small onion (about 2 ounces) – peeled and cut into 8 pieces 1 tbsp olive oil 3 medium ripe tomatoes (about 18 ounces total) cored and quartered dash of salt dash freshly ground black pepper 		
<ol style="list-style-type: none"> Process the fresh basil and parsley until finely chopped. Add the onion and chop. Transfer into saucepan with the oil and cook, stirring, for 2 minutes. Process the tomatoes until coarsely chopped and add to saucepan. Bring to a boil; reduce heat and cook, partially covered, for 20 minutes, stirring occasionally. Process the mixture all together. Strain the sauce. Add salt, pepper and cook uncovered for 10 minutes more or until thick. 		
✓ LOVED IT!	✓ Didn't like it	

Salsa	10 mins	Serves 2
<ul style="list-style-type: none"> 2 tomato, chopped ½ red onion, chopped 1 jalapeno pepper, seeds removed & chopped cilantro, chopped parsley, chopped juice of ½ a lime sea salt & pepper 		
Combine all ingredients and mix together. For best results let refrigerate for 1 hour before Serving.		
✓ LOVED IT!	✓ Didn't like it	

SOUPS

American Vegetable Soup	1 hr 10mins	Serves 6
<ul style="list-style-type: none"> 1 tbsp extra virgin olive oil 2 cups sliced leeks 1 sliced medium red onion 2 carrots, halved and cut 1/8 in rounds 1 medium green cabbage, chopped (8 cups) 1 tsp fresh thyme 7 cups boiling water 1 tbsp low sodium organic chicken broth 3 tbsp lemon juice 2 peeled and chopped medium tomatoes Freshly ground pepper ½ cup celery ½ cup green beans ½ cup peas 		
<ol style="list-style-type: none"> Heat oil, garlic, onion, and thyme and sauté until onion begins to soften (about 2 minutes) Add carrots, celery, green beans, peas, and cabbage. Sauté and stir for 2 minutes. Add water and bring to a boil. Stir in broth and tomato paste. Cover and bring to boil. Simmer for 35 to 40 minutes. 		
✓ LOVED IT!	✓ Didn't like it	

Creamy Celery Soup		30 min	Serves 4-5
<ul style="list-style-type: none">▪ 1 medium onion▪ 1 medium celery stalk▪ 1 medium garlic clove▪ 1 tbsp olive oil▪ 4 cups chopped vegetables, in ½ to 1 inch pieces		<ul style="list-style-type: none">▪ 5 cups low-sodium, organic vegetable broth▪ Freshly ground pepper	
<ol style="list-style-type: none">1. Boil water2. Chop onion and celery. Slice garlic into thin strips.3. Heat oil, onion, garlic, and celery in a separate pot. Cook and stir for 1 minute on medium heat. Add vegetables and continue to cook for 1 minute.4. Add boiling broth and bring back to a boil. Stir and reduce heat to medium. Cover and cook for 8-10 minutes. Simmer until vegetables are tender.5. Pour soup into a bowl to cool.6. Place ¾ of soup in blender and liquefy to a cream. Pour into original soup pot. Place remaining one-quarter of unblended soup in blender. Pulse-blend for 2 to 3 seconds, allowing mixture to remain lumpy and textured. Pour it into creamed portion in the original soup pot.7. Place soup over medium heat. Gently reheat soup, taking care not to let it boil and stirring frequently. Add pepper to taste.			
✓ LOVED IT!		✓ Didn't like it	

Happy Vegetable Soup		15 min	Serves 3-4
<ul style="list-style-type: none">▪ 1 small onion▪ 2 green onions▪ 2 celery stalks▪ 2 carrots▪ 1 zucchini▪ 1 pressed garlic clove		<ul style="list-style-type: none">▪ 2 green chard leaves▪ 2 cups broccoli▪ 1 tbsp extra virgin olive oil▪ 6 cups low-sodium, organic vegetable broth▪ ½ cup minced fresh parsley	
<ol style="list-style-type: none">1. Cut vegetables (except chard and broccoli) into ½ inch pieces.2. Coarsely chop chard and cut broccoli into thin florets.3. Sauté onion, green onion, celery, carrots, zucchini, and garlic in oil. Add hot broth then boil. Simmer for 5 minutes (covered)4. Stir in parsley. Remove pot from heat and cover for two minutes			
✓ LOVED IT!		✓ Didn't like it	

Vegetable Garden Soup		20 min	Serves 8
<ul style="list-style-type: none">▪ 6 cups low-sodium, organic vegetable broth▪ ½ tsp extra virgin olive oil▪ 2 carrots, peeled and diced▪ 1 large onion, diced▪ 1 cup of chopped broccoli▪ 4 Cloves of garlic, minced▪ 1/2 cabbage, chopped		<ul style="list-style-type: none">▪ 1/2 pound frozen green beans▪ 2 tbsp tomato paste▪ 1 tsp fresh basil▪ 1 tsp fresh oregano▪ 1 tsp sea salt▪ 1 large zucchini, diced	
<ol style="list-style-type: none">1. Bring the broth to a boil2. Put Extra-Virgin Olive Oil in Dutch oven and heat on MEDIUM HIGH.3. Add the carrots, onion and garlic and cook for about 5 minutes.			

4. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil.
5. Cover, reduce the heat to MEDIUM and simmer for about 15 minutes or until the beans are tender.
6. Add the zucchini and cook until the zucchini is tender.

✓ LOVED IT! ✓ Didn't like it

Veggie Chowder		20 mins	Serves 4
<ul style="list-style-type: none"> ▪ 2 large tomatoes, peeled, cored and pureed ▪ 1 cup water ▪ 1 medium red bell pepper, diced ▪ 1 medium yellow onion, finely chopped 		<ul style="list-style-type: none"> ▪ 1 garlic clove, minced ▪ 1 tbsp fresh parsley, chopped ▪ 1 tbsp fresh sage, chopped ▪ 1 tbsp fresh thyme, chopped 	

Combine all ingredients in large pan; mix and bring to a boil. Reduce heat and simmer 10-15 minutes or until vegetables are tender.

✓ LOVED IT! ✓ Didn't like it

Warm Vegetable Soup		15 min	Serves 3-4
<ul style="list-style-type: none"> ▪ 1 small onion ▪ 2 green onions ▪ 2 celery stalks ▪ 2 carrots ▪ 1 zucchini ▪ 1 garlic clove, pressed 		<ul style="list-style-type: none"> ▪ 2 green chard leaves or kale ▪ 2 cups broccoli florets ▪ 1 tbsp extra virgin olive oil ▪ 6 cups low-sodium, organic vegetable broth ▪ ½ cup minced fresh parsley 	

1. Cut vegetables into ½ inch pieces except for chard and broccoli. Chop chard and broccoli into thin pieces.
2. Sauté onion, green onions, celery, carrots, zucchini, and garlic in oil in a large pot. Add water and bouillon cubes and bring to a boil. Simmer and cover for 5 minutes.
3. Add chard and broccoli to pot. Return to a boil and simmer for 5 minutes.
4. Stir in parsley. Cover and remove pot from heat and let stand for 2 minutes

✓ LOVED IT! ✓ Didn't like it

VEGETABLE DISHES

Beet Greens and Chard		12 mins	Serves 2-4
<ul style="list-style-type: none"> ▪ 1 bunch red chard ▪ 1 bunch beet greens ▪ 1 tbsp lemon juice 			

1. Wash and coarsely chop greens.
2. Place in a covered pan over low heat and cook for 10 minutes. Occasionally stirring.
3. Sprinkle lemon juice and toss

✓ LOVED IT! ✓ Didn't like it

Belgian Endive Delight	25 mins	Serves 6
<ul style="list-style-type: none"> 2-3 tbsp extra virgin olive oil 6 Belgian endive, cut in half lengthwise 	<ul style="list-style-type: none"> 2 to 3 cups water 3 tbsp lemon juice 	
<ol style="list-style-type: none"> Preheat oven to 375F. Heat oil in a large skillet. Add endive and brown on both sides. Add water to come halfway up endive. Add lemon juice, cover, and place in oven for 20 minutes (or until liquid is absorbed). 		
✓ LOVED IT!	✓ Didn't like it	

Bunches of Broccoli	15 mins	Serves 1
<ul style="list-style-type: none"> 1 bunch of broccoli 2 tbsp organic butter 	<ul style="list-style-type: none"> Sea salt & cayenne pepper, to taste 1 tsp fresh lemon juice 	
Steam broccoli tops until tender crisp. Drain. Melt butter in skillet over low heat. When butter begins to brown, add lemon juice, salt and pepper. Pour over hot broccoli. 3-4 servings		
✓ LOVED IT!	✓ Didn't like it	

Carrot "Stuffing"	20 mins	Serves 2-4
<ul style="list-style-type: none"> 3-5 lbs. Carrots, juiced, save the pulp. 3 large ripe avocados 1 medium head celery 	<ul style="list-style-type: none"> 1 red onion 2 tomatoes 	
<ol style="list-style-type: none"> Mix the celery and onions in a food processor, or with the champion juicer with the blank in. Add this to the carrot pulp. Add diced tomatoes to the mixture. Mush up 3 large ripe avocados. Add and mix thoroughly. Mix up and eat! (You may want to add a little bit of the carrot juice back to the mix for extra moistness and sweetness) 		
This can be eaten alone, added to a salad, placed on lettuce leaves, stuffed in a pepper, etc.		
✓ LOVED IT!	✓ Didn't like it	

Filled Eggplant	30 mins	Serves 4-6
<ul style="list-style-type: none"> 1 medium eggplant, peeled and cubed 1 tsp sea salt 8 tsp coconut oil 	<ul style="list-style-type: none"> 1 medium green pepper, cored, seeded and chopped 2 cloves garlic, chopped 	
Cover eggplant in water, add the sea salt and soak for 20 minutes. Drain. Coat heated skillet in oil. Add eggplant, pepper and garlic. Cover and reduce heat to low. Cook until tender, 6-7 minutes.		
✓ LOVED IT!	✓ Didn't like it	

French Garlic String Beans	35 min	Serves 4-6
<ul style="list-style-type: none"> 2 tbsp extra virgin olive oil 	<ul style="list-style-type: none"> ½ tsp sea salt 	

<ul style="list-style-type: none"> ▪ 1 tsp garlic, minced ▪ 4 cups fresh string beans, julienned ▪ ½ tsp dried thyme 	<ul style="list-style-type: none"> ▪ 2 cups water ▪ 3 tbsp low-sodium organic chicken broth ▪ Squeeze of fresh lemon juice
<ol style="list-style-type: none"> 1. Heat oil in a large saucepan. 2. Add garlic and beans and sauté on high to sear beans, stirring frequently so they don't burn. 3. Add thyme, salt and pepper to taste. 4. Add water and chicken broth. 5. Bring to a boil, cover tightly, reduce heat to medium-low, and simmer for 20-30 minutes. 6. Squeeze lemon juice on top and toss well. 	
✓ LOVED IT!	✓ Didn't like it

Garlic Green Beans	15 mins	Serves 2-3
<div><div><div>▪ 2 cups fresh green beans</div><div>▪ ¼ cup minced onion</div></div><div><div>▪ 1 Clove Garlic</div><div>▪ 1 tsp extra virgin olive oil</div></div></div>		
<div><div>1. Combine olive oil and garlic in saucepan over medium heat</div><div>2. Combine all ingredients in saucepan sauté over med heat until green beans are tender.</div></div>		
✓ LOVED IT!	✓ Didn't like it	

Grilled Asparagus	7-10 mins	Serves 3-4
<div><div><ul style="list-style-type: none">▪ 2 tbsp extra virgin olive oil▪ ½ tsp pressed garlic</div><div><ul style="list-style-type: none">▪ 1 pound thin asparagus, trimmed</div></div>		
<div><div><div>1. Preheat oven to broil or heat grill to medium.</div><div>2. Combine oil and garlic in a small bowl</div><div>3. Place asparagus on grill or broiler rack and brush with garlic flavored oil. Grill for 4 to 5 minutes. Brush and turn occasionally.</div><div>4. Asparagus is ready and outer layer is crisp</div></div></div>		
✓ LOVED IT!	✓ Didn't like it	

Heavenly Marinated Vegetable		25 mins	Serves 4-6
<ul style="list-style-type: none">▪ ¼ cup olive oil▪ 2 cups of any combination of:<ul style="list-style-type: none">▪ Broccoli florets▪ Green or red cabbage, shredded▪ Cauliflower florets▪ Onion, sliced		<ul style="list-style-type: none">▪ Any color bell pepper, cored, seeded, and cut into strips▪ Tomato wedges▪ 3 cloves garlic, chopped▪ Sea salt to taste▪ 2 tbsps chopped fresh parley▪ ¼ cup freshly squeezed lemon juice	
<ol style="list-style-type: none">1. Heat the oil in a large skillet over low heat.2. Add the vegetables and garlic and sea salt.3. Stirring often until vegetables are tender-crisp.4. Stir in parsley. Cook 1-2 minutes more.5. Squeeze lemon juice over vegetables before serving			
✓ LOVED IT!		✓ Didn't like it	

Italian Green Beans	10 mins	Serves 4-6
<ul style="list-style-type: none"> Sea Salt 1 pound tender young green beans 2 tps lemon juice 2 tbsp extra virgin olive oil 		
<ol style="list-style-type: none"> Boil water in a large pot. Trim ends off beans and cut them in half. Add pinch of ground rock salt to water. Add beans. Boil for 3 minutes until bright green and tender. Drain and place in ice water. Drain and pat dry. Place green beans in a bowl. Sprinkle lemon juice and toss. Add olive oil and toss again. Serve chilled or at room temperate 		
✓ LOVED IT!	✓ Didn't like it	
Italian Zucchini	25 mins	Serves 4
<ul style="list-style-type: none"> 2 large zucchini 1 tsp minced garlic 2 tbsp fresh basil 2 tsp fresh oregano 1 tsp paprika Freshly ground pepper 		
<ol style="list-style-type: none"> Cut zucchini into thin 1/8 inch strips lengthwise. Combine garlic with olive oil in small bowl and add half of mixture to a large skillet with half the zucchini. Season with herbs and paprika and sauté over medium heat. Rotate with tongs until zucchini is bright green. Remove from skillet. Repeat process with remaining ingredients. Transfer zucchini to dish and season with pepper 		
✓ LOVED IT!	✓ Didn't like it	
Layered Zucchini	15 mins	Serves 4
<ul style="list-style-type: none"> 1 lb. zucchini, cut into ½" slices 1 lb. tomatoes, peeled and diced 1 tsp oregano 1 tsp minced onion ½ tsp sea salt ½ tsp garlic powder ¼ tsp cayenne pepper 		
Combine all in saucepan. Simmer until zucchini is tender		
✓ LOVED IT!	✓ Didn't like it	
Lettuce Wraps	20 mins	Serves 6-8
<ul style="list-style-type: none"> 2 very ripe avocados 3 tomatoes, diced ½ jalapeno pepper, diced 3 cloves fresh garlic, minced 2 tsp lime juice 6-8 large romaine lettuce leaves 		
<ol style="list-style-type: none"> In a medium bowl mash the avocado. Add remaining ingredients and stir until well mixed. Spread 2-3 tbsps onto lettuce leaves and wrap 		
✓ LOVED IT!	✓ Didn't like it	
Lemon Broccoli	10 mins	Serves 2
<ul style="list-style-type: none"> 1 head of broccoli 1 tbsp lemon juice, fresh squeezed ¼ tsp lemon zest Salt & pepper 		
<ol style="list-style-type: none"> Cook broccoli in microwave according to package instructions. Combine lemon juice and zest. Pour over heated broccoli. 		
✓ LOVED IT!	✓ Didn't like it	

Marinated Tomatoes	20 mins	Serves 2
<ul style="list-style-type: none"> 1 tomato, thinly sliced 3-4 red onion slices ½ tsp fresh basil ¼ tsp fresh tarragon ¼ tsp fresh oregano 2 tbsps red wine vinegar salt & pepper 		
<ol style="list-style-type: none"> Place tomato and onion slices in a shallow dish, slightly overlapping each other. Combine remaining ingredients in a separate bowl and pour over vegetables. For best flavor results refrigerate for several hours 		
✓ LOVED IT!	✓ Didn't like it	

Melted Tomato & Zucchini Wraps	20 mins	Serves 2
<ul style="list-style-type: none"> 1 tbsp extra virgin olive oil ½ cup thinly sliced zucchini rounds ½ large tomato, chopped ½ medium yellow onion, finely chopped Garlic powder, to taste Fresh Basil, to taste 2 Iceberg Lettuce Leafs 		
<ol style="list-style-type: none"> Preheat oven to 350 degrees F. Heat oil in skillet. Add vegetables and seasonings; sauté until tender. Spoon vegetables on cakes; cover dish with foil. Bake 10 minutes. Let cool and place in lettuce leaf 		
✓ LOVED IT!	✓ Didn't like it	

Mock "Mashed Potatoes"	10 mins	Serves 2-3
<ul style="list-style-type: none"> 1 Head of Fresh Cauliflower 1 tbsp minced dried onion 1/8 tsp black pepper 1 tbsp low-sodium organic chicken broth 		
<ol style="list-style-type: none"> Steam Cauliflower until tender. Combine all ingredients in saucepan and cook on medium heat for 5-7 minutes, stirring frequently. Remove from heat and mash with potato masher for chunkier texture or puree in a food processor for smoother texture 		
✓ LOVED IT!	✓ Didn't like it	

Parsley and Parsnips	18 mins	Serves 4-6
<ul style="list-style-type: none"> 8 medium parsnips, peeled, trimmed and quartered lengthwise 2 tbsps extra virgin olive oil ¼ cup minced fresh parsley 		
<ol style="list-style-type: none"> Place parsnips in a skillet with water (enough to cover). Boil then simmer covered for 5 minutes or until tender. Drain. Add olive oil, parsley, and parsnips. Heat and toss 		
✓ LOVED IT!	✓ Didn't like it	

Sautéed Brussels	20 mins	Serves 2
<ul style="list-style-type: none">5-6 Brussels sprouts1 cucumber1 orange pepper1/8 cup extra virgin olive oil		
Lightly steam Brussels sprouts. Slice cucumber and pepper. Combine sprouts, spinach, pepper and oil. Toss. Add salt/spices to taste.		
✓ LOVED IT!	✓ Didn't like it	

Sautéed Asparagus	20 mins	Serves 4
<ul style="list-style-type: none">½ pound asparagus, cut diagonally4 cups of water1 tbsp coconut oilGrated fresh gingerroot, to taste1 garlic clove, minced½ tsp sea salt, optional		
<ol style="list-style-type: none">Cover asparagus with water in pan. Bring to boil, reduce heat and cook 5 minutes. Drain.Heat oil in large skillet. Add seasonings and asparagus. Sauté, stirring often, until tender.		
✓ LOVED IT!	✓ Didn't like it	

Sautéed Spinach	10 mins	Serves 3-4
<ul style="list-style-type: none">2 tbsp extra virgin olive oil¼ cup sliced onion1 – 10 oz package fresh spinach, rinsed and torn1 clove garlic, slicedSea salt, to taste		
Coat skillet with oil and heat to low heat. Add spinach and garlic, stirring often until spinach is wilted. Season with salt.		
✓ LOVED IT!	✓ Didn't like it	

Spicy Taco Crunch Wraps	10 mins	Serves 2
<ul style="list-style-type: none">1 ripe avocados½ large onion¼ cup fresh lemon juice1/8 c fresh parsley, chopped1 ½ tsp sea saltRomaine or leaf lettuce		
<ol style="list-style-type: none">Cut the avocado into chunks, and pour lemon juice over it.Chop onion in a food processor, and then add the rest of the ingredients and process until smooth.Spoon into a lettuce leaf and wrap! This tastes like a taco!		
✓ LOVED IT!	✓ Didn't like it	

Steamed Cabbage	15 mins	Serves 2
<ul style="list-style-type: none">½ head of Cabbage, choppedjuice of ½ lemon½ tsp dry mustardsalt & pepper		
Steam cabbage for 5-10 minutes, until slightly tender. Combine mustard and lemon juice. Pour mixture over warm cabbage and season with salt and pepper		
✓ LOVED IT!	✓ Didn't like it	

Stir Fry	20 mins	Serves 2-3
<ul style="list-style-type: none"> 4 tsp Coconut oil 1 pound vegetables: Broccoli, cauliflower, onions, and green pepper 1 tbsp minced garlic 1 tsp fresh lemon juice 		
<ol style="list-style-type: none"> Heat oil in skillet over low heat. Add garlic and veggies. Cook until tender-crisp. Stir in lemon juice. 4 servings 		
✓ LOVED IT!	✓ Didn't like it	
Stir Fried Cucumbers	15 mins	Serves 1
<ul style="list-style-type: none"> 3 medium cucumbers 2 cloves garlic, slice 2 tbsp coconut oil 		
Peel and halve cucumbers lengthwise; remove seeds. Cut into 1" chunks. In skillet heat oil on low heat. Add cucumbers and garlic		
✓ LOVED IT!	✓ Didn't like it	
Stir Fried Cabbage	15 mins	Serves 4
<ul style="list-style-type: none"> 1 small head cabbage, coarsely shredded 3 tbsp coconut oil Sea salt to taste 		
Heat oil in skillet on low. Add cabbage, stirring until coated. Cook until tender-crisp. Season with salt, if desired		
✓ LOVED IT!	✓ Didn't like it	
Tasty Marinated Vegetables	25 mins	Serves 6
<ul style="list-style-type: none"> 2/3 cup fresh lemon juice 2-4 garlic cloves, chopped 2 tsp total fresh parsley, basil, dill, celery seed or fennel 1 cup extra virgin olive oil 4 pounds vegetables and/or sprouts ½ tsp sea salt, optional 		
<ol style="list-style-type: none"> Combine lemon juice, garlic and herbs. Simmer 5 minutes. Cover and set aside. Add oil when cooled to lukewarm. Cut vegetables in 1-2" pieces. Steam vegetables such as cauliflower, broccoli or green beans first. Toss all ingredients together. Add green onion if desired. Pour marinade over and toss. Marinate overnight in refrigerator 		
✓ LOVED IT!	✓ Didn't like it	

Tomato Cups	15 mins	Serves 6
<ul style="list-style-type: none"> 6 medium tomatoes ½ small cucumber 2 sticks of celery ½ cup fresh parsley 1 tbsp fresh mint 1 clove fresh garlic 2 tsps kelp 1 tbsp lemon juice 1 tbsp extra virgin olive oil Sea salt to taste 		
Cut tomatoes in half, scoop out the center and add tomato guts to the other ingredients. Finely chop all the ingredients, mix well and fill tomato halves		
✓ LOVED IT!	✓ Didn't like it	
Vegetable Delight	10 mins	Serves 5
<ul style="list-style-type: none"> 1 cup Swiss chard 1 cup cauliflower 1 cup broccoli 1 cup carrots 1 cup onions 4 tsps coconut oil 		
<ol style="list-style-type: none"> 1. Steam Swiss chard, cauliflower, broccoli, carrots, and onions until tender-crisp (about 3 minutes). 2. Coat skillet with oil and add vegetables. Stir fry about 3 minutes. 		
✓ LOVED IT!	✓ Didn't like it	
Vegetable Stuffed Green Peppers	15 mins	Serves 2
<ul style="list-style-type: none"> 1 Green Pepper 1-2 cups of cooked vegetables 		
<ol style="list-style-type: none"> 1. Cut peppers in half, remove stem and seeds. 2. In saucepan over low heat in 1 inch water cook covered until tender. 3. Drain. Fill with drained combination of cooked vegetables of your choice 		
✓ LOVED IT!	✓ Didn't like it	
Veggie Kabobs	30 mins	Serves 6
<u>Marinade</u> <ul style="list-style-type: none"> 2 tbsps coconut oil 3 tbsps chopped fresh rosemary 2 garlic cloves, peeled and crushed Juice of 2 lemons 	<u>Kabob</u> <ul style="list-style-type: none"> 1 red bell pepper, seeded and cut into 2" cubes 1 yellow pepper, seeded and cut into 2" cubes 1 green pepper, seeded and cut into 2" cubes 1 onion cut into 2" cubes 24 cherry or grape tomatoes 12 wooden skewers 	
<ol style="list-style-type: none"> 1. Mix marinade. Add vegetables, turning to coat all sides. 2. Refrigerate 1 hour. 3. Divide the vegetables among 12 skewers and grill for 3 – 5 minutes, brushing on extra marinade and turning 		
✓ LOVED IT!	✓ Didn't like it	

Wonderful Steamed Artichokes		50 mins	Serves 4
<ul style="list-style-type: none">▪ 4 artichokes▪ 1 bay leaf▪ Several slices of lemon		<ul style="list-style-type: none">▪ 6 peppercorns▪ 1 garlic clove	
<ol style="list-style-type: none">1. Wash artichokes.2. Put water in a steaming pot. Add bay leaf, lemon slices, peppercorns, and garlic. Put a steamer tray over the water and bring to a boil.3. Place artichokes on a tray with their leaves down and stems up.4. Steam for 30 to 45 minutes. When an inner leaf is easily removed you know they are done.5. Cut off the stem of the artichoke. Cut in half lengthwise and remove the fuzzy chokes with a spoon.6. Rub the cut sides with the lemon wedge.7. Place in medium saucepan and add water. Bring to a boil. Cover and reduce the heat to low and cook until tender. (25-30 minutes)8. In a small bowl, combine the oil, lemon juice and garlic.9. Drain the artichoke and serve with dip on the side			
✓ LOVED IT!		✓ Didn't like it	

DESSERTS

Banana Papaya Pudding	5 mins	Serves 2
<ul style="list-style-type: none"> 1 banana 1 papaya 		
<ol style="list-style-type: none"> Cut papaya in half and remove seeds. Remove inside meat and place meat with bananas in blender. Blend till smooth 		
✓ LOVED IT!	✓ Didn't like it	
Banana Ice Cream	5 mins	Serves 2
<ul style="list-style-type: none"> 2-3 Frozen Bananas (freeze without peel) 		
Blend frozen bananas in food processor until very smooth. Bananas may look gritty but keep blending till smooth.		
✓ LOVED IT!	✓ Didn't like it	
Juice Pops	5 mins	Serves 6
<ul style="list-style-type: none"> 4 Oranges 2 cups Berries 		
<ol style="list-style-type: none"> Blend berries and oranges until smooth. Pour mixture in Popsicle holders or ice cube trays. Insert Popsicle sticks and freeze in freezer. 		
✓ LOVED IT!	✓ Didn't like it	

DETOX MIXTURE

Detox Mixture	5 mins	Serves 1
<ul style="list-style-type: none"> $\frac{3}{4}$ cup of fresh lemon juice (can substitute for pure cranberry juice) $\frac{1}{4}$ cup of pure maple syrup 24 ounces of distilled water Makes 32 ounces of Lemon Detox Mixture 		
✓ LOVED IT!	✓ Didn't like it	

SHOPPING LIST

Vegetables

Fresh or frozen only, organic if possible

Artichokes
Alfalfa sprouts
Asparagus
Avocadoes
Bean sprouts
Beets
Bok Choy
Broccoli
Brussels sprouts
Cabbage, Chinese
Cabbage, Red
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Green Beans
Green Onions
Lima Beans
Leek
Onion
Parsley
Parsnips
Pepper, Green
Pepper, Red
Snap Beans (Edible Pods)
Snow Peas (Sugar Peas)
String Beans
Sprouts
Zucchini

Greens

Arugula
Boston lettuce
Butter Lettuce
Collard Greens
Green Leaf
Iceberg
Kale
Mesclun
Radicchio
Red Leaf
Romaine
Spinach
Swiss chard

Watercress

Fruits

Avocado
Apples
Apricots
Bananas
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cherries
Dates
Grapefruit
Grapes
Honeydew
Kiwi
Lemon
Limes
Mango
Melons
Nectarines
Oranges
Papaya
Peaches
Pears
Persimmon
Pineapple
Plums
Raspberries
Strawberries
Tangerines
Tomatoes
Watermelon

Oils

Coconut Oil
Flaxseed Oil
Grape seed oil
Extra Virgin Olive Oil

Dairy:

Organic Butter

Condiments

Real Sea Salt
Fresh Spices and seasonings
Fresh Basil/ oregano etc.

Beverages

Distilled water (Use on detox)
Spring Water
Purified Water
Fresh Squeezed Vegetable Juice

EXAMPLE MENU

Excluding detox days.

BREAKFAST

Bowl of sliced fruit with squeeze of lemon

Banana

OR

Morning Energizer

Sliced Pineapple

LUNCH

Garden Salad with Garlic Olive Oil Dressing

Sliced Apple

OR

Lettuce Wrap with Fresh Mango Salsa

Orange slices

DINNER

Garden Salad

Sautéed Mushrooms

OR

Spicy Taco Crunch

Tomato Cups

Week One

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	NO FOOD TODAY Make Detox Mixture	NO FOOD TODAY Make Detox Mixture	NO FOOD TODAY Make Detox Mixture	Breakfast: - Vegetable - Fruit	Breakfast: - Meal Shake
Snack: -Snack Shake	Snack: -	Snack: -----	Snack: -----	Snack: -----	Snack: -	Snack: -
Lunch: - Lettuce Wraps	Lunch: - Confetti Salad	Lunch: -----	Lunch: -----	Lunch: -----	Lunch: - Confetti Salad	Lunch: - Melted Tomato & Zucchini Wraps
Snack: -	Snack: - Snack Shake	Snack: -----	Snack: -----	Snack: -----	Snack: - Snack Shake	Snack: - Snack Shake
Dinner: - Steamed Artichokes -Any Salad	Dinner: - Sautéed Brussels -Any Salad	Dinner: -----	Dinner: -----	Dinner: -----	Dinner: -Steamed Artichokes -Any Salad	Dinner: - Bunches of Broccoli -Any Salad
Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -----	Other: -----	Other: -----	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -Can replace a meal with the NUTRITIONAL SHAKE

Week Two

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake
Snack: - Fresh Veggies dipped in salsa	Snack: -	Snack: - Snack Shake	Snack: -	Snack: - Snack Shake	Snack: -Snack Shake	Snack: - Snack Shake
Lunch: - Lettuce Wraps with Guacamole	Lunch: - Confetti Salad	Lunch: - Melted Tomato & Zucchini Wraps	Lunch: - Confetti Salad	Lunch: - Picnic Lettuce Wraps	Lunch: - Lettuce Wraps	Lunch: - Lettuce Wraps with variety of fresh veggies
Snack: - Snack Shake	Snack: - Snack Shake	Snack: -	Snack: - Snack Shake	Snack: -	Snack: -	Snack -Fresh Veggies dipped in mashed avocados
Dinner: - Stir Fry -Any Salad	Dinner: - Sautéed Brussels -Any Salad	Dinner: - Veggie Chowder -Any Salad	Dinner: - Lettuce Wraps -Any Salad	Dinner: -Stir Fry -Any Salad	Dinner: - Steamed Artichokes -Any Salad	Dinner: - Spicy Taco Crunch - Lettuce Wraps
Other: -Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: -Can replace a meal with the NUTRITIONAL SHAKE

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Fruit - Vegetables	Breakfast: - Meal Shake	Breakfast: - Fruit - Vegetables	Breakfast: -Meal Shake
Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa
Lunch: - Lettuce Wraps with variety of fresh veggies Dressing	Lunch: - Any Salad	Lunch: - Any Salad with Fresh Tomato Salsa	Lunch: - Mediterranean Salad	Lunch: - Any Salad with Guacamole	Lunch: - Veggie Kabobs	Lunch: - Lettuce Wraps with Italian Marinade or Dressing
Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in mashed avocados	Snack: - Snack Shake	Snack: - Fresh Veggies dipped in salsa	Snack: - Snack Shake
Dinner: - Vegetable Stuffed Green Peppers -Any Salad Fresh Vegetables	Dinner: - Sautéed Asparagus -Any Salad	Dinner: - Sautéed Spinach -Any Salad	Dinner: - Veggie Kabobs -Any Salad	Dinner: - Vegetable Delight -Any Salad	Dinner: - Marinated Vegetables -Any Salad	Dinner: - Marinated Vegetables -Any Salad
Other: -Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE	Other: - Can replace a meal with the NUTRITIONAL SHAKE