

# **THE STRESS FREE LIFESTYLE PROGRAM**

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# THE STRESS FREE LIFESTYLE

## PROGRAM



### PROGRAM BREAKDOWN

| ✓                                     | Products and Services Received                                  | Price      |
|---------------------------------------|-----------------------------------------------------------------|------------|
| 1                                     | <b>Stress Free Lifestyle Supplement Kit</b>                     | \$610.00   |
| 5                                     | <b>Weekly Evaluations</b> to review progress                    | \$300.00   |
| 5                                     | <b>Sessions of Exercise with Oxygen Therapy</b>                 | \$250.00   |
| 5                                     | <b>Sauna treatments</b> for detoxification                      | \$250.00   |
| 5                                     | <b>Body Wraps</b> for detoxification and inch loss              | \$425.00   |
| 10                                    | <b>Self Mastery Technology (SMT)</b> In-Office Treatments       | \$300.00   |
| 1                                     | <b>Follow up Evaluation</b> with Club Reduce Symptom Assessment | \$50.00    |
|                                       | <b>24 Hours a day phone access</b> to the Doctor and Staff      | Priceless! |
| Total Price for Everything<br>You Pay |                                                                 | \$2,185.00 |

## **Your Stress Free Lifestyle Program**

Stress! We hear this word everywhere we go, we experience it, we see others go through it and it seems it has turned into the plague of the 21<sup>st</sup> century. How did our culture get to the point where so many of us are stressed out? Granted there are several environmental factors that contribute to feelings of stress: work, money, family, etc. However, the fact is, continuous stress can lead to low thyroid function, adrenal fatigue, and eventually adrenal exhaustion where those glands can no longer keep up with the demands placed upon them. The adrenals, whose function is to kick in during those occasional moments of fear or unusually stressful situations, are being called into constant active duty. They will most likely be unable to keep up with the continuous chronic stress attacking from many directions, which could lead to many more health problems on every level of mind and body.

Excessive or perpetual stress and anxiety releases a flood of hormones and chemicals into your system that can wreak havoc on your body's delicate internal balance. Links have been found between the effects of stress and a decline in how well the immune system functions and your body's ability to fight off illness. Some of the physical symptoms related to stress can include: chest pain, shortness of breath, stomach ulcers, high blood pressure, weight gain, heart disease, elevated cholesterol levels and even hair loss.

Along with physical manifestations of stress, there can be psychological effects of stress, which can include phenomena like: experiencing irritability or anger, feeling nervous, lack of energy and feelings of grief.

Stress impacts our lives in so many dramatic ways: it affects our relationships with friends, family and spouses putting unnecessary tension between the people we love. It affects us negatively in the workplace making it harder to focus on your job and we lose sleep over it. Workplace stress alone costs more than \$300 billion each year in health care, missed work and stress-reduction. Workers who report that they are stressed incur health care costs that are 46% higher, or an average of \$600 more per person, than other employees.

Unfortunately for a lot of us, when we feel stress we resort to habits that are only causing further damage to the body:

- *Drinking too much caffeine (coffee, energy drinks, soda, etc);* with hectic lives and insufficient sleep, we often find ourselves using caffeinated beverages to kick-start ourselves in the morning.
- *Eating the wrong types of foods;* when we are stressed, we often tend to crave foods high in fat, sugar and salt.
- *Skipping meals;* another thing we do when we're stressed is we tend to start skipping meals. Have you ever found yourself leaving the house without a healthy breakfast or realizing late in the afternoon you're starving because you haven't had enough to eat?
- *Mindlessly munching on snacks;* stress can also make us prone to emotional eating. Food is often a comfort for us and when we feel stressed we unwittingly go for that bag of chips or the tub of popcorn, even if we aren't actually hungry.
- *Not drinking enough water;* with busy lives and the convenience of so many assorted sugary beverages, it's easy to forget to drink water. In fact, a large portion of Americans drink very little to no water, and get "water" from things like soda or coffee.
- *Eating fast food;* cooking these days can seem so time consuming and after a stressful day, sometimes we just want something quick and easy. Thus we turn to fast food. It's so much easier to pull into a drive thru and have your food in a few minutes. Unfortunately, this happens all too often. By doing so, we are only feeding our body unnatural and unhealthy food, putting chemicals into it and creating further stress on the body which can actually increase the mental stress we feel.

One of our biggest goals is to help you adjust your eating habits and give your body the vitamins and other nutrients it needs in order to help your body and all your organs and glands function properly. By helping your body flush out toxins and become healthy, you will find it also helps create peace of mind. We've all heard sayings like: "a sound mind in a sound body," meaning, if we make sure the body is healthy; we're naturally going to have a clearer and calmer mind. When our body isn't functioning to its full potential, we find that situations around us become more stressful and mentally speaking, we start falling apart. We don't often realize that how healthy our bodies are directly relates to how we can handle stressful situations in life. By assisting you to return your body to its natural delicate balance, we are also helping you reduce stress levels and your ability to cope with stress in general.

# **CANDIDA AND HOW IT AFFECTS STRESS**

## **WHAT IS CANDIDA?**

Candida Albicans is an over-infestation of yeast in the body. It invades the brain and every tissue of the body. Candida grows and lives on what you eat, and makes your body crave what it needs. For this reason, Candida is difficult to get rid of, but it can be eradicated if proper steps are taken.

Candida may occur alone or in combination with fibromyalgia. About 80% of those suffering from fibromyalgia also have Candida. When discussing fibromyalgia, it is important to address the condition of Candida, as the symptoms of both conditions are exactly the same, with the exception of the touch points (hot spots). The lifestyle change programs that these conditions require, however, differ greatly. Both of these syndromes are autoimmune disorders. Take the touch point test to determine if your pain and fatigue may be caused by fibromyalgia. If you suspect fibromyalgia, you must also screen for Candida. We always screen for both syndromes before determining a program. For those with both fibromyalgia and Candida, the Candida must be addressed before the fibromyalgia.

Candida (albicans) is one of many different types of yeast. Yeast cells are able to grow on the surface of all living things and occur virtually everywhere. The fact is, we breathe, eat, and drink them daily. Because they are part of our daily lives, we all have yeast growing in our skin, on other body surfaces and in our intestines. Normally our bodies' defense systems keep the total number of yeast cells under control, and so Candida colonies in our intestinal tract are nothing to worry about. However, poor nutrition or a sluggish or impaired immune system weakens the body's ability to fight off yeast. Stress and environmental pollutants can also play a role in reducing the body's control over Candida. When this happens, yeast colonies grow rapidly and Candida may result.

### **Causes of Candida**

There are over 900 strains of yeast, and Candida albicans is a major one found in the human body. In some ways it is very much like the yeast used in breads. Scientists are not sure why yeasts are in our bodies or how exactly they function there. The only thing we know for sure is that they help decompose and recycle our bodies when we die. If they multiply too rapidly however, they begin their job prematurely.

- A number of conditions can lead to Candida. Steroid drugs (such as cortisone), hormonal birth control pills and the long-term use of antibiotics (such as those used to control acne or various bacterial infections) can invite the problem. Such antibiotics can reduce the number of beneficial bacteria that normally help to keep the yeast under control. Antibiotics kill not only the bad, but also the good bacteria in the body. Good (or friendly) bacteria work like a police force, keeping the invading yeast from spreading through the body. As long as the body maintains a sufficient number of helpful bacteria to counterbalance the effects of harmful bacteria (or yeast), the body remains healthy.
- Antibiotics kill the weakest link and then the next weakest. Therefore, the strongest bacteria survive and multiply. When an antibiotic or a specific Candida drug (such as Monistat) is used to solve a problem, the yeast and bacteria left become stronger. We have created new strains and a new generation of mutant and very difficult to eradicate virus, bacteria and yeast. The drug companies then create stronger antibiotics and anti-fungals to kill the mutant yeast and bacteria. The more chemical stuffers a person uses, the harder it is and longer it takes for the body to naturally eradicate the Candida. Microbial resistance to antibiotics has become a health crisis. Antibiotic drugs can also suppress immune cell production and diminish the strength of the immune system as a whole.
- Poor nutrition coupled with a sluggish or impaired immune system weakens the body's ability to fight off yeast. Stress and environmental pollutants can also play a significant role in reducing the body's control. When this happens, the yeast colonies multiply rapidly and Candida often results.
- Alcohol, caffeine, stress and aging all destroy friendly bacteria in the system.
- Sugar, gluten and meat encourage harmful bacterial growth in the intestines.

## Effects of Candida

- When yeast is in an overabundance, there may be local yeast infections in the mouth (thrush), gastrointestinal tract (gas), vagina (yeast infection), urinary tract (bladder/kidney infection), prostate gland (prostate troubles), skin (hives, rashes), fingernail, or toenail (fungus of the nail bed).
- Too much yeast can cripple the immune system, causing chronic viral and bacterial infection or allergies. Yeast can damage the intestinal wall, allowing food particles and toxins to enter the blood stream. The body then produces antibodies to fight these foreign substances and typical “allergic” reactions may occur, such as eczema and hay fever, along with headache, dizziness, heart palpitations, anxiety, fatigue, and muscle aches.
- There may be changes in the cells that contribute to the Candida condition. Yeast by-products and exhaust are two very toxic substances: ethanol and acetaldehyde. These two toxins in turn alter the ability of our cells in the following ways:
  - a. Red blood cells have difficulty passing into small capillaries. This can cause fatigue, dizziness, muscle aches, or headaches.
  - b. White blood cells have trouble enveloping bacteria and foreign material, thus, the body has trouble fighting infection.
  - c. Sugar has difficulty passing through cells. Insulin cannot do its job properly, causing low blood sugar and often weight gain.
  - d. Thyroid hormones have trouble passing through cells, which causes the metabolism to slow down, often causing low body temperature (cold hands and feet), fatigue and intolerance to cold.
  - e. Minerals have trouble passing through cell walls, causing fluid retention and electrolyte imbalance.
  - f. Cells have difficulty passing messages one to another. This can cause muscle and nerve problems.
  - g. Enzymes are destroyed. Enzymes are the chemical helpers in the body that help to build, break down, and produce energy and heat. Yeast toxins can inactivate or destroy some of the enzymes, and can result in slowing all the functions of the body. Example: enzymes help break down sugar stores to help keep the blood sugar at ideal levels; when yeast overgrowth destroys enzymes, abnormally high or low blood sugar levels may develop.

## Symptoms of Candida

- Allergic reaction; congested nose, hives, headache, dizziness, diarrhea, weakness, cramps, arthritis, irritability or depression, increased sensitivities to foods or chemicals.
- Gastrointestinal problems; gas, bloating, abdominal pain, gastritis, gastric ulcer, heartburn, diarrhea, constipation, spastic colon.
- Respiratory problems; frequent sore throat, mouth or canker sores, sinus infection, bronchial infections, chronic cough, asthma.
- Cardiovascular problems; palpitations, rapid pulse rate. (Candida does not directly affect the heart but rather the hormones regulating the system.)
- Genitourinary problems; yeast infections, itching or burning in the vagina or prostate, urinary burning, frequent urination, lack of bladder control, bed wetting, menstrual cramping, PMS.

- Musculoskeletal problems; muscle weakness, night leg pains, muscle stiffness (especially neck and shoulder), slow reaction time, poor coordination, poor motor skills, falling, tendency to drop things. (Yeast impairs cells from receiving nutrients and eliminating waste and also nerve/muscle sending patterns.)
- Skin infection; usually rash type in nature, typically under the breasts, groin area, diaper rash, hives, etc.
- Central nervous system problems; headache, sinus headache, tension headache, migraines, low blood sugar headaches, rapid blood sugar changes.
- ***High levels of stress hormones can cause anxiety, irritability, moodiness, restlessness, panic attacks, sudden anger, sleep disturbances, poor short term memory, inability to concentrate, fuzzy thinking and confusion.***
- Fatigue, which may be caused by impaired metabolism and impaired enzyme production.
- Weight gain may result from an overgrowth of yeast that may cause cravings for sugar, interference with normal hunger, high insulin levels, low metabolism, low energy levels and fatigue.

### **Conventional Medical Approach to Treating Candida**

A common scenario is a patient that has recently finished a course of antibiotics or steroid drugs and a short time later ended up with a yeast infection. Drugs that specifically address the fungus or Candida destroy some of the yeast. The yeasts that are not affected by the drugs begin to colonize in vast numbers and become more and more drug-resistant. As the yeast multiplies in its stronger state, toxins are produced that, in turn, attack the body's defense (immune system). These same drugs also destroy the friendly bacteria or flora in the body and, by doing so, eliminate any defense against the new, stronger fungus. When a Candida sufferer is prescribed a symptom-stuffing drug in the form of antibiotics, steroids or anti-fungals, the weakest yeast is eradicated. However, yeast mutates and the strongest survives. For the next outbreak, conventional medicine will prescribe higher and higher doses of antifungal. This makes the yeast stronger and further weakens the immune system. Solving Candida with drugs "stuffs" the immediate discomfort, but causes the yeast to come back with more strength and more symptoms develop almost immediately upon the end of the drug intervention.

### **The Club Reduce Approach to Treating Candida**

Since Candida and other yeasts are all around us, we can never totally get rid of them, but we can bring them back under control without the use of prescription drugs. To achieve the greatest degree of success, an effective balance of dietary changes, nutritional support, and the increase of friendly bacteria are necessary. The Solutions4 Detoxification and Candida Program will help provide this balance, while teaching you how to keep yeast under control for good.

### **How Will Doing A Candida Cleanse Help Me Cope With Stress?**

As you've read by now, candida very much disrupts the internal balance within our body. The body is more prone to illness, the immune system cannot function properly, the body cannot assimilate nutrients properly, the glands and other organs are overworked or do not function well and a myriad of other problems arise. Having internal imbalances also affects our state of mind and how we deal with stress. Part of having a calmer mind and being able to cope with stressful situations in life is having a clean, healthy and well-functioning body. You will find on this program that as you clean up your diet, flush out the toxins inside your body, take the supplements and learn how to be the master of your feelings and emotions, you will find that you feel better not only physically, but also mentally. You will be able to comfortably face stressful situations without having detrimental physical side effects.

### **Detoxification**

Just as is the case with any lifestyle change, a total cleanse of the system is the first step to improved health. Detoxification, along with a Candida Program, help provide nutritional support to strengthen the immune system. A fully functional immune system and a diet that controls the intake of yeast will help reduce the Candida to a non-

threatening level. For those with both Candida and fibromyalgia, treatment for Candida must occur first before fibromyalgia can be addressed successfully. In order to start to get well, the first step is to cleanse the body through detoxification. This is a total body-cleansing program, which cleans the liver, bowels, kidneys, and the blood supply. It helps restore the peristaltic action of the colon, and helps to rid the body of mucus, toxins and waste materials that are trapped in the colon (and may have been there for years). Detoxification will help to rid your body of this condition for life

## **IMPLEMENTING FRIENDLY BACTERIA**

***(Healthy bacteria, good flora, healthy microbes) (SOLUTIONS4 PROBIOTIC BLEND formula)***

The human gastrointestinal tract is home to many types and high numbers of microbes, or bacteria. Microbes live in our skin, in our mouths, in women's vaginal tracts, and throughout our gastrointestinal tract. It is estimated that there are more microbes (bacterial cells) than there are human cells in and on the human body. There is also a very large diversity of the types of bacteria, with over 400 different species being present in humans. Because of the diversity and number, it has become evident that bacteria play an important role in human health. Most of these bacteria are not harmful, and in fact contribute positively to normal growth and development. Some of these bacteria, however, can have negative influences. A healthy balance of the bacteria, favoring beneficial bacteria over potentially harmful bacteria, is essential to the proper functioning of all systems of the body. Friendly bacteria strains can suppress harmful bacteria. They have been shown to improve intestinal tract health by aiding digestion and elimination, alleviating the symptoms of lactose intolerance, improving absorption of minerals and reducing toxins in the bloodstream, and improving immune function.

### **Friendly bacteria are needed to:**

- Manufacture and assimilate B vitamin (niacin, biotin, folic acid, riboflavin & B-12)
- Produce digestive enzymes
- Detoxify toxic materials in the body
- Reduce unfriendly bacteria in the body
- Reduce blood pressure
- Reduce cholesterol in the blood
- Balance pH levels in the intestines (acid / alkaline balance)
- Assist in protection from colon irritation, constipation, and diarrhea
- Help with digestion of proteins, carbohydrates and fats
- Produce natural anti-bacterial agents
- Detoxify chemicals added to foods
- Increase assimilation of calcium

- Retard yeast growth (especially Candida)
- Retard Candida infections, herpes
- Help eliminate bad breath, bloating and gas

### **What destroys natural friendly bacteria in the system?**

- Antibiotics — kill not only the bad, but also the good bacteria in the body (this includes the antibiotics in meat and dairy products that we consume each day). Even one dose can kill all of the friendly bacteria.
- Steroid Drugs — cortisone, hormonal birth control, laxatives.
- Alcohol — destroys enzymes and lacto bacteria.
- Coffee — destroys friendly bacteria.
- Stress
- Aging
- Anything that weakens the immune system also affects the balance of beneficial and harmful bacteria.

### **What encourages harmful bacteria in the intestines?**

- Sugar — any foods containing white sugars and sugar substitutes.
- Gluten — any foods that contain gluten; breads, pastries, etc.
- Meat — feeds the bacillus coli (harmful bacteria) which then overrun the friendly bacteria.
- Any foods that use fermentation or molds in the production process.

### **What are the effects of an unhealthy balance of bacteria?**

Some of the most common effects are diarrhea, digestive problems, lactose intolerance, hypertension, cancer, vaginitis, small bowel bacterial overgrowth, kidney stones, elevated blood cholesterol and allergies. The Solutions4 PROBIOTIC formula provides friendly bacteria, and using this formula as part of the Solutions4 Candida Program will help maintain a healthy level of friendly bacteria in the system to allow the body to keep yeasts under control.

### **Why is Water so Important?**

Water is critical to the treatment of any health condition, including Candida. Every organ of the body requires water. The heart, lungs, skin and circulatory system all depend on water. To calculate your individual need, divide your weight in half. Half of your body weight gives you a good rule of thumb for how many ounces of water your body needs to function on a daily basis. For example, if you weigh 150 pounds, you must be drinking 75 ounces of water each day. Nothing substitutes for water. If you drink enough water each day, you will absolutely feel different. This is not to say that you cannot drink other liquids, but remember the importance of the quantity of water that you drink each day.

# 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*,  $\frac{1}{2}$  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 are allowed.
- Standard serving size is  $\frac{1}{2}$  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)**

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

## **Lettuce and Greens**

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|                |                      |             |
|----------------|----------------------|-------------|
| 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 (Day 23 & On)**

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

\*\* These fruits are permissible from Day 1

**Lean Meat:**

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(Standard serving size is 3 oz. cooked. 2-4 servings per day, with 1-2 of those servings being fish)

Organic Poultry – Free range, antibiotic free and hormone free is best

Chicken

Turkey

Wild Caught Fish (not farm raised)

Cod

Shellfish

Halibut

Mahi Mahi

Salmon

Sea Bass

Sole

Swordfish

Tilapia

Trout

Tuna

Canned Fish - Water packed tuna

**Lentils and Rice:**

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(For best results on the Candida program, Lentils are recommended over rice because of the higher protein content of lentils.)

Brown Lentils

Red Lentils

Brown Basmati Rice

Brown Rice

Wild Rice

**Dairy:**

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Organic Eggs or Organic Egg Beaters

Organic Butter – use sparingly

**Oils: (Serving size for oils is 1 tsp, no more than 7 servings per day)**

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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

**Salt and Spices:**

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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.

**Dressings: (Must be sugar free and vinegar free)**

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Annie's Lemmon and Chive Dressing

**Broth:**

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Low sodium organic vegetable broth

Low sodium organic chicken broth

**Nutritional Shakes:**

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3 scoops a day except on detox-days

**Juices:**

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Fresh Vegetable Juices

Coconut water (raw, from a coconut)

**Water:**

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Distilled Water (Use during lemonade detox.)

Filtered Water

Pure 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:**

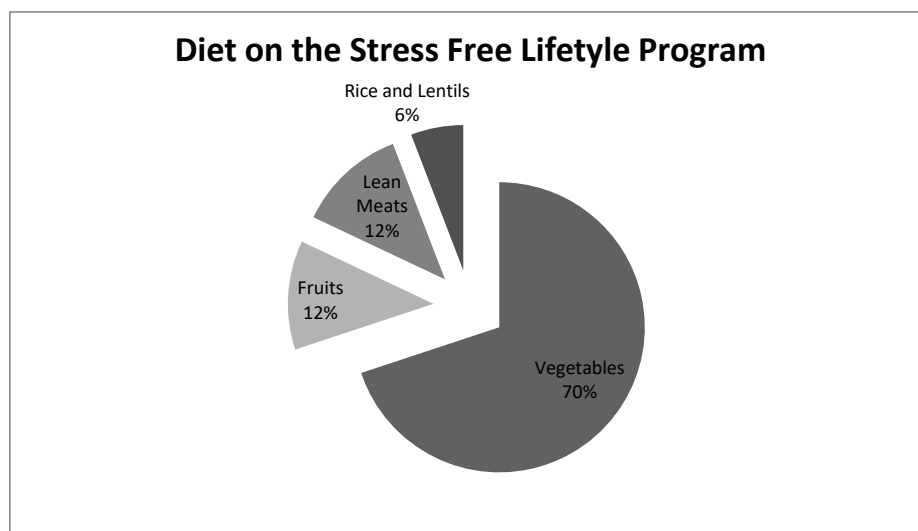
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- Alcohol, Caffeine, tobacco or other stimulants
- All Coffee and tea (including herbal)
- All Dairy Products– All hard cheese is made from mold. Avoid milk, buttermilk, whipped cream, sour cream, ice cream, etc. (With the exception of organic eggs and 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 fruit juices
- All white flour and white flour products.
- Mixed seasonings and spice rubs like Mrs. Dash etc.
- All yeast – contained in pastries, bread, crackers, pastas, yeast breads, pretzels, etc.
- All Grains- Wheat, oats, barley, rye, sorghum, etc (With the exception of Wild or Brown Rice)
- All processed meats- such as bacon, sausage, ham, hot dogs, luncheon meats, corned beef and pastrami.
- Meat: Beef, Lamb, Pork, and Veal. No cured, smoked or luncheon meats
- All nuts or seeds
- Brewer's yeast, B vitamins made from yeast.
- Processed or Refined Foods
- MSG or Chemicals

- Starchy Vegetables: Hominy, White Rice, Yams, Potatoes and Dried Beans
- Corn and corn products
- Artificially sweetened drinks and food products.
- All fruits (fresh, canned or dried) until the yeast are abated. Fresh Lemon and Limes may be used in water, or as a substitute for vinegar in salad dressings and recipes.
- Fungus Foods: mushrooms, blue cheese, etc.
- All vinegar and vinegar soaked products or vinegar dressings: pickles, pickle relish, etc.
- Old leftovers. If a food has been in the fridge for more than 3 days, do not eat it. Leftovers may be frozen and consumed at a later date.

## **Structuring Your Diet on the Stress Free Lifestyle Program**

When not detoxing, your diet should consist mostly of green leafy vegetables. Use the graph below to guide your choices when planning meals. 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 (after day 22) 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, even before cooking. 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. What we get with grains after they have been cooked is the maximum amount of calories with the minimum amount of nutrients.

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 delicious 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.

### **Successful eating for Candida:**

1. Take Solutions4 Digestive Enzyme Blend Supplements with every meal.
2. Eat a variety of foods in a rainbow of colors.
3. If using salt, use Real Salt or Sea Salt.
4. Eat 5-6 small meals throughout the day. It will keep your metabolism going.
5. Eat last meal of the day before 6 pm.
6. Go to bed early and get at least 8 hours of sleep.

### **Why can't I have fruit for the first 22 days on this program?**

One of the reasons people get acne is because there is an overabundance of yeast in the body. This yeast is also known as "Candida."

Candida is an over-infestation of yeast in the body. It invades the brain and every tissue of the body. Candida grows and lives on what you eat, and makes your body crave what it needs to survive. For this reason, Candida is difficult to get rid of, but it can be eradicated if proper steps are taken. See the Avoid list on page 12 for additional items in which Candida feeds on.

## DETOXIFICATION

We are 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.

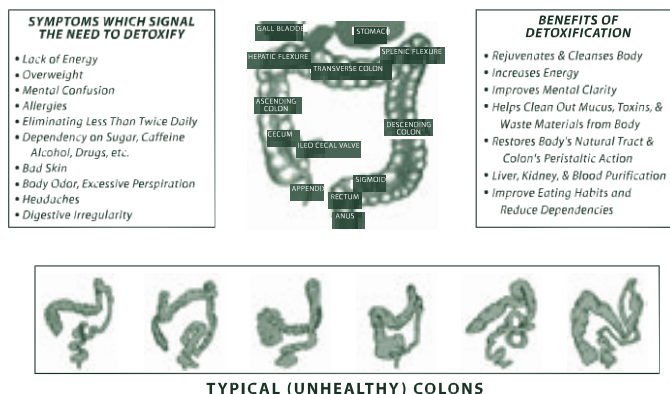
Detoxification is one of the most important factors in the promotion of good health and disease prevention. The Solutions4 Program helps the body to cleanse itself of toxins, mucus and other waste materials in the intestinal tract and major vital organs, improving the way they function. This not only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



## The 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 (after day 22), 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 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 Club Reduce doctor for specific questions on the healing crisis.

Detoxification is a wonderful way to begin a healthy lifestyle. Done 3-4 times per year, the body is stronger, cleanser, 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. To further avoid extra acidity, alternate drinking water and the lemonade detox mixture.

***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 lemon 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, hypoglycemics can use the program without fear of lowering or raising blood sugar levels.

## **Final thoughts about Candida**

It's important to totally rid the diet of grains and sugars until the Candida symptoms are relieved. Later on when the Candida has been taken care of, grains can be reintroduced into the diet on a limited basis.

According to research, eliminating grains and sugars from your diet is critical to optimizing your health. Along with sugar, grains pose as a challenge and often unidentified risk.

Most grains break down to sugar very rapidly and can cause the same problems with insulin deregulation.

For some people it will be very important to eat every two hours to avoid symptoms of hypoglycemia. This is usually necessary for several days to several weeks.

Again, foods that can be a cause of yeast infections are grain foods such as, wheat, oats, barley, rye, sorghum, corn, red apples, and peanuts are also universally contaminated with fungus. These foods find their way into our systems from cereals, pastas, breads, potato chips, crackers, peanut butter, cooking oils, etc.

Grains are usually stored in silos for extended periods of time. They can be stored for years before they are ever sold and brought to market for food processing. During this time, they grow mold in these silos. You would assume when they go to process these grains for human consumption they would wash them, but the molds and mycotoxins will enter into the inside of the grain as they try to break them down into dirt. The grains get ground up for processing, and the rest is history. The worst of these grains, as far as mold contamination, are sold for livestock feed and alcohol processing--beer mostly.

During the Candida program it will be very important to completely abstain from all sugar and grains. Complete abstinence resolves the biochemical addiction. If you cheat, you will have to start over.

## **Supplements Included in Your Stress Free Lifestyle Program**

### **ANTIOXIDANT**

For a healthy body and efficient sleep, you must have a strong immune system. Vitals are especially critical in immune re-building. ANTIOXIDANT combines the most effective nutrients used in the fight against free radicals.

### **APPETITE APPEASER**

Helps to appease the appetite naturally and lessens nervous tension while dieting. 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**

Solutions4's Body Purifier is 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 and cleanse the lymphatic system.

### **DIGESTIVE ENZYME BLEND**

Helps the body to digest and assimilate all nutrients necessary for proper, healthy functioning body. DIGESTIVE ENZYME BLEND restores natural energy to the body while promoting weight control by heightening absorption of vitamin, minerals and other nutrients from food.

### **EVENING PRIMROSE OIL**

Has historically been used to enhance metabolic function. During the weight loss process, EVENING PRIMROSE OIL has been known to be helpful in stimulating fat metabolism and overcoming weight plateaus. Also useful for healthy hair, nails, and skin..

### **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.

### **HERBAL STRESS RELIEF**

A natural stress relief formula made from valerian root and a blend of synergistic herbs. Helps the body to maintain and restore maximum performance while promoting relaxation.

### **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.

### **LIQUID CALCIUM**

Unlike other sources of calcium that are difficult to absorb, Solutions4 offers a formula in a soluble liquid gel capsule. It provides the necessary 1000-2000 mg of supplementary calcium per day, and is free from yeast, corn, wheat, milk, sugar, starch, preservatives, soy and artificial colors.

### **MULTIVITAMIN/MINERAL**

Two capsules per day provide 100% RDA of all essential vitamins and minerals. Utilizes the process of chelation, which binds minerals with amino acids, making assimilation by the body much more efficient than comparable supplements.

### **NUTRITIONAL SHAKE**

An all-natural, 180-calorie, sugar free balanced meal replacement. Used for healthy weight loss and blood sugar management. This shake easily mixes with water and is available in Chocolate, Vanilla, and Orange Cream, and Strawberry.

### **PROBIOTIC BLEND**

This supplement, which provides 10 billion units of friendly bacteria per dose, nutritionally controls acne, encourages a balance of good bacteria in the body, improves immune function and encourages healthy cell renewal.

### **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 5-Week Candida 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: \_\_ / \_\_ / \_\_

Eliminate fruit and choose all foods from food list (pages 10-13). No supplements today.

### Breakfast:

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? __ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 2

Date: \_\_/\_\_/\_\_

Eliminate fruit and choose all foods from food list (pages 10-13).

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 3

Date: \_\_/\_\_/\_\_

Eliminate fruit and choose all foods from food list (pages 10-13).

### AM SUPPLEMENTS:

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| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

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| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Mid-Afternoon:

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| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 4

Date: \_\_/\_\_/\_\_

Eliminate fruit and choose all foods from food list (pages 10-13).

### AM SUPPLEMENTS:

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| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

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### Mid-morning snack:

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| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 5

Date: \_\_/\_\_/\_\_

Eliminate fruit and choose all foods from food list (pages 10-13).

### AM SUPPLEMENTS:

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| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 6

Date: \_\_/\_\_/\_\_

Eliminate fruit and choose all foods from food list (pages 10-13).

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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### CALORIES YOU ARE ALLOTTED FOR THE DAY

### TOTAL CALORIES YOU ATE

√ = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 7 Prep Day 1

Date: \_\_ / \_\_ / \_\_

Prep day. Eliminate all meat. Only consume approved vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 8 Prep Day 2

Date: \_\_/\_\_/\_\_

Prep day. Eliminate all meat. Only consume approved vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 9 – DETOX #1 (Day 1)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 3:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 10 – DETOX #1 (Day 2)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 3:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 11 – DETOX #1 (Day 3)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 3:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 12 – DETOX #1 (day 4)

Date: \_\_ / \_\_ / \_\_

Today is about cleansing the body!

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 3:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 13 – DETOX #1 (day 5)

Date: \_\_ / \_\_ / \_\_

Today is about cleansing the body!

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 3:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 14

Date: \_\_/\_\_/\_\_

Eliminate all meats, fruits, and cooked foods. Only consume *fresh* vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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✓ = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 15

Date: \_\_/\_\_/\_\_

Eliminate all meats, fruits, and cooked foods. Only consume *fresh* vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 16

Date: \_\_/\_\_/\_\_

Add steamed vegetables, lean meat and approved protein. Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment:_____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 17

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 18

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 19

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 20

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 21

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until day 23.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1      | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                       |                                                 |
| <input type="checkbox"/> Herbal Stress Relief: 1      | <input type="checkbox"/> Liquid Calcium: 2    | <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 22

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Remember: no fruit until tomorrow.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <input type="checkbox"/> Follow nutrition guidelines for the day?<br><input type="checkbox"/> Did you take all of your supplements today?<br><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.<br><input type="checkbox"/> Did you exercise? ____ Min<br><input type="checkbox"/> Hours of Sleep received last night ____ hrs | <input type="checkbox"/> Write down any questions you have for your next appointment: _____<br><input type="checkbox"/> Did you use SMT today?<br><input type="checkbox"/> Did SMT help?<br>Rate your stress level today (1=low, 10=high)<br>1 2 3 4 5 6 7 8 9 10<br><input type="checkbox"/> If stressed, did you use any relaxation techniques? |
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## DAY 23

Date: \_\_/\_\_/\_\_

Choose from food list (pages 10-13). Add only ONE fruit today and eat it alone - not along with something else.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 24

Date: \_\_/\_\_/\_\_

Choose from food list. Add ONE fruit different from yesterday and eat it alone - not along with something else.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 25

Date: \_\_/\_\_/\_\_

Choose from food list. Add ONE fruit different from yesterday and eat it alone - not along with something else.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment:_____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 26

Date: \_\_/\_\_/\_\_

Choose from food list. Add ONE fruit different from yesterday and eat it alone - not along with something else.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 27

Date: \_\_/\_\_/\_\_

Choose anything on the approved food list including all fruit (pages 10-13).

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
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### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 28

Date: \_\_/\_\_/\_\_

Choose anything on the approved food list (pages 10-13) including all fruit.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <input type="checkbox"/> Follow nutrition guidelines for the day?<br><input type="checkbox"/> Did you take all of your supplements today?<br><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.<br><input type="checkbox"/> Did you exercise? ____ Min<br><input type="checkbox"/> Hours of Sleep received last night ____ hrs | <input type="checkbox"/> Write down any questions you have for your next appointment: _____<br><input type="checkbox"/> Did you use SMT today?<br><input type="checkbox"/> Did SMT help?<br>Rate your stress level today (1=low, 10=high)<br>1 2 3 4 5 6 7 8 9 10<br><input type="checkbox"/> If stressed, did you use any relaxation techniques? |
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## DAY 29 Prep Day 1

Date: \_\_/\_\_/\_\_

Prep day. Eliminate all meat. Only consume approved vegetables, fruit and meal shake.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment:_____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 30 Prep Day 2

Date: \_\_/\_\_/\_\_

Prep day. Eliminate all meat. Only consume approved vegetables, fruit and meal shake.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 31 – DETOX #2 (Day 1)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 2:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 2      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 32 – DETOX #2 (Day 2)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

9:00 a.m. to 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)

2:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 3      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 33 – DETOX #2 (Day 3)

Date: \_\_ / \_\_ / \_\_

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

### AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### 9:00 a.m. to 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)

#### 2:00 p.m. to 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)

### PM SUPPLEMENTS:

☐ Body Purifier: 4      ☐ Fiber Blend: 8      ☐ Intestinal Cleanser: 2

#### V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? \_\_\_\_ oz.
- ☐ Hours of Sleep received last night \_\_\_\_ hrs
- ☐ If stressed, did you use any relaxation techniques?  
Rate your stress level today (1=low, 10=high)  
1 2 3 4 5 6 7 8 9 10

## DAY 34

Date: \_\_/\_\_/\_\_

Eliminate all meats, fruits, and cooked foods. Only consume *fresh* vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

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|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____ oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment: _____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
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## DAY 35

Date: \_\_/\_\_/\_\_

Eliminate all meats, fruits, and cooked foods. Only consume *fresh* vegetables and nutritional shake if desired.

### AM SUPPLEMENTS:

- |                                                  |                                               |                                                       |                                                  |
|--------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1          | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2             | <input type="checkbox"/> Digestive Enzyme: 2     |
| <input type="checkbox"/> Evening Primrose Oil: 3 | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2             | <input type="checkbox"/> Herbal Stress Relief: 1 |
| <input type="checkbox"/> Intestinal Cleanser: 2  | <input type="checkbox"/> Liquid Calcium: 1    | <input type="checkbox"/> Multivitamin/Multimineral: 1 | <input type="checkbox"/> Probiotic Blend: 3      |
| <input type="checkbox"/> Vitamin D: 1            |                                               |                                                       |                                                  |

### Breakfast:

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### Mid-morning snack:

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### NOON SUPPLEMENTS:

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|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Digestive Enzyme: 2 | <input type="checkbox"/> Herbal Stress Relief: 1 |
|-----------------------------------------------|----------------------------------------------|--------------------------------------------------|

### Lunch:

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### Mid-Afternoon:

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### PM SUPPLEMENTS:

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|-------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Antioxidant: 1               | <input type="checkbox"/> Appetite Appeaser: 1 | <input type="checkbox"/> Body Purifier: 2        | <input type="checkbox"/> Digestive Enzyme: 2    |
| <input type="checkbox"/> Evening Primrose Oil: 3      | <input type="checkbox"/> Fiber Blend: 8       | <input type="checkbox"/> Flax Seed Oil: 2        | <input type="checkbox"/> Intestinal Cleanser: 2 |
| <input type="checkbox"/> Probiotic Blend: 3           | <input type="checkbox"/> Vitamin D: 1         | <input type="checkbox"/> Herbal Stress Relief: 1 | <input type="checkbox"/> Liquid Calcium: 2      |
| <input type="checkbox"/> Multivitamin/Multimineral: 1 |                                               |                                                  |                                                 |

### Dinner:

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V = YES x = NO (Check Daily)

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Follow nutrition guidelines for the day?</li><li><input type="checkbox"/> Did you take all of your supplements today?</li><li><input type="checkbox"/> Drink ½ your body weight in ounces? ____oz.</li><li><input type="checkbox"/> Did you exercise? ____ Min</li><li><input type="checkbox"/> Hours of Sleep received last night ____ hrs</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Write down any questions you have for your next appointment:_____</li><li><input type="checkbox"/> Did you use SMT today?</li><li><input type="checkbox"/> Did SMT help?<br/>Rate your stress level today (1=low, 10=high)<br/>1 2 3 4 5 6 7 8 9 10</li><li><input type="checkbox"/> If stressed, did you use any relaxation techniques?</li></ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## **DAY 36 and Beyond**

Once you have gone through the Stress Free Program, you 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 stress levels. Now you must decide how you will live to maintain this level of wellness, and even improve upon it. 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.

# RECIPES

**Notice: Any recipe with fruit is not permissible until day 23**

**Do not combine fruit until Day 27**

## Shakes

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

|                                                                                                                                           |                  |          |
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| <b>Fruit Smoothie (Only after Day 27)</b>                                                                                                 | 5 min            | Serves 1 |
| <ul style="list-style-type: none"> <li>2 oranges</li> <li>1 banana</li> <li>½ cup berries</li> <li>2 scoops Solutions4 Vanilla</li> </ul> |                  |          |
| Combine all ingredients in a blender and blend well.                                                                                      |                  |          |
| ✓ LOVED IT!                                                                                                                               | ✓ Didn't like it |          |

|                                                                                                                                                                                   |                  |          |
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| <b>Pina Colada (Only after day 27)</b>                                                                                                                                            | 5 min            | Serves 1 |
| <ul style="list-style-type: none"> <li>6 ounces orange juice</li> <li>1 cup pineapple</li> <li>½ cup fresh Baby Thai coconut water</li> <li>2 scoops Solutions4 Orange</li> </ul> |                  |          |
| Combine all ingredients in a blender and blend well.                                                                                                                              |                  |          |
| ✓ LOVED IT!                                                                                                                                                                       | ✓ Didn't like it |          |

|                                                                                                                                                                                                                                                                             |                  |          |
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| <b>Citrus Berry Splash (Only after Day 27)</b>                                                                                                                                                                                                                              | 5 min            | Serves 1 |
| <ul style="list-style-type: none"> <li>2 scoops Solutions4 Orange</li> <li>½ banana (optional)</li> <li>½ cup blackberries</li> <li>The juice from 2 freshly squeezed oranges</li> <li>¼ cup blueberries</li> <li>1-2 cups ice cubes</li> <li>½ cup strawberries</li> </ul> |                  |          |
| Combine all ingredients in a blender and blend well.                                                                                                                                                                                                                        |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                 | ✓ Didn't like it |          |

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| <b>Coconut Chocolate Delight (Only after Day 27)</b>                                                                                                                                    | 5 min            | Serves 1 |
| <ul style="list-style-type: none"> <li>▪ 1 banana</li> <li>▪ Milk from a Baby Thai coconut</li> <li>▪ Meat from a Baby Thai coconut</li> <li>▪ 2 scoops Solutions4 Chocolate</li> </ul> |                  |          |
| Combine all ingredients in a blender and blend well.                                                                                                                                    |                  |          |
| ✓ LOVED IT!                                                                                                                                                                             | ✓ Didn't like it |          |

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

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

# Salads

## GREEN SALADS

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

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| <b>Chicken Salad Wraps</b>                                                                                                                                                                                  | 15 min           | Serves 4 |
| <ul style="list-style-type: none"> <li>▪ 2 cups finely chopped cooked chicken</li> <li>▪ 1/2 cup finely chopped celery</li> <li>▪ 2 hard cooked, chopped eggs</li> <li>▪ 1 medium onion, chopped</li> </ul> |                  |          |
| 1. Moisten with Candida friendly mayonnaise obtainable from your health food store.<br>2. Serve in Romaine lettuce and make a wrap                                                                          |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                 | ✓ Didn't like it |          |

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| <b>Green Salad</b>                                                                                                                                                                                                                                                                                                                                                                                               | 10 min           | Serves 1   |
| <ul style="list-style-type: none"> <li>2 cups mixed lettuce</li> <li>4 thin slices of Roma tomato, cucumber or carrot</li> <li>1 tbsp Choice of Dressing</li> </ul>                                                                                                                                                                                                                                              |                  |            |
| Place lettuce and dressing in a bowl and toss. Transfer to plate. Garnish with tomato, cucumber, or carrot.                                                                                                                                                                                                                                                                                                      |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |            |
| <b>Greek Salad</b>                                                                                                                                                                                                                                                                                                                                                                                               | 15 min           | Serves 1   |
| <ul style="list-style-type: none"> <li>2 cups chopped romaine lettuce</li> <li>1 Roma tomato, seeded and cut into chunks</li> <li>¼ cucumber, seeded and cubed</li> <li>¼ cup thinly sliced red onion</li> <li>¼ red bell pepper, cut into chunks</li> </ul>                                                                                                                                                     |                  |            |
| Combine all ingredients with desired amount of dressing.                                                                                                                                                                                                                                                                                                                                                         |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |            |
| <b>Mediterranean Salad</b>                                                                                                                                                                                                                                                                                                                                                                                       | 15 min           | Serves 2   |
| <ul style="list-style-type: none"> <li>4 tomatoes</li> <li>2 cucumbers</li> <li>1 cup chopped fresh parsley</li> <li>½ chopped basil</li> <li>¼ cup extra-virgin olive oil</li> <li>½ tsp Celtic salt</li> <li>Juice of 2 lemons</li> </ul>                                                                                                                                                                      |                  |            |
| Combine all ingredients in bowl and toss well.                                                                                                                                                                                                                                                                                                                                                                   |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |            |
| <b>Nori and Avocado Salad</b>                                                                                                                                                                                                                                                                                                                                                                                    | 20 min           | Serves 2   |
| <ul style="list-style-type: none"> <li>1 Cup Romaine lettuce, chopped</li> <li>1 Cup Spinach, chopped</li> <li>½ cup alfalfa sprouts</li> <li>4 Sheets of Nori</li> <li>½ Avocado, diced</li> </ul>                                                                                                                                                                                                              |                  |            |
| <ol style="list-style-type: none"> <li>Mix ingredients in a medium salad bowl. Set aside.</li> <li>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.</li> <li>Cut nori into bite size pieces and add to salad. Toss well and add avocado. Drizzle "Energy Dressing" over the top. Enjoy!</li> </ol> |                  |            |
| *Substitute ½ cup sliced cucumber for the avocados for a lighter, equally delicious salad!                                                                                                                                                                                                                                                                                                                       |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |            |
| <b>Mexican Salad</b>                                                                                                                                                                                                                                                                                                                                                                                             | 20 min           | Serves 2-4 |
| <ul style="list-style-type: none"> <li>1 cup peeled, grated jicama</li> <li>1 red pepper, chopped</li> <li>½ cup chopped fresh cilantro</li> <li>1 avocado, pitted, peeled, and chopped</li> <li>1 head lettuce, washed and shredded</li> </ul>                                                                                                                                                                  |                  |            |
| Combine all ingredients in bowl and toss well.                                                                                                                                                                                                                                                                                                                                                                   |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |            |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                             |                  |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| Spring Garden Salad                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                             | 30 min           | Serves 4 |
| <div><div>Salad</div><div><ul style="list-style-type: none"><li>▪ 4 cups chopped iceberg lettuce</li><li>▪ 4 cups chopped butter lettuce</li><li>▪ ½ cup chopped tomato</li><li>▪ ½ alfalfa sprouts</li><li>▪ ½ sunflower sprouts</li><li>▪ 1 cup thin broccoli florets, steamed</li><li>▪ 1 cup small cauliflower florets, steamed</li><li>▪ 1 cup cubed zucchini, sautéed</li><li>▪ 1 cup snow peas, blanched and halved</li><li>▪ 1 cup petit peas, steamed</li></ul></div></div> | <div><div>Dressing</div><div><ul style="list-style-type: none"><li>▪ 5 tbsp extra-virgin olive oil</li><li>▪ 2 ½ tbsp lemon juice</li><li>▪ 2 tbsp <b>Candida friendly Mayonnaise</b></li><li>▪ ½ tsp dry mustard</li><li>▪ 2 tbsp water</li><li>▪ 1 tsp minced onion</li></ul></div></div> |                  |          |
| <div><div>1. Place lettuce in large bowl</div><div>2. Measure dressing ingredients into hand blender container and blend until creamy</div><div>3. Add tomato, olives, and sprouts to lettuce. Toss in cooked vegetables. Add dressing and toss well.</div></div>                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                             |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                             | ✓ Didn't like it |          |

## CHICKEN SALADS

|                                                                                                                                                                     |  |                                                                                                                                               |            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <b>Chicken Salad</b>                                                                                                                                                |  | 20 min                                                                                                                                        | Serves 2-3 |
| <ul style="list-style-type: none"><li>▪ 2 cups finely chopped cooked chicken</li><li>▪ ½ cup finely chopped celery</li><li>▪ 2 hard boiled eggs, chopped</li></ul>  |  | <ul style="list-style-type: none"><li>▪ 1 medium onion, chopped</li><li>▪ 1 head romaine lettuce chopped</li><li>▪ 1 cup of spinach</li></ul> |            |
| Combine chicken, celery, eggs and onion. Toss lettuce and spinach, and (Add protein if wanted) mixture to the top of the salad. Serve with your choice of dressing. |  |                                                                                                                                               |            |
| ✓ LOVED IT!                                                                                                                                                         |  | ✓ Didn't like it                                                                                                                              |            |

# Dressings

|                                                                                                                                                                                                                                                                                                            |                  |            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------|
| <b>Lemon Herb Dressing</b>                                                                                                                                                                                                                                                                                 | 15 min           | Serves 1   |
| <ul style="list-style-type: none"> <li>▪ ½ cup extra-virgin olive oil</li> <li>▪ ¼ cup fresh lemon juice</li> <li>▪ 1 tsp dill</li> <li>▪ 1 tsp oregano</li> <li>▪ 1 tsp tarragon</li> <li>▪ 1 clove garlic crushed</li> <li>▪ Dash of salt</li> <li>▪ Dash of pepper</li> </ul>                           |                  |            |
| Place all ingredients in a bowl and toss.                                                                                                                                                                                                                                                                  |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                | ✓ Didn't like it |            |
| <b>Energy Dressing</b>                                                                                                                                                                                                                                                                                     | 5 min            | Serves 2   |
| <ul style="list-style-type: none"> <li>▪ 1 clove garlic, minced</li> <li>▪ 3 tbsp. Olive Oil</li> <li>▪ 1 tbsp. lemon juice</li> <li>▪ ¼ tsp. sea salt</li> </ul>                                                                                                                                          |                  |            |
| Place all ingredients in bowl and let marinate for 10-15 minutes.                                                                                                                                                                                                                                          |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                | ✓ Didn't like it |            |
| <b>Italian Marinade or Dressing</b>                                                                                                                                                                                                                                                                        | 15 min           | Serves 4-6 |
| <ul style="list-style-type: none"> <li>▪ ½ cup fresh lemon juice</li> <li>▪ ¼ cup water</li> <li>▪ 1/3 cup extra-virgin olive oil</li> <li>▪ 1-2 fresh cloves garlic, peeled and minced</li> <li>▪ ¼ tsp sea salt, optional</li> <li>▪ 1 tbsp each of fresh, coarsely chopped oregano and basil</li> </ul> |                  |            |
| Refrigerate in jar 2-4 hours before using. Shake well before using.                                                                                                                                                                                                                                        |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                | ✓ Didn't like it |            |
| <b>Garlic Olive Oil Dressing</b>                                                                                                                                                                                                                                                                           | 15 min           | Serves 2   |
| <ul style="list-style-type: none"> <li>▪ 2 cloves of fresh garlic</li> <li>▪ 1/8 tsp sea salt</li> <li>▪ Juice from half of a freshly squeezed lemon</li> <li>▪ 1/3 cup flax oil</li> </ul>                                                                                                                |                  |            |
| 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 |            |
| <b>Dr. Julie-Ann Holland's Candida Friendly Dressing</b>                                                                                                                                                                                                                                                   | 15 min           | Serves 6-8 |
| <ul style="list-style-type: none"> <li>▪ ½ cup Lemon Juice</li> <li>▪ 1 ½ cups Olive Oil</li> <li>▪ 2 tbsp Minced Ginger</li> <li>▪ 1/3 cup Minced Garlic</li> </ul>                                                                                                                                       |                  |            |
| Blend all ingredients until creamy. Keeps for up to five days in refrigerator.                                                                                                                                                                                                                             |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                | ✓ Didn't like it |            |

# CONDIMENTS/DIPS/SPREADS/MARINADES

|                                                                                                                                                                                                                                                                             |                  |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------|
| <b>Chunky Guacamole</b>                                                                                                                                                                                                                                                     | 10 min           | Serves 4-6 |
| <ul style="list-style-type: none"> <li>1 medium avocado, peeled, pitted, and grated</li> <li>2 tbsp fresh squeezed lemon juice</li> <li>1 large tomato, chopped</li> <li>2-4 green onions, chopped</li> <li>½ tsp garlic powder</li> <li>Cayenne pepper to taste</li> </ul> |                  |            |
| Mash avocado with a fork. Chop the tomato. Add all ingredients and mix well                                                                                                                                                                                                 |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                 | ✓ Didn't like it |            |

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| <b>Classic Guacamole</b>                                                                                                                                                                                                              | 10 min           | Serves 8-10 |
| <ul style="list-style-type: none"> <li>2 ripe avocados</li> <li>¼ tsp garlic powder</li> <li>1 tbsp fresh lemon juice</li> <li>½ tsp dried oregano</li> <li>¼ tsp ground cumin</li> <li>Fresh pepper and sea salt to taste</li> </ul> |                  |             |
| Place ingredients in a food processor and process till your desired smoothness. Chill, if desired, before serving.                                                                                                                    |                  |             |
| ✓ LOVED IT!                                                                                                                                                                                                                           | ✓ Didn't like it |             |

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| <b>Fresh Tomato Salsa</b>                                                                                                                                                                                                                                                                                                                                              | 15 min           | Serves 2-3 |
| <ul style="list-style-type: none"> <li>3 large Roma tomatoes, peeled</li> <li>1 tbsp crushed jalapeno peppers</li> <li>4 green onions, chopped</li> <li>2 tbsp fresh lime juice</li> <li>Pinch of finely chopped red chili peppers</li> </ul>                                                                                                                          |                  |            |
| <ol style="list-style-type: none"> <li>Chop the tomatoes into small pieces.</li> <li>Combine tomatoes with remaining ingredients in a medium sized bowl and stir.</li> <li>Place in bowl, 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.</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                            | ✓ Didn't like it |            |

## CONDIMENTS

|                                                                                                                                                                                                                         |                  |            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------|
| <b>Candida Friendly Mayonnaise</b>                                                                                                                                                                                      | 15 min           | Serves 6-8 |
| <ul style="list-style-type: none"> <li>6 large egg yolks</li> <li>2 cups extra virgin olive oil</li> <li>¼ cup lemon juice</li> <li>¼ cup water</li> <li>1 tsp salt (optional)</li> <li>1 tsp dry mustard</li> </ul>    |                  |            |
| <ol style="list-style-type: none"> <li>Beat Yolks in blender. Drizzle oil into yolks, while beating.</li> <li>Add lemon juice, water, salt and mustard; mix.</li> <li>Refrigerate in jar until ready to use.</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                             | ✓ Didn't like it |            |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------|
| <b>Dr. Julie-Ann Holland's Candida Friendly Mayonnaise</b>                                                                                                                                                                                                                                                       | 10 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>▪ 1 egg</li> <li>▪ ½ tsp Salt</li> <li>▪ 1 tbsp Lemon Juice</li> <li>▪ 1 tsp Dry Mustard</li> <li>▪ 1 Cup Extra Virgin Olive Oil</li> </ul>                                                                                                                               |                  |          |
| <ol style="list-style-type: none"> <li>1. Blend egg, salt, lemon juice, mustard, and ¼ cup oil in a blender then slowly add the remaining oil.</li> <li>2. You may add Dill or other spices to taste.</li> <li>3. When not on the program use Sunflower, Safflower, or Canola Oil, they taste better.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                      | ✓ Didn't like it |          |

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------|
| <b>Homemade Tomato Sauce</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 25 min           | Serves 2-3 |
| <ul style="list-style-type: none"> <li>▪ 2 leaves fresh basil</li> <li>▪ Small handful loosely packed parsley leaves (about ½ ounce)</li> <li>▪ 1 small onion (about 2 ounces) – peeled and cut into 8 pieces</li> <li>▪ 1 tbsp extra virgin olive oil</li> <li>▪ 3 medium ripe tomatoes (about 18 ounces total) cored and quartered</li> <li>▪ dash of salt</li> <li>▪ dash freshly ground black pepper</li> </ul>                                                                                                                                                                 |                  |            |
| <ol style="list-style-type: none"> <li>1. Process the fresh basil and parsley until finely chopped.</li> <li>2. Add the onion and chop.</li> <li>3. Transfer into saucepan with the oil and cook, stirring, for 2 minutes.</li> <li>4. Process the tomatoes until coarsely chopped and add to saucepan.</li> <li>5. Bring to a boil; reduce heat and cook, partially covered, for 20 minutes, stirring occasionally.</li> <li>6. Process the mixture all together.</li> <li>7. Strain the sauce. Add salt, pepper and cook uncovered for 10 minutes more or until thick.</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ✓ Didn't like it |            |

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

# ENTREES

## BREAKFAST DISHES

|                                                                                                                                                                                                                                                                                             |        |            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------|
| <b>Stir-Fried Vegetable Scramble</b>                                                                                                                                                                                                                                                        | 20 min | Serves 2-3 |
| <ul style="list-style-type: none"> <li>2 tbsp organic butter</li> <li>2 tbsp chopped onion</li> <li>2 tbsp chopped green pepper</li> <li>1/2 cup fresh chopped tomato</li> <li>1 cup lightly steamed vegetables</li> <li>2 slightly beaten eggs</li> <li>1 tbsp extra virgin oil</li> </ul> |        |            |

1. Heat skillet, add oil, onions and green peppers.
2. Stir-fry until tender.
3. Add tomato and other vegetables.
4. Bring to boil, stirring constantly.
5. Add eggs and cook, stirring gently.
6. Serve immediately.

✓ LOVED IT!

✓ Didn't like it

|                                                                                                                                                                                            |        |          |
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| <b>Tasty Omelet</b>                                                                                                                                                                        | 15 min | Serves 1 |
| <ul style="list-style-type: none"> <li>2 large eggs</li> <li>1 tomato, diced</li> <li>1/2 avocado, peeled and diced</li> <li>2 green onion, chopped</li> <li>1 tbsp coconut oil</li> </ul> |        |          |

1. Beat eggs.
2. Add tomato, avocado, and onion. Mix.
3. Melt oil in skillet.
4. Add egg mixture; cook over medium heat until bottom is set.
5. Turn half of omelet over on top of other half; cover.
6. Cook at low heat until egg is set

✓ LOVED IT!

✓ Didn't like it

|                                                                                                                                                                                                                                                             |        |          |
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| <b>Veggie Scramble</b>                                                                                                                                                                                                                                      | 15 min | Serves 2 |
| <ul style="list-style-type: none"> <li>2 tbsp coconut oil or organic butter</li> <li>2 tbsp chopped onion</li> <li>2 tbsp chopped green onion</li> <li>1/2 cup chopped tomato</li> <li>1 cup cooked vegetables</li> <li>2-4 eggs slightly beaten</li> </ul> |        |          |

Heat skillet, add oil, onions and green peppers. Stir fry until tender. Add tomato and other vegetables. Bring to boil, stir constantly. Add eggs and cook gently

✓ LOVED IT!

✓ Didn't like it

|                                                                                                                                                         |          |          |
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| <b>Berry Salad (Only after Day 27)</b>                                                                                                                  | 5-10 min | Serves 1 |
| <ul style="list-style-type: none"> <li>1 cup sliced strawberries, stems removed</li> <li>2 peeled bananas, sliced</li> <li>1 cup blueberries</li> </ul> |          |          |

Combine all ingredients in a bowl and serve.

✓ LOVED IT!

✓ Didn't like it

# SOUPS

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

| Best Chicken Soup                                                                                                                                                                                                                    |  | 60 min                                                                                                                                             | Serves 2 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"><li>8 oz chicken wings</li><li>½ can (17 ½ oz ) natural chicken broth (no MSG)</li><li>1 ½ cup water</li><li>½ medium yellow onion, chopped</li><li>1 carrot, peeled and cut into rounds</li></ul> |  | <ul style="list-style-type: none"><li>1 stalk celery, diced</li><li>¼ tsp sea salt (optional)</li><li>½ tsp nutmeg</li><li>¼ cup lentils</li></ul> |          |
| Place chicken, broth and water in a pan. Bring to a boil and skim foam. Reduce heat; add vegetables, seasonings and lentils. Cover; simmer 40-50 minutes or until chicken is tender. Remove check and save for other use.            |  |                                                                                                                                                    |          |
| ✓ LOVED IT!                                                                                                                                                                                                                          |  | ✓ Didn't like it                                                                                                                                   |          |

| Cioppino                                                                                                                                                                                                                                                                         |  | 25 min                                                                                                                                                                                                         | Serves 3-4 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <ul style="list-style-type: none"><li>3.5 oz white fish, cubed</li><li>1 tomato, chopped</li><li>1 tsp tomato paste</li><li>2 cup all natural chicken broth (no MSG)</li><li>1 clove garlic, minced</li><li>1 bay leaf</li></ul>                                                 |  | <ul style="list-style-type: none"><li>¼ onion, thinly sliced</li><li>1 tsp parsley</li><li>1 tsp fresh basil</li><li>½ tsp fresh oregano</li><li>½ tsp crushed rosemary</li><li>Salt/pepper to taste</li></ul> |            |
| Combine broth, onion, whole bay leaf, parsley and spice mix. Bring to a boil. Reduce heat, cover, and simmer for 10-15 min. Add fish, tomato paste and chopped tomato then return to boil. Reduce heat, cover, and simmer 5-7 min. Remove bay leaf. Season with salt and pepper. |  |                                                                                                                                                                                                                |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                      |  | ✓ Didn't like it                                                                                                                                                                                               |            |

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------|
| <b>Creamy Celery Soup</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 30 min           | Serves 4-5 |
| <ul style="list-style-type: none"> <li>1 medium onion</li> <li>1 medium celery stalk</li> <li>1 medium garlic clove</li> <li>1 tbsp olive oil</li> <li>5 cups low-sodium, organic vegetable broth</li> <li>Freshly ground pepper</li> <li>4 cups chopped vegetables, in ½ to 1 inch pieces</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                  |            |
| <ol style="list-style-type: none"> <li>Boil water</li> <li>Chop onion and celery. Slice garlic into thin strips.</li> <li>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.</li> <li>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.</li> <li>Pour soup into a bowl to cool.</li> <li>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.</li> <li>Place soup over medium heat. Gently reheat soup, taking care not to let it boil and stirring frequently. Add pepper to taste.</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | ✓ Didn't like it |            |

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

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| <b>Mexican Chicken Soup</b>                                                                                                                                                                                                                                                                                                                                                         | 30 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>3 oz cooked chicken, shredded</li> <li>2 cloves garlic, minced</li> <li>½ - 1 tsp. ground cayenne pepper</li> <li>1 tsp. ground cumin</li> <li>1 tsp. ground coriander</li> <li>¼ cup onion, chopped</li> <li>2-3 cup low-sodium, organic chicken broth</li> <li>Fresh cilantro, chopped</li> <li>1 lime</li> <li>1 tomato, diced</li> </ul> |                  |          |
| <ol style="list-style-type: none"> <li>Combine garlic, onion, spices and broth in pot.</li> <li>Bring to a boil, reduce heat and simmer for 10 minutes.</li> <li>Add tomato and chicken and simmer 10 minutes.</li> <li>Add Cilantro and continue to simmer 5 more minutes.</li> <li>Top with a squeeze of lime.</li> </ol>                                                         |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                         | ✓ Didn't like it |          |

| Vegetable Garden Soup                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 20 min                                                                                                                                                                                                                       | Serves 8 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>6 cups low-sodium, organic vegetable broth</li> <li>½ tsp extra virgin olive oil</li> <li>2 carrots, peeled and diced</li> <li>1 large onion, diced</li> <li>1 cup of chopped broccoli</li> <li>4 Cloves of garlic, minced</li> <li>1/2 cabbage, chopped</li> </ul>                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>1/2 pound frozen green beans</li> <li>2 tbsp tomato paste</li> <li>1 tsp fresh basil</li> <li>1 tsp fresh oregano</li> <li>1 tsp sea salt</li> <li>1 large zucchini, diced</li> </ul> |          |
| <ol style="list-style-type: none"> <li>Bring the broth to a boil</li> <li>Put Extra-Virgin Olive Oil in Dutch oven and heat on MEDIUM HIGH.</li> <li>Add the carrots, onion and garlic and cook for about 5 minutes.</li> <li>Add all the remaining ingredients EXCEPT the zucchini and bring to a boil.</li> <li>Cover, reduce the heat to MEDIUM and simmer for about 15 minutes or until the beans are tender.</li> <li>Add the zucchini and cook until the zucchini is tender.</li> </ol> |                                                                                                                                                                                                                              |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | ✓ Didn't like it                                                                                                                                                                                                             |          |

| Vegetable Rice Soup                                                                                                                                                                                                                             | 10 min                                                                                                                        | Serves 2 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------|
| <ul style="list-style-type: none"> <li>3 cups low-sodium, organic vegetable broth</li> <li>1 carrot, peeled and sliced thin</li> <li>1 stalk of celery sliced thin</li> </ul>                                                                   | <ul style="list-style-type: none"> <li>1 ½ cups coarsely chopped chard or cabbage</li> <li>1 cup cooked brown rice</li> </ul> |          |
| <ol style="list-style-type: none"> <li>Boil water and broth. Add carrots and celery. Cook at a low boil for 3 minutes.</li> <li>Add chard (or cabbage) and cook at a low boil for 2 minutes longer.</li> <li>Stir in rice and serve.</li> </ol> |                                                                                                                               |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                     | ✓ Didn't like it                                                                                                              |          |

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

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| <b>Warm Vegetable Soup</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15 min                                                                                                                                                                                                                                                   | Serves 3-4 |
| <ul style="list-style-type: none"> <li>▪ 1 small onion</li> <li>▪ 2 green onions</li> <li>▪ 2 celery stalks</li> <li>▪ 2 carrots</li> <li>▪ 1 zucchini</li> <li>▪ 1 garlic clove, pressed</li> </ul>                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>▪ 2 green chard leaves or kale</li> <li>▪ 2 cups broccoli florets</li> <li>▪ 1 tbsp extra virgin olive oil</li> <li>▪ 6 cups low-sodium, organic vegetable broth</li> <li>▪ ½ cup minced fresh parsley</li> </ul> |            |
| <ol style="list-style-type: none"> <li>1. Cut vegetables into ½ inch pieces except for chard and broccoli. Chop chard and broccoli into thin pieces.</li> <li>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.</li> <li>3. Add chard and broccoli to pot. Return to a boil and simmer for 5 minutes.</li> <li>4. Stir in parsley. Cover and remove pot from heat and let stand for 2 minutes</li> </ol> |                                                                                                                                                                                                                                                          |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ✓ Didn't like it                                                                                                                                                                                                                                         |            |

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| <b>White Chicken Chili</b>                                                                                                                                                                                                                                                                                                                                                                    | 25 min                                                                                                                                                                                              | Serves 2 |
| <ul style="list-style-type: none"> <li>▪ 3 oz cooked chicken breast, shredded</li> <li>▪ ½ cup green bell pepper, chopped</li> <li>▪ ½ cup onion, chopped</li> <li>▪ 1 cup organic chicken broth</li> <li>▪ 2 cloves garlic, minced</li> </ul>                                                                                                                                                | <ul style="list-style-type: none"> <li>▪ 1/2 tsp cumin</li> <li>▪ 1/4 tsp fresh oregano</li> <li>▪ 1/4 tsp red pepper flakes</li> <li>▪ 1/8 tsp ground cloves</li> <li>▪ Pepper to taste</li> </ul> |          |
| <ol style="list-style-type: none"> <li>1. Combine garlic, onion, bell pepper and ½ c of broth to pot and bring to a boil, reduce heat to medium and cook for 5-7 minutes, until vegetables are tender.</li> <li>2. Add the remaining broth, if needed.</li> <li>3. Add all other ingredients to pot.</li> <li>4. Bring to a boil, reduce heat, cover and simmer for 10-15 minutes.</li> </ol> |                                                                                                                                                                                                     |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                   | ✓ Didn't like it                                                                                                                                                                                    |          |

## VEGETABLE DISHES

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| <b>Beet Greens and Chard</b>                                                                                                                                                                                                    | 12 min           | Serves 2-4 |
| <ul style="list-style-type: none"> <li>▪ 1 bunch red chard</li> <li>▪ 1 bunch beet greens</li> <li>▪ 1 tbsp lemon juice</li> </ul>                                                                                              |                  |            |
| <ol style="list-style-type: none"> <li>1. Wash and coarsely chop greens.</li> <li>2. Place in a covered pan over low heat and cook for 10 minutes. Occasionally stirring.</li> <li>3. Sprinkle lemon juice and toss.</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                     | ✓ Didn't like it |            |

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

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| <b>Broccoli Pilaf</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15 min                                                                                                                                                                                                                                                                                  | Serves 5-6 |
| <ul style="list-style-type: none"> <li>1 tbsp extra virgin olive oil</li> <li>½ tsp cumin</li> <li>½ tsp dry mustard</li> <li>1 tsp ground coriander</li> <li>1 tsp turmeric</li> <li>¼ tsp ground cinnamon</li> <li>2 bay leaves</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>1 tsp fresh, minced garlic</li> <li>½ cup fresh, minced onion</li> <li>1 bunch broccoli</li> <li>1/3 water</li> <li>3 cups brown rice</li> <li>Juice from small lemon</li> <li>2 tbsp chopped, fresh cilantro</li> <li>1 tsp sea salt</li> </ul> |            |
| <ol style="list-style-type: none"> <li>Cut broccoli into small florets. Peel stems and cut crosswise into 1/3 inch slices</li> <li>Prepare rice. (Measure 1 cup into 2 ¼ cups boiling water. Add 1 tsp olive oil. Cook covered over low heat for 40 minutes. Remove from heat and sit for 10 minutes before lifting cover)</li> <li>While rice cooks, heat oil in large skillet with lid. Add cumin and mustard. Stir in the coriander, turmeric, cinnamon and bay leaves.</li> <li>Add garlic and onion. Cook mixture and stir until the onion is soft and begins to brown. Add broccoli and cook for 5 minutes (keep stirring) over medium heat.</li> <li>Add water, cover, and steam the mixture over medium low for 5 minutes or until the broccoli is tender.</li> <li>Stir in the rice and cook until mixture is hot. Stir in lemon juice and salt. Mix well.</li> </ol> |                                                                                                                                                                                                                                                                                         |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ✓ Didn't like it                                                                                                                                                                                                                                                                        |            |

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| <b>Brown Rice with Herbs</b>                                                                                                                                                                                                                                                                                                                                                                                                                 | 30-60 min                                                                                                                                                           | Serves 6 |
| <ul style="list-style-type: none"> <li>1 tbsp extra virgin olive oil</li> <li>½ cup diced onion</li> <li>1 tsp minced garlic</li> <li>2 cups long grain brown rice</li> <li>4 ½ cups boiling low-sodium organic vegetable broth</li> <li>2 tsp fresh thyme</li> </ul>                                                                                                                                                                        | <ul style="list-style-type: none"> <li>1 bay leaf</li> <li>½ cup minced fresh parsley</li> <li>sea salt to taste</li> <li>freshly ground pepper to taste</li> </ul> |          |
| <ol style="list-style-type: none"> <li>Preheat oven to 375°.</li> <li>Heat oil in heavy sauce pan. Add onion and garlic. Sauté for 2 minutes.</li> <li>Stir in rice. Add boiling broth and remaining ingredients. Bring to a boil and cover.</li> <li>When rice is boiling, cover with a circle of oiled parchment and place on center rack in oven. Back for 50 minutes.</li> <li>Remove from oven. Remove and discard bay leaf.</li> </ol> |                                                                                                                                                                     |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                  | ✓ Didn't like it                                                                                                                                                    |          |

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| <b>Bunches of Broccoli</b>                                                                                                                                                               | 15 min                                                                                                                     | Serves 1 |
| <ul style="list-style-type: none"> <li>1 bunch of broccoli</li> <li>2 tbsp organic butter</li> </ul>                                                                                     | <ul style="list-style-type: none"> <li>Sea salt &amp; cayenne pepper, to taste</li> <li>1 tsp fresh lemon juice</li> </ul> |          |
| 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                                                                                                           |          |

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

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| <b>Filled Eggplant</b>                                                                                                                                                                               | 30 min                                                                                                                               | Serves 4-6 |
| <ul style="list-style-type: none"> <li>1 medium eggplant, peeled and cubed</li> <li>1 tsp sea salt</li> <li>8 tsp coconut oil</li> </ul>                                                             | <ul style="list-style-type: none"> <li>1 medium green pepper, cored, seeded and chopped</li> <li>2 cloves garlic, chopped</li> </ul> |            |
| 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                                                                                                                     |            |

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| <b>French Garlic String Beans</b>                                                                                                                                                                                                                                                                                                                                                                                               | 35 min                                                                                                                                                                        | Serves 4-6 |
| <ul style="list-style-type: none"> <li>2 tbsp extra virgin olive oil</li> <li>1 tsp garlic, minced</li> <li>4 cups fresh string beans, julienned</li> <li>½ tsp dried thyme</li> </ul>                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>½ tsp sea salt</li> <li>2 cups water</li> <li>3 tbsp low-sodium organic chicken broth</li> <li>Squeeze of fresh lemon juice</li> </ul> |            |
| <ol style="list-style-type: none"> <li>Heat oil in a large saucepan.</li> <li>Add garlic and beans and sauté on high to sear beans, stirring frequently so they don't burn.</li> <li>Add thyme, salt and pepper to taste.</li> <li>Add water and chicken broth.</li> <li>Bring to a boil, cover tightly, reduce heat to medium-low, and simmer for 20-30 minutes.</li> <li>Squeeze lemon juice on top and toss well.</li> </ol> |                                                                                                                                                                               |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                     | ✓ Didn't like it                                                                                                                                                              |            |

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| <b>Garlic Green Beans</b>                                                                                                                                            | 15 min           | Serves 2-3 |
| <ul style="list-style-type: none"> <li>2 cups fresh green beans</li> <li>1 clove garlic</li> <li>¼ cup minced onion</li> <li>1 tsp extra virgin olive oil</li> </ul> |                  |            |
| 1. Combine olive oil and garlic in saucepan over medium heat                                                                                                         |                  |            |
| 2. Combine all ingredients in saucepan sauté over med heat until green beans are tender.                                                                             |                  |            |
| ✓ LOVED IT!                                                                                                                                                          | ✓ Didn't like it |            |

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

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| <b>Heavenly Marinated Vegetable</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 25 min           | Serves 4-6 |
| <ul style="list-style-type: none"> <li>¼ cup extra virgin olive oil</li> <li>Any color bell pepper, cored, seeded, and cut into strips</li> <li>2 cups of any combination of:</li> <li>Tomato wedges</li> <li>Broccoli florets</li> <li>3 cloves garlic, chopped</li> <li>Green or red cabbage, shredded</li> <li>Sea salt to taste</li> <li>Cauliflower florets</li> <li>2 tbsp chopped fresh parsley</li> <li>Onion, sliced</li> <li>¼ cup freshly squeezed lemon juice</li> </ul> |                  |            |
| 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 |            |

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| <b>Italian Green Beans</b>                                                                                                                                             | 10 min           | Serves 4-6 |
| <ul style="list-style-type: none"> <li>Sea salt</li> <li>2 tsp lemon juice</li> <li>1 pound tender young green beans</li> <li>2 tbsp extra virgin olive oil</li> </ul> |                  |            |
| 1. Boil water in a large pot. Trim ends off beans and cut them in half.                                                                                                |                  |            |
| 2. Add pinch of sea salt to water. Add beans. Boil for 3 minutes until bright green and tender. Drain and place in ice water. Drain and pat dry.                       |                  |            |
| 3. Place green beans in a bowl. Sprinkle lemon juice and toss. Add olive oil and toss again. Serve chilled or at room temperature                                      |                  |            |
| ✓ LOVED IT!                                                                                                                                                            | ✓ Didn't like it |            |

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| <b>Italian Zucchini</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 25 min           | Serves 4 |
| <ul style="list-style-type: none"> <li>2 large zucchini</li> <li>1 tsp minced garlic</li> <li>2 tbsp fresh basil</li> <li>2 tsp fresh oregano</li> <li>1 tsp paprika</li> <li>Freshly ground pepper</li> </ul>                                                                                                                                                                                                                                                                 |                  |          |
| <ol style="list-style-type: none"> <li>Cut zucchini into thin 1/8 inch strips lengthwise.</li> <li>Combine garlic with oil in small bowl and add half of mixture to a large skillet with half the zucchini.</li> <li>Season with herbs and paprika and sauté over medium heat.</li> <li>Rotate with tongs until zucchini is bright green. Remove from skillet.</li> <li>Repeat process with remaining ingredients. Transfer zucchini to dish and season with pepper</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ✓ Didn't like it |          |

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| <b>Layered Zucchini</b>                                                                                                                                                                                                                                              | 15 min           | Serves 4 |
| <ul style="list-style-type: none"> <li>1 lb. zucchini, cut into ½" slices</li> <li>1 lb. tomatoes, peeled and diced</li> <li>1 tsp oregano</li> <li>1 tsp minced onion</li> <li>½ tsp sea salt</li> <li>½ tsp garlic powder</li> <li>¼ tsp cayenne pepper</li> </ul> |                  |          |
| Combine all in saucepan. Simmer until zucchini is tender                                                                                                                                                                                                             |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                          | ✓ Didn't like it |          |

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| <b>Lettuce Wraps</b>                                                                                                                                                                                                                           | 20 min           | Serves 6-8 |
| <ul style="list-style-type: none"> <li>2 very ripe avocados</li> <li>3 tomatoes, diced</li> <li>½ jalapeno pepper, diced</li> <li>3 cloves fresh garlic, minced</li> <li>2 tsp lime juice</li> <li>6-8 large romaine lettuce leaves</li> </ul> |                  |            |
| <ol style="list-style-type: none"> <li>In a medium bowl mash the avocado.</li> <li>Add remaining ingredients and stir until well mixed.</li> <li>Spread 2-3 tbsp onto lettuce leaves and wrap</li> </ol>                                       |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                    | ✓ Didn't like it |            |

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| <b>Lemon Broccoli</b>                                                                                                                                                                      | 10 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>1 head of broccoli</li> <li>1 tbsp lemon juice, fresh squeezed</li> <li>¼ tsp lemon zest</li> <li>Salt &amp; pepper</li> </ul>                      |                  |          |
| <ol style="list-style-type: none"> <li>Cook broccoli in microwave according to package instructions.</li> <li>Combine lemon juice and zest.</li> <li>Pour over heated broccoli.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                | ✓ Didn't like it |          |

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

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

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| <b>Mock "Mashed Potatoes"</b>                                                                                                                                                                                                                                                                                             | 10 min           | Serves 2-3 |
| <ul style="list-style-type: none"> <li>1 Head of Fresh Cauliflower</li> <li>1 tbsp low-sodium organic chicken broth</li> <li>1 tbsp minced dried onion</li> <li>1/8 tsp black pepper</li> <li>¼ cup water</li> </ul>                                                                                                      |                  |            |
| <ol style="list-style-type: none"> <li>Steam Cauliflower until tender.</li> <li>Combine all ingredients in saucepan and cook on medium heat for 5-7 minutes, stirring frequently.</li> <li>Remove from heat and mash with potato masher for chunkier texture or puree in a food processor for smoother texture</li> </ol> |                  |            |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                               | ✓ Didn't like it |            |

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

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| <b>Sautéed Brussels</b>                                                                                                                                                                                                    | 20 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>5-6 Brussels sprouts</li> <li>1 cucumber</li> <li>1 orange pepper</li> <li>1/8 cup extra virgin olive oil</li> </ul>                                                                |                  |          |
| <ol style="list-style-type: none"> <li>Lightly steam Brussels sprouts.</li> <li>Slice cucumber and pepper.</li> <li>Combine sprouts, spinach, pepper and oil.</li> <li>Toss.</li> <li>Add salt/spices to taste.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                | ✓ Didn't like it |          |

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| <b>Sautéed Asparagus</b>                                                                                                                                                                                                                              | 20 min           | Serves 4 |
| <ul style="list-style-type: none"> <li>½ pound asparagus, cut diagonally</li> <li>4 cups of water</li> <li>1 tbsp coconut oil</li> <li>Grated fresh gingerroot, to taste</li> <li>1 garlic clove, minced</li> <li>½ tsp sea salt, optional</li> </ul> |                  |          |
| <ol style="list-style-type: none"> <li>Cover asparagus with water in pan. Bring to boil, reduce heat and cook 5 minutes. Drain.</li> <li>Heat oil in large skillet. Add seasonings and asparagus. Sauté, stirring often, until tender.</li> </ol>     |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                           | ✓ Didn't like it |          |

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| <b>Sautéed Spinach</b>                                                                                                                                                                                                            | 10 min           | Serves 3-4 |
| <ul style="list-style-type: none"> <li>2 tbsp extra virgin olive oil</li> <li>¼ cup sliced onion</li> <li>1 – 10 oz package fresh spinach, rinsed and torn</li> <li>1 clove garlic, sliced</li> <li>Sea salt, to taste</li> </ul> |                  |            |
| 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 |            |

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| <b>Spicy Taco Crunch Wraps</b>                                                                                                                                                                                                                                                                 | 10 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>1 ripe avocado</li> <li>½ large onion</li> <li>¼ cup fresh lemon juice</li> <li>1/8 cup fresh parsley, chopped</li> <li>1 ½ tsp sea salt</li> <li>Romaine or leaf lettuce</li> </ul>                                                                    |                  |          |
| <ol style="list-style-type: none"> <li>Cut the avocado into chunks, and pour lemon juice over it.</li> <li>Chop onion in a food processor, and then add the rest of the ingredients and process until smooth.</li> <li>Spoon into a lettuce leaf and wrap! This tastes like a taco!</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                    | ✓ Didn't like it |          |

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| <b>Steamed Cabbage</b>                                                                                                                                       | 15 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>½ head of Cabbage, chopped</li> <li>juice of ½ lemon</li> <li>½ tsp dry mustard</li> <li>salt &amp; pepper</li> </ul> |                  |          |
| 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 |          |

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

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| <b>Broccoli and Rice</b>                                                                                                                                                                                                                                                                              | 15-20 min                                                                                                                                                            | Serves 4 |
| <ul style="list-style-type: none"> <li>3 tbsp Extra Virgin Olive Oil</li> <li>4 tbsp Bragg's Liquid Aminos (natural soy sauce alternative)</li> </ul>                                                                                                                                                 | <ul style="list-style-type: none"> <li>2 heads of broccoli, cut in to ½ inch pieces.</li> <li>4 cups of Cooked Brown Rice</li> <li>1 Garlic Clove, minced</li> </ul> |          |
| <ol style="list-style-type: none"> <li>Heat Oil, Bragg's and Garlic in frying pan over medium heat.</li> <li>Add broccoli and sauté until broccoli is at desired texture.</li> <li>Put sauce and rice over rice and serve. This dish can be made as a vegetable side dish without the rice</li> </ol> |                                                                                                                                                                      |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                           | ✓ Didn't like it                                                                                                                                                     |          |

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| <b>Tomato Cups</b>                                                                                                                                                                | 15 min                                                                                                                                                                                   | Serves 6 |
| <ul style="list-style-type: none"> <li>6 medium tomatoes</li> <li>½ small cucumber</li> <li>2 sticks of celery</li> <li>½ cup fresh parsley</li> <li>1 tbsp fresh mint</li> </ul> | <ul style="list-style-type: none"> <li>1 clove fresh garlic</li> <li>2 tsp kelp</li> <li>1 tbsp lemon juice</li> <li>1 tbsp extra virgin olive oil</li> <li>Sea salt to taste</li> </ul> |          |
| 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                                                                                                                                                                         |          |

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| <b>Vegetable Delight</b>                                                                                                                                                                                                           | 10 min                                                                                                           | Serves 5 |
| <ul style="list-style-type: none"> <li>1 cup Swiss chard</li> <li>1 cup cauliflower</li> <li>1 cup broccoli</li> </ul>                                                                                                             | <ul style="list-style-type: none"> <li>1 cup carrots</li> <li>1 cup onions</li> <li>4 tsp coconut oil</li> </ul> |          |
| <ol style="list-style-type: none"> <li>Steam Swiss chard, cauliflower, broccoli, carrots, and onions until tender-crisp (about 3 minutes).</li> <li>Coat skillet with oil and add vegetables. Stir fry about 3 minutes.</li> </ol> |                                                                                                                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                        | ✓ Didn't like it                                                                                                 |          |

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| <b>Vegetable Stuffed Green Peppers</b>                                                                                                                                                                                                                        | 15 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>1 Green Pepper</li> <li>1-2 Cups of cooked vegetables</li> </ul>                                                                                                                                                       |                  |          |
| <ol style="list-style-type: none"> <li>Cut peppers in half, remove stem and seeds.</li> <li>In saucepan over low heat in 1 inch water cook covered until tender.</li> <li>Drain. Fill with drained combination of cooked vegetables of your choice</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                   | ✓ Didn't like it |          |

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| <b>Veggie Kabobs</b>                                                                                                                                                                                       | 30 min                                                                                                                                                                       | Serves 6 |
| <b><u>Marinade</u></b> <ul style="list-style-type: none"> <li>2 tbsp coconut oil</li> <li>3 tbsp chopped fresh rosemary</li> <li>2 garlic cloves, peeled and crushed</li> <li>Juice of 2 lemons</li> </ul> | <b><u>Kabob</u></b> <ul style="list-style-type: none"> <li>1 red bell pepper, seeded and cut into 2" cubes</li> <li>1 yellow pepper, seeded and cut into 2" cubes</li> </ul> |          |

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| <ul style="list-style-type: none"> <li>• 24 cherry or grape tomatoes</li> <li>• 12 wooden skewers</li> </ul>                                                                                                                                                         | <ul style="list-style-type: none"> <li>• 1 green pepper, seeded and cut into 2" cubes</li> <li>• 1 onion cut into 2" cubes</li> </ul> |
| <ol style="list-style-type: none"> <li>1. Mix marinade. Add vegetables, turning to coat all sides.</li> <li>2. Refrigerate 1 hour.</li> <li>3. Divide the vegetables among 12 skewers and grill for 3 – 5 minutes, brushing on extra marinade and turning</li> </ol> |                                                                                                                                       |
| ✓ LOVED IT!                                                                                                                                                                                                                                                          | ✓ Didn't like it                                                                                                                      |

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| <b>Wonderful Steamed Artichokes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 50 min           | Serves 4 |
| <ul style="list-style-type: none"><li>▪ 4 artichokes</li><li>▪ 1 bay leaf</li><li>▪ Several slices of lemon</li><li>▪ 6 peppercorns</li><li>▪ 1 garlic clove</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                  |          |
| <ol style="list-style-type: none"><li>1. Wash artichokes.</li><li>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.</li><li>3. Place artichokes on a tray with their leaves down and stems up.</li><li>4. Steam for 30 to 45 minutes. When an inner leaf is easily removed you know they are done.</li><li>5. Cut off the stem of the artichoke. Cut in half lengthwise and remove the fuzzy chokes with a spoon.</li><li>6. Rub the cut sides with the lemon wedge.</li><li>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)</li><li>8. In a small bowl, combine the oil, lemon juice and garlic.</li><li>9. Drain the artichoke and serve with dip on the side</li></ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | ✓ Didn't like it |          |

## CHICKEN

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| <b>Brussels Sprouts and Chicken Delight</b>                                                                                                                                                                                           | 15 min           | Serves 1 |
| <div><div><div>▪ 1/8 cup extra virgin olive oil</div><div>▪ 5-6 Brussels sprouts</div><div>▪ 1-2 cloves garlic, peeled and quartered</div></div><div><div>▪ ½ onion, diced</div><div>▪ 3-4 ounces of chicken, cubed</div></div></div> |                  |          |
| Combine all in frying pan. Brown the Brussels sprouts, onion, garlic and chicken. Enjoy.                                                                                                                                              |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                           | ✓ Didn't like it |          |

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| <b>Broccoli and Chicken Divine</b>                                                                                                                                                                                                                                      | 60 min | Serves 4 |
| <ul style="list-style-type: none"><li>▪ 1 – 3 pound chicken</li><li>▪ ¼ pound broccoli, sliced</li><li>▪ ½ cup Candida friendly mayonnaise</li><li>▪ 1 medium sweet yellow onion, chopped</li><li>▪ 1 tsp garlic powder</li><li>▪ Sea salt to taste, optional</li></ul> |        |          |
| <ol style="list-style-type: none"><li>1. Cover chicken with water in pan. Boil uncovered; reduce heat and cover. Simmer 40 minutes or until tender; cool.</li><li>2. Remove bones and skin. Cut into small cubes.</li></ol>                                             |        |          |

3. Cook broccoli separately until tender; drain, cool and chop.
  4. Mix chicken, broccoli, mayonnaise, onion and seasonings in bowl.
- This may be reheated before serving or serve cold.

✓ LOVED IT!

✓ Didn't like it

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| <b>Chicken Cacciatore</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 1 hr 15 min                                                                                                                                                       | Serves 4 |
| <ul style="list-style-type: none"> <li>▪ 3 pound chicken, chopped</li> <li>▪ 1 tsp garlic powder, to taste</li> <li>▪ 1 tbsp chopped fresh oregano</li> </ul>                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>▪ 1 tbsp chopped fresh basil</li> <li>▪ 1-8 oz Candida friendly tomato sauce (see Homemade Tomato Sauce Recipe)</li> </ul> |          |
| <ol style="list-style-type: none"> <li>1. Preheat oven to 375 degrees F.</li> <li>2. Place chicken pieces, skin side up, in a greased baking pan. Sprinkle with 1/3 seasonings.</li> <li>3. Bake 30 minutes; turn and season with 1/3 seasonings.</li> <li>4. Bake 20 minutes longer.</li> <li>5. Pour half of the tomato sauce over chicken. Sprinkle with remainder of seasonings.</li> <li>6. Turn and cover with rest of tomato sauce. Bake 10-15 minutes more.</li> </ol> |                                                                                                                                                                   |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ✓ Didn't like it                                                                                                                                                  |          |

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| <b>Chicken Lettuce Wraps</b>                                                                                                                                      | 15 min                                                                                                                    | Serves 6 |
| <ul style="list-style-type: none"> <li>▪ 2 stalks celery, finely chopped</li> <li>▪ 1 tbsp chopped fresh basil</li> <li>▪ 1 tbsp chopped fresh parsley</li> </ul> | <ul style="list-style-type: none"> <li>▪ 6 slices cooked chicken (not deli)</li> <li>▪ 6 Iceberg Lettuce Leafs</li> </ul> |          |
| Mix celery and seasonings. Spread over turkey slices and place on lettuce. Roll each tightly                                                                      |                                                                                                                           |          |
| ✓ LOVED IT!                                                                                                                                                       | ✓ Didn't like it                                                                                                          |          |

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| <b>Chicken with Melted Tomato &amp; Zucchini</b>                                                                                                                                                                                                                                                                                  | 20 min                                                                                                                                                                               | Serves 2 |
| <ul style="list-style-type: none"> <li>▪ 1 tbsp coconut oil</li> <li>▪ ½ cup thinly sliced zucchini rounds</li> <li>▪ ½ large tomato, chopped</li> </ul>                                                                                                                                                                          | <ul style="list-style-type: none"> <li>▪ ½ medium yellow onion, finely chopped</li> <li>▪ Garlic powder, to taste</li> <li>▪ Basil, to taste</li> <li>▪ 2 chicken breasts</li> </ul> |          |
| <ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F. Heat oil in skillet.</li> <li>2. Add vegetables and seasonings; sauté until tender.</li> <li>3. Place lightly grilled chicken breasts in a baking pan.</li> <li>4. Spoon vegetables on zucchini rounds; cover dish with foil. Bake 10 minutes</li> </ol> |                                                                                                                                                                                      |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                       | ✓ Didn't like it                                                                                                                                                                     |          |

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| <b>Easy Chicken &amp; Rice</b>                                                                                                                                                                                       | 60 min                                                                                                                                                                                          | Serves 4 |
| <ul style="list-style-type: none"> <li>▪ 3 pounds frying chicken pieces</li> <li>▪ 1 cup brown rice</li> <li>▪ 2 cups water</li> <li>▪ Dash of salt</li> </ul>                                                       | <ul style="list-style-type: none"> <li>▪ 2 tbsp organic butter</li> <li>▪ 3 tbsp rosemary</li> <li>▪ 3 tbsp chopped fresh parsley</li> <li>▪ Optional – onions, celery, green pepper</li> </ul> |          |
| <ol style="list-style-type: none"> <li>1. Place rice, water, salt, butter and parsley in a 4-quart casserole dish.</li> <li>2. Stir and bring to a boil.</li> <li>3. Salt chicken and lay on top of rice.</li> </ol> |                                                                                                                                                                                                 |          |

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| 4. Lower heat to simmer; cover tightly and cook 45-60 minutes until water is absorbed and chicken is tender. |                  |
| ✓ LOVED IT!                                                                                                  | ✓ Didn't like it |

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| <b>Lemon Chicken</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 20 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>▪ 2- 3.5 oz chicken breasts</li> <li>▪ Juice and zest of 1 small lemon</li> <li>▪ ½ tsp chopped garlic</li> <li>▪ 2 tsp dry mustard</li> <li>▪ 1/2 tsp black pepper</li> </ul>                                                                                                                                                                                                                                                                                                                                                             |                  |          |
| <ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees.</li> <li>2. Tear off 2 sheets of foil measuring 12 x 18 inches each.</li> <li>3. Combine lemon juice, zest, garlic, mustard and pepper.</li> <li>4. Place one chicken breast in the center of each sheet of foil wrap.</li> <li>5. Drizzle the lemon mixture over the chicken.</li> <li>6. Bring up the sides of the foil and turn over the top edge twice. Seal the ends, leaving enough room inside the packets for air to circulate.</li> <li>7. Place on a cookie sheet and cook for 12-15.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | ✓ Didn't like it |          |

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| <b>Citrus Ginger Chicken Stir-Fry</b>                                                                                                                                                                                                                                                                                                                                                                | 25 min           | Serves 2 |
| <ul style="list-style-type: none"> <li>• 3.5 oz Chicken, thinly sliced</li> <li>• 1/2 tbsp fresh grated ginger</li> <li>• Lemon or Lime juice to taste</li> <li>• 10-12 asparagus spears, sliced 1 inch pieces</li> <li>• ½ cup red bell pepper, sliced</li> <li>• ½ tsp garlic, minced</li> <li>• 3 tbsp low-sodium, organic chicken broth</li> </ul>                                               |                  |          |
| <ol style="list-style-type: none"> <li>1. Combine ginger, lime juice and broth into a pan. Add asparagus, red bell peppers and Garlic to pan.</li> <li>2. Cook covered over medium heat for 5-8 minutes or until asparagus is mostly cooked.</li> <li>3. Add chicken and cook for 5 minutes until chicken is fully cooked.</li> <li>4. Add a pinch of salt or more lime juice, if needed.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                                                                          | ✓ Didn't like it |          |

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| <b>Picnic Lettuce Wraps</b>                                                                                                                                                                                                                                                                                                                     | 20 min           | Serves 4 |
| <ul style="list-style-type: none"> <li>▪ ¼ pound cooked chicken or tuna</li> <li>▪ 1 stalk celery, chopped</li> <li>▪ 1 tsp chopped fresh dill weed</li> <li>▪ 1 tsp chopped fresh basil</li> <li>▪ ½ tsp garlic powder</li> <li>▪ 2 tbsp Candida friendly mayonnaise</li> <li>▪ 1 tomato, sliced</li> <li>▪ 4 Iceberg Lettuce Leafs</li> </ul> |                  |          |
| <ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F.</li> <li>2. Blend crab, celery, seasonings and mayonnaise.</li> <li>3. Place tomato slice on each leaf; place in baking pan. Top with crab mixture. Cover with foil, bake 10 minutes</li> </ol>                                                                        |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                                                                                                                                                     | ✓ Didn't like it |          |

## DESSERTS

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| <b>Banana Papaya Pudding (Only after Day 27)</b>                                                                                                                                      | 5 min            | Serves 2 |
| <ul style="list-style-type: none"> <li>1 banana</li> <li>1 papaya</li> </ul>                                                                                                          |                  |          |
| <ol style="list-style-type: none"> <li>Cut papaya in half and remove seeds.</li> <li>Remove inside meat and place meat with bananas in blender.</li> <li>Blend till smooth</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                           | ✓ Didn't like it |          |

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| <b>Banana Ice Cream (Only after Day 27)</b>                                                                      | 5 min            | Serves 2 |
| <ul style="list-style-type: none"> <li>2-3 Frozen Bananas (freeze without peel)</li> </ul>                       |                  |          |
| Blend frozen bananas in food processor until very smooth. Bananas may look gritty but keep blending till smooth. |                  |          |
| ✓ LOVED IT!                                                                                                      | ✓ Didn't like it |          |

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| <b>Juice Pops (Only after Day 27)</b>                                                                                                                                                                         | 5 min            | Serves 6 |
| <ul style="list-style-type: none"> <li>4 Oranges</li> <li>2 cups Berries</li> </ul>                                                                                                                           |                  |          |
| <ol style="list-style-type: none"> <li>Blend berries and oranges until smooth.</li> <li>Pour mixture in Popsicle holders or ice cube trays.</li> <li>Insert Popsicle sticks and freeze in freezer.</li> </ol> |                  |          |
| ✓ LOVED IT!                                                                                                                                                                                                   | ✓ Didn't like it |          |

## Detox Mixture

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| <b>Detox Mixture</b>                                                                                                                                                                                                                            | 5 min | Serves 1 |
| <ul style="list-style-type: none"> <li>¾ cup of fresh lemon juice (can substitute for pure cranberry juice)</li> <li>¼ cup of pure maple syrup</li> <li>24 ounces of distilled water</li> <li>Makes 32 ounces of Lemon Detox Mixture</li> </ul> |       |          |

# SHOPPING LIST

## **Vegetables**

*Fresh or frozen only, organic if possible*

Artichokes  
Alfalfa sprouts  
Asparagus  
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 (Beginning Day 23)**

Avocados\*\*  
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

## **Lean Meats**

Organic Poultry – Free range,  
antibiotic free and hormone free is  
best  
Chicken  
Turkey

Wild Caught Fish (not farm  
raised)  
Cod  
Halibut  
Mahi Mahi  
Salmon  
Sea Bass  
Sole  
Swordfish  
Tilapia  
Trout  
Tuna  
Canned Fish - Water packed tuna

## **Lentils / Rice**

Brown Lentils  
Red Lentils  
Brown Basmati Rice  
Brown Rice  
Wild Rice

## **Dairy**

Organic Free Range Eggs  
Organic Butter

## **Oils**

Coconut Oil  
Flaxseed Oil  
Grape seed Oil  
Extra Virgin Olive Oil

## **Condiments**

Real Sea Salt  
Fresh Spices and seasonings  
Fresh Basil/ oregano etc.  
Bragg's Liquid Aminos

## **Beverages**

Distilled water (during detox)  
Spring Water  
Purified Water

**\*\* These fruits are permissible from Day 1 \*\***

## EXAMPLE MENU

Excluding detox days.

### BREAKFAST

Veggie Scramble

OR

Chocolate Dream Shake

### LUNCH

Confetti Salad

OR

Mediterranean Salad

### DINNER

Broccoli and Rice

OR

Stir Fry

## EXAMPLE MENU (Starting Day 23)

Excluding detox days.

### BREAKFAST

Bowl of sliced fruit with squeeze of lemon

OR

Fruit Smoothie

### LUNCH

Garden Salad with Energy Dressing

OR

Creamy Celery Soup

### DINNER

Mock "Mashed Potatoes"

OR

Spicy Taco Crunch Wraps

# Week One

| Day 1                                                                      | Day 2                                                                    | Day 3                                                                  | Day 4                                                     | Day 5                                                         | Day 6                                                     | Day 7                                                                                                                 |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| Breakfast:<br>- Veggie Scramble                                            | Breakfast:<br>- Tasty Omelet                                             | Breakfast:<br>- Stir-Fried Vegetable Scramble                          | Breakfast:<br>- Chocolate Dream                           | Breakfast:<br>- Meal Shake                                    | Breakfast:<br>- Veggie Scramble                           | Breakfast:<br>- Meal Shake                                                                                            |
| Snack:<br>-Snack Shake                                                     | Snack:<br>-                                                              | Snack:<br>- Snack Shake                                                | Snack:<br>-                                               | Snack:<br>- Snack Shake                                       | Snack:<br>-                                               | Snack:<br>-                                                                                                           |
| Lunch:<br>- Lettuce Wraps<br>-(Add protein if wanted)                      | Lunch:<br>- Confetti Salad<br>-(Add protein if wanted)                   | Lunch:<br>- Broccoli Pilaf<br>- (Add protein if wanted)                | Lunch:<br>- Confetti Salad<br>-(Add protein if wanted)    | Lunch:<br>- Picnic Lettuce Wraps<br>- (Add protein if wanted) | Lunch:<br>- Confetti Salad<br>-(Add protein if wanted)    | Lunch:<br>- Melted Tomato & Zucchini Wraps<br>-NO MEAT today                                                          |
| Snack:<br>-                                                                | Snack:<br>- Snack Shake                                                  | Snack:<br>-                                                            | Snack:<br>- Snack Shake                                   | Snack:<br>-                                                   | Snack:<br>- Snack Shake                                   | Snack:<br>- Snack Shake                                                                                               |
| Dinner:<br>- Steamed Artichokes<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Sautéed Brussels<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Veggie Chowder<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Best Chicken Soup<br>-Side Salad             | Dinner:<br>- Broccoli and Chicken Divine<br>-Side Salad       | Dinner:<br>- Chicken Cacciatore<br>-Side Salad            | Dinner:<br>- Bunches of Broccoli<br>-Side Salad<br>-NO MEAT today<br>If recipe calls for meat, simply don't put it in |
| Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                  | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE              | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE     | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE | Other:<br>-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:<br>- Chocolate Dream                                   | Breakfast:<br>NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>- Meal Shake                                                                                                                        |
| Snack:<br>- Fresh Veggies<br>dipped in salsa                      | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>- Snack Shake                                                                                                                           |
| Lunch:<br>- Confetti Salad<br>-No Meat today                      | Lunch:<br>-----                                         | Lunch:<br>-----                                         | Lunch:<br>-----                                         | Lunch:<br>-----                                         | Lunch:<br>-----                                         | Lunch:<br>- Confetti Salad with<br>variety of fresh veggies<br>with Italian Marinade<br>or Dressing<br>-No Meat or anything<br>frozen, just FRESH |
| Snack:<br>- Snack Shake                                           | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-----                                         | Snack:<br>-Fresh Veggies dipped<br>in mashed avocados                                                                                             |
| Dinner:<br>- Stir Fry<br>-Side Salad<br>- NO MEAT today           | Dinner:<br>-----                                        | Dinner:<br>-----                                        | Dinner:<br>-----                                        | Dinner:<br>-----                                        | Dinner:<br>-----                                        | Dinner:<br>- Spicy Taco Crunch<br>-Fresh Garden Salad<br>-NO MEAT, Only Fresh<br>Veggies                                                          |
| Other:<br>-Can replace a meal<br>with the<br>NUTRITIONAL<br>SHAKE | Other:<br>-----                                         | Other:<br>-----                                         | Other:<br>-----                                         | Other:<br>-----                                         | Other:<br>-----                                         | Other:<br>-Can replace a meal<br>with the NUTRITIONAL<br>SHAKE                                                                                    |

| Day 15                                                                                              | Day 16                                                                    | Day 17                                                                         | Day 18                                                                | Day 19                                                                    | Day 20                                                                                | Day 21                                                                                    |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Breakfast:<br>- Chocolate Dream                                                                     | Breakfast:<br>-Tasty Omelet                                               | Breakfast:<br>- Stir-Fried Vegetable Scramble                                  | Breakfast:<br>- Chocolate Dream                                       | Breakfast:<br>-Meal Shake                                                 | Breakfast:<br>-Veggie Scramble                                                        | Breakfast:<br>-Meal Shake                                                                 |
| Snack:<br>- Fresh Veggies dipped in mashed avocados                                                 | Snack:<br>- Snack Shake                                                   | Snack:<br>- Fresh Veggies dipped in salsa                                      | Snack:<br>- Snack Shake                                               | Snack:<br>- Fresh Veggies dipped in mashed avocados                       | Snack:<br>- Snack Shake                                                               | Snack:<br>- Fresh Veggies dipped in salsa                                                 |
| Lunch:<br>- Green Salad<br>-NO MEAT or anything frozen, just FRESH Veggies                          | Lunch:<br>- Chicken Salad                                                 | Lunch:<br>- Confetti Salad with Fresh Tomato Salsa<br>-(Add protein if wanted) | Lunch:<br>- Mediterranean Salad<br>-(Add protein if wanted)           | Lunch:<br>- Confetti Salad with Guacamole<br>-(Add protein if wanted)     | Lunch:<br>- Vegetable Rice Soup<br>-(Add protein if wanted)                           | Lunch:<br>- Confetti Salad with Italian Marinade or Dressing<br>- (Add protein if wanted) |
| Snack:<br>- Snack Shake                                                                             | Snack:<br>- Fresh Veggies dipped in salsa                                 | Snack:<br>- Snack Shake                                                        | Snack:<br>- Fresh Veggies dipped in mashed avocados                   | Snack:<br>- Snack Shake                                                   | Snack:<br>- Fresh Veggies dipped in salsa                                             | Snack:<br>- Snack Shake                                                                   |
| Dinner:<br>- Vegetable Stuffed Green Peppers<br>-Fresh Garden Salad<br>-No Meat, Only Fresh Veggies | Dinner:<br>- Sautéed Asparagus<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Sautéed Spinach<br>-Side Salad<br>-(Add protein if wanted)        | Dinner:<br>- Veggie Kabobs<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Vegetable Delight<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Heavenly Marinated Vegetables<br>-Side Salad<br>-(Add protein if wanted) | Dinner:<br>- Heavenly Marinated Vegetables<br>-Side Salad<br>-(Add protein if wanted)     |
| Other:<br>-Can replace a meal with the NUTRITIONAL SHAKE                                            | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                 | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                      | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE             | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                 | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                             | Other:<br>- Can replace a meal with the NUTRITIONAL SHAKE                                 |

# Week Four

| Day 22                                                                 | Day 23                                                                                 | Day 24                                                                      | Day 25                                                                             | Day 26                                                                        | Day 27                                                                          | Day 28                                                                     |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Breakfast:<br>-Meal Shake                                              | Breakfast:<br>- Meal Shake                                                             | Breakfast:<br>- Meal Shake                                                  | Breakfast:<br>-Meal Shake                                                          | Breakfast:<br>-Veggie Scramble                                                | Breakfast:<br>-Citrus Shake                                                     | Breakfast:<br>- Berry Salad                                                |
| Snack:<br>- Snack Shake                                                | Snack:<br>- Apple                                                                      | Snack:<br>- Orange                                                          | Snack:<br>- Fresh Veggies<br>dipped in Salsa                                       | Snack:<br>- Banana                                                            | Snack:<br>- Fresh<br>Strawberries                                               | Snack:<br>- Snack Shake                                                    |
| Lunch:<br>- Lettuce Wraps<br>-(Add protein if<br>wanted)               | Lunch:<br>- Confetti Salad<br>- (Add protein if<br>wanted)                             | Lunch:<br>- Broccoli Pilaf<br>-(Add protein if<br>wanted)                   | Lunch:<br>- Confetti Salad<br>-(Add protein if<br>wanted)                          | Lunch:<br>- Picnic Lettuce<br>Wraps<br>-(Add protein if<br>wanted)            | Lunch:<br>- Melted Tomato<br>& Zucchini Wraps<br>- (Add protein if<br>wanted)   | Lunch:<br>- Confetti Salad<br>-(Add protein if<br>wanted)                  |
| Snack:<br>- Fresh Veggies<br>dipped in mashed<br>avocados              | Snack:<br>- Snack Shake                                                                | Snack:<br>- Fresh Veggies<br>dipped in Salsa                                | Snack:<br>- Grapes                                                                 | Snack:<br>- Fresh Veggies<br>dipped in mashed<br>avocados                     | Snack:<br>- Snack Shake                                                         | Snack:<br>- Fresh Veggies<br>dipped in Salsa                               |
| Dinner:<br>- Tomato Cups<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Melted Tomato<br>& Zucchini<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Layered Zucchini<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Stir Fried<br>Cucumbers<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Stir Fried Cabbage<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Carrot<br>"Stuffing"<br>-Side Salad<br>-(Add protein if<br>wanted) | Dinner:<br>- Filled Eggplant<br>-Side Salad<br>-(Add protein if<br>wanted) |
| Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE     | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE                     | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE          | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE                 | Other:<br>- Can replace a meal<br>with the<br>NUTRITIONAL<br>SHAKE            | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE              | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE         |

| Day 29                                                             | Day 30                                                                              | Day 31                                    | Day 32                                    | Day 33                                    | Day 34                                                                              | Day 35                                                                                  |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Breakfast:<br>-Citrus Berry<br>Splash<br>-NO MEAT today            | Breakfast:<br>-Meal Shake                                                           | NO FOOD<br>TODAY<br>Make Detox<br>Mixture | NO FOOD<br>TODAY<br>Make Detox<br>Mixture | NO FOOD<br>TODAY<br>Make Detox<br>Mixture | Breakfast:<br>-Meal Shake                                                           | Breakfast:<br>-Meal Shake                                                               |
| Snack:<br>- Snack Shake                                            | Snack:<br>- Fresh Veggies<br>dipped in Salsa                                        | Snack:<br>-----                           | Snack:<br>-----                           | Snack:<br>-----                           | Snack:<br>- Snack Shake                                                             | Snack:<br>- Fresh Veggies<br>dipped in mashed<br>avocados                               |
| Lunch:<br>- Confetti Salad<br>-NO MEAT Today                       | Lunch:<br>- Lettuce Wrap<br>-NO MEAT Today                                          | Lunch:<br>-----                           | Lunch:<br>-----                           | Lunch:<br>-----                           | Lunch:<br>- Fresh Garden<br>Salad<br>- NO MEAT or<br>anything frozen,<br>just FRESH | Lunch:<br>- Confetti Salad<br>- NO MEAT or<br>anything frozen,<br>just FRESH<br>Veggies |
| Snack:<br>- Fresh Veggies<br>dipped in Salsa                       | Snack:<br>- Snack Shake                                                             | Snack:<br>-----                           | Snack:<br>-----                           | Snack:<br>-----                           | Snack:<br>- Fresh Veggies<br>dipped in mashed<br>avocados                           | Snack:<br>- Snack Shake                                                                 |
| Dinner:<br>- Sautéed Brussels<br>-Side Salad<br>-NO Meat today     | Dinner:<br>- Vegetable<br>Stuffed Green<br>Peppers<br>-Side Salad<br>-No Meat today | Dinner:<br>-----                          | Dinner:<br>-----                          | Dinner:<br>-----                          | Dinner:<br>- Tomato Cups<br>-Side Salad<br>-No Meat, Just<br>FRESH Veggies          | Dinner:<br>- Spicy Taco<br>Crunch<br>-Side Salad<br>-No Meat, just<br>Fresh Veggies     |
| Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE                  | Other:<br>-----                           | Other:<br>-----                           | Other:<br>-----                           | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE                  | Other:<br>- Can replace a<br>meal with the<br>NUTRITIONAL<br>SHAKE                      |