

DETOXIFICATION PROGRAM

Breakfast

½ cup cottage cheese, chopped almonds, ½ cup blueberries

3 eggs any style, ½ cantaloupe

Oatmeal, cinnamon, soymilk, 2-3 Tbsp. Fresh ground flaxmeal

Almond or cashew butter on whole grain toast

8 ounce yogurt, almonds and ½ cup raspberries

Lunch and Dinner

Large Fresh Salad of Organic Greens, Sliced Beets, and Assorted Vegetables with 6 oz.
broiled Catfish (farm-raised)

Organic Chicken salad with olives, assorted raw vegetables, and sauerkraut

Grilled salmon, snapper, or any seafood, roasted vegetables

4-6 oz. Steak/filet mignon, baked sweet potatoes, large green salad with
flax oil and olive oil dressing

4-6 oz. Roasted turkey, steamed broccoli, small pat butter

Sardines in water, 1 Tbsp. mayo, green salad

Swordfish steak, steamed Brussels sprouts, green salad with flax oil dressing

Grilled scallops or shrimp, green beans with sliced almonds, green salad with
flax/olive oil dressing

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Beverages

Green drinks: Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)
Herbal Teas: Dandelion Root, Chamomile, Green Tea,

Snacks

Handful of raw almonds, hazelnuts, pumpkin seeds, almond butter or Tahini (sesame paste) on whole grain cracker, olives, flaxmeal muffins, guacamole and fat-free chips. Roasted garlic or almond butter on rice cake, protein shakes with freshly ground flaxseeds added, sugar-free yogurt, rice cakes with nut butter, 1 whole grain muffin with 1 tsp. no sugar added jam, guacamole and fat-free chips, one fresh organic fruit, 2 oz. cheese, lean hormone free meat with mustard, hard boiled egg.

Avoid

Colloidal Silver supplements, mercury in fillings and seafood, foods grown with pesticides or herbicides, coffee, soft drinks, alcohol, sugar, foods with additives or coloring agents, processed meats, soups and other processed foods high in salt.

Suggestions And Goals

Detoxification is a life-long process. Don't look to accomplish it all at once. We are always detoxifying, and the goal is to be ahead of your diet, metabolism and environment.