

Your daily diet is an essential part of your detoxification and wellness. Each level digs deeper into the body's lymphatic system for a healthier detox. One can move back and forth between the three menu plans, keeping in mind that results will vary accordingly.

Your Personal Diet Program

Level 2

for a **DEEPER**
detoxification experience

Level 3

for the **MAXIMUM**
detoxification experience

Level 1

for a **MODERATE**
detoxification experience

Breakfast

Choose any of the following and/or a smoothie combination in unlimited quantities:

FRUITS

Grapes, Apples, Mangoes, Cherries, Peaches, Pears, Bananas, etc.

BERRIES

Organic Only
Blueberries, Blackberries, Raspberries, Strawberries

MELONS

Eat melons alone
Watermelon, Cantaloupe, Canary, Honey Dew, Casaba, Papaya

Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

Lunch

Choose Any of the following to create a Large Salad:

Romaine, Spinach, Chard, Greens, Spring Mix, Red and Green Leaf Lettuces

Cucumbers, Celery, Carrots, Peas, Radish, Alfalfa Sprouts, Fresh Tomatoes, Avocado

Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

Dinner

Salad and any of the following in small amounts:
Steamed Vegetables, Veggie Soup (no cooked tomatoes), Baked Sweet Potato, Steamed Squash, Avocado

Breakfast

Choose any of the following and/or a smoothie combination in unlimited quantities:

FRUITS

Grapes, Apples, Mangoes, Cherries, Peaches, Pears, Bananas, etc.

BERRIES

Organic Only
Blueberries, Blackberries, Raspberries, Strawberries

MELONS

Eat melons alone
Watermelon, Cantaloupe, Canary, Honey Dew, Casaba, Papaya

Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

Lunch

Choose any of the following and/or a smoothie combination:

FRUITS

Grapes, Apples, Mangoes, Cherries, Peaches, Pears, Bananas, etc.

BERRIES

Organic Only
Blueberries, Blackberries, Raspberries, Strawberries

MELONS

Eat melons alone
Watermelon, Cantaloupe, Canary, Honey Dew, Casaba, Papaya

Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

Dinner

Fruit Meal or salad and any of the following in small amounts:

Steamed Vegetables, Veggie Soup (no cooked tomatoes), Baked Sweet Potato, Steamed Squash, Avocado

Breakfast

Fresh squeezed or pressed juice, or choose only one of the following:

FRUITS

Grapes, Apples, Mangoes, Cherries, Peaches, Pears, Bananas, etc.

BERRIES

Organic Only
Blueberries, Blackberries, Raspberries, Strawberries

MELONS

Eat melons alone
Watermelon, Cantaloupe, Canary, Honey Dew, Casaba, Papaya

Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

Lunch

Choose any of the following:

FRUITS

Grapes, Apples, Mangoes, Cherries, Peaches, Pears, Bananas, etc.

BERRIES

Organic Only
Blueberries, Blackberries, Raspberries, Strawberries

MELONS

Eat melons alone
Watermelon, Cantaloupe, Canary, Honey Dew, Casaba, Papaya

Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

Dinner

Fruits, Berries, Melons, or Large Salad

Avoid butter and/or butter substitutes! Enjoy the natural flavors of our foods! If you need flavoring, add fresh lemon or lime juice, or use a ripe avocado as a spread.