

10-14 Day Detoxification Program: Sample Diet Plan

Matcha Latte: 1 cup upon awaking, mix with MCT Oil-1 teaspoon to 1 tablespoon

Breakfast: Complex Shake (coconut/almond milk, 4 kale or handful of spinach leaves, 1 serving of fruit, medical protein shake, tablespoon of flax oil)

Snack: Vegetables (dip/salsa/hummus with raw veggies) or an optional simple shake (water and protein powder)

Lunch: Vegetables (salad or slaw) with simple shake

Snack: Simple shake (water and protein powder) with raw sliced veggies and dip

Dinner: Complex Shake (coconut/almond milk, 4 kale or handful of spinach leaves, 1 serving of fruit, medical protein shake, tablespoon of flax oil)

- * **Optional beverages:** water with lemon/lime, bone broth or decaf green or white tea and herbal teas
- * **Eat 4-6 teaspoons of healthy oil a day:** flax oil in shakes, extra virgin olive oil, grape seed oil, or walnut oil on salads, coconut oil in broth
- * **2-4 protein shakes a day:** 2 complex, 2 simple
- * **Unlimited raw vegetables daily:** preferably cruciferous and green leafy vegetables
- * **Salad dressing:** mix oil with lemon or lime juice and himalayan/celtic salt