

Each day, drink 1 gallon of water. Break it up into 8 oz glasses all day long.

If Shakeology is available, it could be used to substitute for any meal.

Day 1, 3, & 5

Very first thing – 6-8 oz home brewed green tea + 1 TBSP apple cider vinegar (with the “mother”)

BREAKFAST, 30 min later

2 large hard boiled eggs OR 1 whole egg + 2 egg white scrambled with veggies
½ medium apple OR 1 cup of berries (strawberries, blueberries, or raspberries)
2 TBSP raw almonds

SNACK

2 large celery stalks OR 1 sliced medium red bell pepper
5 TBSP of classic hummus

LUNCH

4 oz of baked or grilled chicken OR 4 oz of tilapia or salmon
1 cup Veggie Medley OR 4 cups mixed greens salad
(dressing: 1 Tsp extra-virgin Olive oil + 1 TBSP lemon juice)

SNACK

½ large pink grapefruit

DINNER

4 oz baked or grilled chicken w/ 1 cup green beans
OR 1 scoop of protein isolate in 10-12 oz water (with ice), blend with 1-2 cups raw spinach

Day 2, 4, & 6

Very first thing – 6-8 oz home brewed green tea + 1 TBSP apple cider vinegar (with the “mother”)

BREAKFAST, 30 min later

2 large hard boiled eggs OR 1 whole egg + 2 egg white scrambled with veggies
(add 1 – 2 oz of tuna or grilled chicken if desired)

SNACK

½ large pink grapefruit
2 TBSP raw almonds

LUNCH

4 oz of baked or grilled chicken OR 4 oz of tilapia or salmon
1 cup Veggie Medley OR 4 cups mixed greens salad
(dressing: 1 Tsp extra-virgin Olive oil + 1 TBSP lemon juice)

SNACK

2 large celery stalks OR 1 sliced medium red bell pepper
2 TBSP raw almonds

DINNER

4 oz baked or grilled chicken w/ 1 cup green beans
OR 1 scoop of protein isolate in 10-12 oz water (with ice), blend with 1-2 cups raw spinach