Your Personal Diet Program

Level 1: Moderate Detoxification Experience

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

Fruits/Berries/Melons

Grapes **Apples** Mangoes Peaches Cherries Pears Watermelon Bananas Berries Honeydew Canteloupe Papaya

Mid-Morning Snack

Green Veggie Juice Fruit Fruit luice

Level 2: Deeper Detoxification Experience

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

Fruits/Berries/Melons

Grapes **Apples** Mangoes Peaches Cherries Pears Berries Watermelon Bananas Honeydew Canteloupe Papaya

Mid-Morning Snack

Fruit Fruit Juice Green Veggie Juice

Level 3: Total Detoxification Experience

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

Fruits/Berries/Melons

Grapes Apples Mangoes Peaches Cherries Pears Watermelon Bananas Berries Honeydew Canteloupe Papaya

Mid-Morning Snack

Fruit Juice Fruit Green Veggie Juice

Choose any of the following to create a large salad.

Lunch

Spinach Chard Romaine Spring Greens Cucumbers Celery Carrots Peas Radishes Tomatoes Avocado Lettuces

Mid-Afternoon Snack

Fruit Fruit Juice Green Veggie Juice Choose any of the following and/or a smoothie combination in unlimited quantities.

Lunch

Apples Mangoes Grapes Peaches Cherries Pears Bananas Berries Watermelon Honeydew Canteloupe Papaya

Mid-Afternoon Snack

Green Veggie Juice Fruit Fruit Juice

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

Lunch

Grapes Apples Mangoes Peaches Cherries Pears Bananas Berries Watermelon Honeydew Canteloupe Papaya

Mid-Afternoon Snack

Green Veggie Juice Fruit Fruit Juice

Have a large salad with any of the following in small amounts.

Dinner

Steamed Veggies **Baked Sweet Potato** Avocado

Veggie Soup Steamed Squash

Avoid butter and/or butter substitutes and oils. For flavoring, add fresh lime or lemon juice.

Choose any of the following to create a large salad.

Dinner

Romaine Spinach Chard Spring Greens Cucumbers Celery Carrots Radishes Peas Tomatoes Avocado Green Lettuces Alfalfa Sprouts Red Lettuces

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

Dinner

Grapes Apples Mangoes Peaches Pears Cherries Bananas Berries Watermelon Honeydew Canteloupe Papaya Remember to eat melons alone!