

Levels of Detoxification

**Water
Fasting**

**Mono
Fruit
Juice**

Fruit Juice

Fruit Smoothie

**100% Fruits, berries and
melons**

**Breakfast: Fruits, berries
and/or Melons Lunch and
Dinner: large salad**

Green smoothies or juices

Raw fruits and vegetables

Nuts, seeds, cooked vegetables, leafy greens

**Animal protein, fish, dairy, eggs, cheese, grains,
refined/processed starches and sugars (avoid ALL
of these toxic foods)**

**Accelerates
Detoxification**

**Slows
Detoxification**