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| ***Day 1***  **Jan 18** | ***Day 2***  **Jan 19** | ***Day 3***  **Jan 20** | ***Day 4***  **Jan 21** | ***Day 5***  **Jan 22** | ***Day 6***  **Jan 23** | ***Day 7***  **Jan 24** |
| ***Begin*** *on Monday, January 18* ***8:00 am*** | | |  |  |  |  |
| **Eliminate c**affeine(slowly to prevent withdrawal headaches), candy, chocolate, soft drinks, sweeteners, chips, cookies, fried foods, excessive salts, processed, and junk foods (canned meats, cold cuts, bacon, beef jerky, hot dogs, drive-thru foods, instant coffee | **Eliminate** caffeine(slowly to prevent withdrawal headaches), candy, chocolate, soft drinks, sweeteners, chips, cookies, fried foods, excessive salts, processed, and junk foods (canned meats, cold cuts, bacon, beef jerky, hot dogs, drive-thru foods, instant coffee | **Eliminate** all flesh meat  **Eat** vegetables, veggie burgers, proteins rich foods(fish, milk, egg whites, cheese, yogurt, beans, nuts, peanut butter, seeds, beans, legumes | **Eliminate** Fish and Shellfish and Dairy products, nuts, seeds, peanuts. **Eat** Alternatives: beans, vegetables, fruits, soy based foods (butter, milk, yogurt, ice cream, cheese, burgers) | **Eliminate** breads ( bagels, whole wheat, French, buns), grains ( white rice, brown rice), starches (pasta, potatoes, sweet potatoes, green peas, lima beans, corn).  **Eat**  Alternatives: vegetables, protein, fruits | **Eliminate** beans and peas.  **Eat** Alternatives: increase amount of green leafy vegetables ( broccoli, collards, kale, spinach, dark green lettuce, turnip greens), fruits both Raw and/or Steamed | **Eliminate** all cooked foods. May only consume raw fruits and vegetables. Be careful of over indulgences of the raw foods as it may cause detox reactions. |
| ***\*Diabetics-eliminate meat & fish*** | ***Diabetics-eliminate dairy products*** | ***Diabetics-eliminate bread*** | ***D-consume***  ***raw vegetables & fruit only*** | ***D-add cook***  ***vegetables &***  ***fruit*** | ***D-add bread & dairy products*** | ***Diabetics- add meat & fish*** |
|  |  |  |  |  |  |  |
| ***Day 8***  **Jan 25** | ***Day 9***  **Jan 26** | ***Day 10***  **Jan 27** | ***Day 11***  **Jan 28** | ***Day 12***  **Jan 29** | ***Day 13***  **Jan 30** | ***Day14***  **Jan 31** |
|  |  |  |  | ***Ending*** *Sunday, January 31* ***8:00 a.m.*** | | |
| Consume only fruit and vegetable **juices** | **Add** raw fruits and vegetables | **Add** steamed vegetables, beans, and rice | **Add** starches, brown rice, whole wheat pastas | **Add** bread and cereals | **Add** shellfish, fish, dairy products | **Add** meat in small quantities |

**CONGRATULATIONS!! You have cleansed your body and proven your ability to deny your flesh. Have confidence in this, and build on it. Do not go back to old, unhealthy patterns.**