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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.**