

SEQUENCE MUST NOT BE CHANGED!

Breakfast (within ½ hour of waking): 3 eggs

½ hour later: one banana (must be ripe with brown spots but not mushy)
6 oz. orange juice (not from concentrate)

Three hours after eggs: 3 oz. protein

*fruit (to be eaten at least 30 minutes *after* protein or at least 30 minutes *before* protein)

Three hours later: protein and salad

*fruit

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Three hours later: 3 oz. protein

*You may have these two pieces of fruit daily in addition to the banana. Total pieces of fruit per day can vary according to individual needs. See the doctor. Lower glycemic index fruits are best.

Bedtime options are :

___ eggs ___ BioPure protein ___ meat/fish ___ nuts (no peanuts or cashews)

Protein options:

Beef, veal, lamb, turkey, fish, eggs

Vegetables:

You may add vegetables with salads or at any other time.

Salad specifics:

Use at least three types of greens.

You may use as many additional vegetables as you like.

Salad dressing can be 2 oz. of olive oil and 1 oz. of grated cheese. Do not use any vinegars.

Salads and/or vegetables may be eaten with any protein or protein may be eaten alone.

Before 2pm, drink 3 oz. of diluted orange juice every 30 minutes (one cup of orange juice to three cups of water).

After 2pm, drink 3 oz. of Celestial Seasonings Lemon Zinger herbal tea every 30 minutes.

Before bedtime, take one gallon of water and add eight Lemon Zinger teabags. Place in the refrigerator for use the next day.

Alternate Plan: Do breakfast as above. Beginning two hours later, eat 1 oz. of protein every 60-90 minutes for 12 hours. Have a salad at your usual lunchtime and dinnertime.