

WEEK 1 ACTION LIST

I can add in:

bitter greens: _____

diuretic foods: _____

fruits: _____

liquids:

☐ lemon water

☐ plain water

☐ salt water

☐ celery juice

☐ cucumber juice

☐ pineapple / lemon / ginger juice

☐ other fresh vegetable juice

☐ Suja juice

☐ greens smoothie: spinach, coconut water, frozen wild blueberries, goji berries

Instead of alcohol, I choose: _____

Instead of animal products, I choose:

☐ avocado

☐ nuts / seeds

☐ hearty vegetables (artichokes, roasted potatoes, mushrooms, beets, etc.)

☐ lentils