

## Detox plan 2

### Day 1

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - steamed apples  
Snack - alkaline broth (see recipe) or fresh vegetable juice  
Lunch - 4 oz. or palm-sized protein (see shopping list), 1 cup brown rice, 3 vegetables  
Snack - 1 serving fresh fruit  
Dinner - 4 oz. protein, 1 cup grain, steamed zucchini, asparagus & spinach  
\*organic hemp protein powder - 1 serving twice a day

### Day 2

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - vegetable juice or soup  
Snack - Carrot juice  
Lunch - vegetable stir-fry  
Snack - brown rice cake with almond butter  
Dinner - 4 oz. protein, 1 cup grain, steamed swiss chard and beans, glass lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

### Day 3

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - vegetable juice or soup, handful seeds or nuts  
Snack - vegetable juice  
Lunch - 4 oz. protein and 3 vegetables  
Snack - brown rice cake with apple butter  
Dinner - 4 oz. protein, 1 cup grain, unlimited green vegetables, lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

### Day 4

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - 1 egg with mixed vegetables  
Snack - vegetable juice  
Lunch - 4 oz. protein and 3 vegetables  
Snack - brown rice cake with apple butter  
Dinner - 4 oz. protein, 1 cup grain, unlimited green vegetables, lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

### Day 5

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - fresh vegetable juice  
Snack - alkaline broth and unlimited fruit  
Lunch - 1 cup brown rice, 4 oz. protein and 2 green leafy vegetables  
Snack - handful seeds or nuts  
Dinner - 4 oz. protein, 1 cup grain, 3 vegetables, lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

### Day 6

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - unlimited fresh fruit  
Snack - fresh vegetable juice  
Lunch - 1/2 cup brown rice, steamed green leafy vegetables  
Snack - brown rice cake with apple butter  
Dinner - 1/2 cup rice, steamed broccoli w/ flaxseed oil, lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

### Day 7

Wake up - 1/2 lemon squeezed into 8 oz. water  
Breakfast - fresh vegetable juice  
Snack - alkaline broth and unlimited fruit  
Lunch - 1 cup brown rice, 4 oz. protein and 2 green leafy vegetables  
Snack - handful seeds or nuts  
Dinner - 4 oz. protein, 1 cup grain, 3 vegetables, lemon juice and water  
\*organic hemp protein powder - 1 serving twice a day

## Detoxification soups

Bieler broth: Dr. Bieler's famous health broth recipe for energy, weight loss, and cleansing (from Food is Your Best Medicine)

- \* 3 stalks of celery
- \* 3 whole zucchini
- \* 2 cups of string beans
- \* 1 cup of parsley

Put 1 cup of water into a stock pot. Put the string beans in first and steam for about 5 minutes. Then put celery and zucchini into the pot and steam for another 5 - 7 minutes or until tender, but still crisp. Do not overcook.

When done put the water that the vegetables have cooked in into the blender. Follow with the vegetables. Blend until liquefied. Add a teaspoon of raw unsalted butter and a large handful of parsley. Blend again until parsley is liquefied. \*Optional add 1 clove of garlic. \*Use organically-grown vegetables whenever possible - Enjoy!

Potassium broth - leave skin on all vegetables

- \*2 potatoes, chopped
- \*1 cup carrots, chopped
- \*1 cup celery, chopped
- \*1/2 cup apple, cut into chunks
- \*1/2 cup onions, diced
- \*fresh herbs like sage, rosemary, thyme & garlic
- \*2 quarts filtered water

Cover and cook slowly for about 1/2 hour using only stainless steel, glass or earthenware utensils. Strain broth and cool. Serve warm or cold. If not using immediately, refrigerate and warm before serving.