



# 7 Day Detox Program

**EAT GENEROUS AMOUNTS OF DETOX SOUP EVERY DAY**



## DAY 1

Eat only fruits (except bananas), preferably ones with a lower sugar content (berries, melons, green apples).

## DAY 2

Eat only one baked potato (white or sweet) and only non-starchy vegetables. Avoid corn, extra potatoes, chickpeas, beans, parsnips, and peas.

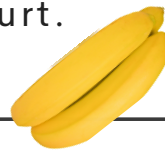


## DAY 3

Eat only fruits and vegetables following the guidelines from Day 1 & Day 2. Avoid bananas, corn, white & sweet potatoes, chickpeas, beans, parsnips, and peas.

## DAY 4

Eat only bananas, nut milks (almond, cashew, coconut), and unsweetened yogurt.



## DAY 5

Eat 6-8 tomatoes and meat proteins (beef, wild game, fish, chicken, and turkey).



## DAY 6

Eat only meat proteins (beef, wild game, fish, chicken, and turkey) and non-starchy vegetables. Avoid corn, white & sweet potatoes, chickpeas, beans, parsnips, and peas.



## DAY 7

Eat only fruits, vegetables, and juices. Avoid bananas, corn, white & sweet potatoes, chickpeas, beans, parsnips, and peas.