

EVERY MORNING

- (Wait 1 hour to eat after drinking juice and tea)

1. Liver Flush Cocktail

- 6 oz. (small cup) - fresh squeezed orange juice (not in carton or frozen)
- 1-2 Slices - fresh, minced ginger (can put in juicer with oranges)
- 1 tablespoon - **cold pressed** olive oil

2. Polarity Tea (2 servings: AM/Afternoon before 2PM)

- Ingredients: (mix while dry- store in jar/cannister)
 - 1 oz. licorice root pieces
 - 1 oz. fennel seed
 - 1 oz. fenugreek seed
 - 2 oz. flax seed
 - Health food store should have dried ingredients (**Natural Grocers**)
- Directions:
 - 1 tsp. of mixture in 2 cups of water (1 cup-AM, 1 cup-afternoon before 2)
 - Simmer (**NOT BOIL**) on the stove for 5 min, strain, and drink

WHAT TO DRINK:

- (Besides liver flush cocktail and polarity tea)
- TONS of filtered water
- Green tea
- Herbal teas

*(NO: black tea, coffee, soda, or carbonated water)

WHAT TO EAT:

- You can eat as many **Raw, Steamed, or Baked** vegetables* & fruits* as you like
 - o *(BUT NOT all kinds)
- If possible—buy all ORGANIC (most nutritious & no toxins, so it gives liver a break!)
- Cold Pressed Olive Oil, Salt
- Key to success: not getting hungry! (Olive Oil & Avocados (fat) will keep you satiated)!

WHAT NOT TO EAT:

- NO sautéing/cooking in oil! (can only drizzle oil on top of raw/baked/steamed veggies)
- NO canned/pickled vegetables
- NO spices besides fresh garlic and herbs
- NO jalapenos or spicy peppers
- NO Meat/Eggs/Nuts/Hemp Hearts
 - o (just think NO protein even though there is some protein in veggies)
- NO Starchy fruits/vegetables (squash/zucchini, potatoes, sweet potatoes, bananas, plantains, eggplant)
- NO beans/hummus
- NO rice/quinoa/wheat/corn/oats (carbs)
- NO coffee
- NO sugar (except from berries)
- (NO: black tea, coffee, soda, or carbonated water)

MEAL IDEAS:

Baked Veggies:

- Put all veggies you want on a tray in the oven at 400 degrees for 20 min.
- Do NOT cook in oil (They will cook in their natural juices)
- When you put on your plate, drizzle (or dip) with the olive oil dressing*

Olive Oil Dressing:

- Cold pressed olive oil
- Fresh garlic (squeezed through garlic press or chopped)
- Fresh squeezed lemon
- Sea salt

**I lived off of this! – drizzle on salads/baked veggies

Cauliflower Rice Bowl:

- Steamed cauliflower mashed in rice
- Add baked vegetables like baby bell peppers, okra, onion, mushrooms
- Add fresh avocado
- Top with salt, olive oil & cilantro

Salad Ideas:

- Arugula with dill, pear, avocado, grapefruit, blueberries, olive oil, salt
- Spinach with cucumber, tomatoes, basil, onion, lemon, garlic olive oil
- Mixed greens with beets, alfalfa sprouts, avocado, onions, garlic olive oil
- Spinach with raspberries, black berries, mint, olive oil
- Berries with chopped mint
- Cucumber salad – chopped cucumber, tomato, fresh basil, tomatoes

Guacamole on Beefsteak tomatoes:

- Avocado/cilantro/red onion/lemon/salt/cherry tomato on big slices of tomatoes

SHOPPING LIST: (ORGANIC)

<ul style="list-style-type: none"> - Oranges (lots for juice) - Fresh Ginger Root - COLD PRESSED olive oil - Polarity Tea Ingredients* - Lemon - Avocado - Apples (can bake too) - Berries - Cherries - Watermelon - Grapefruit 	<ul style="list-style-type: none"> - Celery - Cauliflower rice (steamed and mashed up) - Broccoli - Mushrooms (baby 'bella and portabella) - Baked bell peppers - Onions (green and sweet) - Spinach, Mixed Greens - Arugula - Okra - Roasted beets (400 degrees for 1 hr) - Fresh Garlic, dill, basil, cilantro, mint
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