



Liquid diet

Lose 5 pounds in 5 days

Upon waking up

8 ounces of water and 8 ounces of Tummy Torch on an empty stomach.

Other options -Tea, coffee (no creamer or sugar)

First meal –

16 oz of Belly flush or juiced greens

Plant base protein shake -water, coconut milk, or almond milk

W/ 1TbS flaxseeds, handful of spinach, handful of blueberries, 6 walnut or almonds

Last meal

16 oz of belly flush or juiced greens

Juiced Green options

1 Celery, 1cucumbers, 1 green apple, 1 lemon

Supplements

Vitamin D3

Magnesium

Multivitamin

Take supplements with shake

Always avoid snacking, if you need to add an extra protein shake do not use nuts on the second shake.

Engage in physical activity daily. At least 30 minutes of brisk walking daily.