

1. Drink 8 ounces of water soon as you get out of bed to rehydrate your body.
2. Drink 4- 8 ounces of Tummy torch or Probiotic pill.
3. Drink Smoothie when hungry. Make sure smoothie obtain nuts, seeds, or avocado / take vitamins with smoothie.
4. Lunch – Option 1. 1 Wrap and 1 fruit. Option 2. Chicken salad Option 3. Plant base/Seafood meal.
-Drink 12 -16 ounces of water or 4 ounces of Tummy Torch and 8 ounces of water before you eat your lunch.
5. Dinner – Salmon or bean burger with lettuce (no bread), Asparagus, and your choice of sweet potato, brown rice, black bean or Zucchini noodle. Drink 12 -16 ounces of water or 4 ounces of Tummy Torch and 8 ounces of water before you eat your dinner.

Smoothie Recipe

- ½ cup Strawberries
- ½ cup blueberries
- Handful of kale or spinach leaves
- Half avocado or half banana
- 1 tbsp. of flax or chia seeds
- 5 almonds or 5 walnuts halves
- 1 squirt of raw honey (tbsp.)
- 1-2 cups of water

Wraps Recipe

- Red Bell Peppers
- Any 2 or more other vegetables
- Shrimp or chicken Breast or Mushrooms
- Choice of black bean, brown rice
- Hot sauce or mild sauce
- Whole wheat or spinach tortilla Wraps

Supplements

- Vitamin D3 (take with meal)
- Magnesium
- Multivitamin (take with meal)