## Your Personal Diet Program

Level 1: Moderate Detoxification Experience			Level 2: Deeper Detoxification Experience			Level 3: Total Detoxification Experience						
	Choose any of the following and/or a smoothie combination in unlimited quantities.		Choose any of the following and/or a smoothie combination in unlimited quantities.		Choose any of the following and/or a smoothie combination in unlimited quantities.							
	Fruit	s/Berries	s/Melons	Fruits/Berries/Melons		Fruits/Berries/Melons						
Grape Peach Banar Honey	ies nas	Apples Cherries Berries Canteloup	Mangoes Pears Watermelon pe Papaya	Grap Peach Banar Hone	nes C nas I	Apples Cherries Berries Canteloupe	Mangoes Pears Watermelon Papaya	Grape Peach Bana Hone	nes nas	Apple Cherr Berrie Cante	ies es	Mangoes Pears Watermelon Papaya
	Mid	l-Morning	g Snack		Mid-N	lorning Sr	nack		Mid	-Morn	ing Sr	lack
Fruit	Frui	it Juice C	Green Veggie Juice	Fruit	Fruit Jui	ce Green	Veggie Juice	Fruit	Fruit	Juice	Green	Veggie Juice
	Choose any of the following and/or a smoothie Choose any of the following and/or a smoothie											

Choose any of the following and/or a smoothie combination in unlimited quantities.

Lunch						
Grapes Peaches Bananas Honeyde	Berr	ries	Mangoes Pears Watermelon Papaya			
Mid-Afternoon Snack						
Fruit	Fruit Juice	Green	Veggie Juice			

Choose any of the following and/or a smoothie combination in unlimited quantities.

## Dinner

Grapes	Apples	Mangoes		
Peaches	Cherries	Pears		
Bananas	Berries	Watermelon		
Honeydew	Canteloupe	Papaya		
Rememb	ber to eat melor	ns alone!		

Choose any of the following to create a large salad.

Lunch				
Romaine	Spinach	Chard		
Spring Greens	Cucumbers	Celery		
Carrots	Peas	Radishes		
Tomatoes	Avocado	Lettuces		
Mid-Afternoon Snack				
Fruit Fruit	Juice Gree	n Veggie Juice		

Have a large salad with any of the following in small

	anot	unis.			
Dinner					
2	Steamed Veggies	Veggie Soup			
	Baked Sweet Potato	Steamed Squash			
	Avocado	LL			
	Avoid butter and/or butter substitutes and oils. Fo flavoring <mark>, add fresh lime o</mark> r lemon juice.				

Choose any of the following to create a large salad.						
Dinner						
Romaine Spinach Chard						
Spring Greens Cucumbers Celery						
Carrots Peas Radishes						
Tomatoes Avocado Green Lettuce	S					
Alfalfa Sprouts Red Lettuces						

	combination in unlimited quantities.					
Lunch						
	Grapes	Apples	Mangoes			
Peaches		Cherries	Pears			
Bananas		Berries	Watermelon			
	Honeydew	Canteloupe	Papaya			
Mid-Afternoon Snack						
Fruit Fruit Juice Green Veggie Juice						

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