

# Your Personal Diet Program

## Level 1: Moderate Detoxification Experience

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

### Fruits/Berries/Melons

Grapes	Apples	Mangoes
Peaches	Cherries	Pears
Bananas	Berries	Watermelon
Honeydew	Canteloupe	Papaya

### Mid-Morning Snack

Fruit	Fruit Juice	Green Veggie Juice
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## Level 2: Deeper Detoxification Experience

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

### Fruits/Berries/Melons

Grapes	Apples	Mangoes
Peaches	Cherries	Pears
Bananas	Berries	Watermelon
Honeydew	Canteloupe	Papaya

### Mid-Morning Snack

Fruit	Fruit Juice	Green Veggie Juice
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## Level 3: Total Detoxification Experience

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

### Fruits/Berries/Melons

Grapes	Apples	Mangoes
Peaches	Cherries	Pears
Bananas	Berries	Watermelon
Honeydew	Canteloupe	Papaya

### Mid-Morning Snack

Fruit	Fruit Juice	Green Veggie Juice
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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	Green Veggie Juice
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Have a large salad with any of the following in small amounts.

### Dinner

Steamed Veggies	Veggie Soup
Baked Sweet Potato	Steamed Squash
Avocado	

Avoid butter and/or butter substitutes and oils. For flavoring, add fresh lime or lemon juice.

Choose any of the following and/or a smoothie 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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Choose any of the following to create a large salad.

### Dinner

Romaine	Spinach	Chard
Spring Greens	Cucumbers	Celery
Carrots	Peas	Radishes
Tomatoes	Avocado	Green Lettuces
	Alfalfa Sprouts	Red Lettuces

Choose any of the following and/or a smoothie 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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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

*Remember to eat melons alone!*