

|   | Day 1   | Day 2   | Day 3   | Day 4   | Day 5   | Day 6   | Day 7   | Day 8   | Day 9   |
|---|---|---|---|---|---|---|---|---|---|
| <b>Early Morning</b>                              | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   | 16 oz lemon water   |
| <b>Celery Juice</b>                               | 16 oz celery juice<br>optional or herbal tea                                  | 16 oz celery juice<br>optional or herbal tea                                  | 16 oz celery juice<br>optional or herbal tea                                  | 16 oz celery juice  | 16 oz celery juice  | 16 oz celery juice  | 16 oz celery juice  | 16 oz celery juice  | 16 oz celery juice  |
| <b>Breakfast 20 minutes<br/>post celery juice</b> |   |   |   | Liver Rescue Smoothie   | Liver Rescue Smoothie   | Liver Rescue Smoothie   | Liver Rescue Smoothie   | Liver Rescue Smoothie   | 16 oz apple/cucumber<br>juice                                 |
| <b>Mid-Morning</b>                                | snack of your choice<br>(within guidelines)                                   | snack of your choice<br>(within guidelines) plus<br>one apple                 | snack of your choice<br>(within guidelines) plus<br>two apples                | second LR smoothie if<br>desired  | second LR smoothie if<br>desired  | second LR smoothie if<br>desired  | second LR smoothie if<br>desired  | second LR smoothie if<br>desired  | blended melons,<br>oranges & papaya all<br>day                |
| <b>Lunch</b>                                      |   |   |   | asparagus & Liver<br>Rescue Salad   | asparagus & Liver<br>Rescue Salad   | asparagus, Brussels<br>sprouts & Liver Rescue<br>Salad                        | spinach soup &<br>cucumbers   | spinach soup &<br>cucumbers   | 16 oz celery juice  |
| <b>Snack</b>                                      | 2 apples/ 1 - 4 dates   | 2 apples/ 1 - 4 dates   | 2 apples/ 1 - 4 dates   | at least 2 apples, one to<br>four dates, & celery<br>sticks                   | at least 2 apples, one to<br>four dates, & celery<br>sticks                   | at least 2 apples, one to<br>four dates, & celery<br>sticks                   | 16 oz celery juice, at<br>least 2 apples,<br>cucumber slices &<br>celery sticks   | 16 oz celery juice, at<br>least 2 apples,<br>cucumber slices &<br>celery sticks | 16 oz apple/cucumber<br>juice                                 |
| <b>Dinner</b>                                     |   |   |   | asparagus, & Liver<br>Rescue Salad  | Brussels sprouts & Liver<br>Rescue Salad                                      | asparagus, Brussels<br>sprouts & Liver Rescue<br>Salad                        | steamed squash, sweet<br>potatoes or potatoes<br>with steamed asparagus<br>& Brussels sprouts &<br>Optional Liver Rescue<br>Salad | steamed asparagus &<br>Brussels sprouts with<br>optional Liver Rescue<br>Salad  | blended melons,<br>oranges & papaya all<br>day                |
| <b>Evening</b>                                    | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water   | Apple Optional, hibiscus<br>or lemon balm tea, & 16<br>oz lemon or lime water   | hibiscus or lemon balm<br>tea, & 16 oz lemon or<br>lime water |