

		21-May	22-May	23-May	24-May
		Tuesday	Wednesday	Thursday	Friday
		Day 1	Day 2	Day 3	Day 4
Upon Waking		16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
30 minutes later		tea	tea	tea	16 ounces celery juice
Morning (at least 20 minutes later)		oatmeal	oatmeal	oatmeal	Liver Rescue Smoothie
Mid-morning		blueberry muffins	blueberry muffins and 1 apple	blueberry muffins and 2 apples	
Lunchtime		chickpea quiche	chickpea quiche	chickpea quiche	steamed asparagus with Liver Rescue Salad
Mid-afternoon		2 apples with 1 to 4 dates	2 apples with 1 to 4 dates	2 apples with 1 to 4 dates	2 apples with 1 to 4 dates plus celery sticks
Dinnertime		kabocha squash soup	potato pancakes with cucumber radish salad	yellow curry noodles two ways	steamed asparagus with Liver Rescue Salad
Evening		1 apple (if hungry)	1 apple (if hungry)	1 apple (if hungry)	1 apple (if hungry)
1 hour before bed		16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea

25-May	26-May	27-May	28-May	29-May
Saturday	Sunday	Monday	Tuesday	Wednesday
Day 5	Day 6	Day 7	Day 8	Day 9
16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
16 ounces celery juice	16 ounces celery juice	16 ounces celery juice	16 ounces celery juice	16-20 ounces celery juice
Liver Rescue Smoothie	Liver Rescue Smoothie	Liver Rescue Smoothie	Liver Rescue Smoothie	16-20 ounces cucumber-apple juice
				blended melon, papaya, and orange juice
steamed asparagus with Liver Rescue Salad	steamed asparagus and brussels sprouts with Liver Rescue Salad	spinach soup over cucumber noodles	spinach soup over cucumber noodles	blended melon, papaya, and orange juice
2 apples with 1 to 4 dates plus celery sticks	2 apples with 1 to 4 dates plus celery sticks	16 ounces celery juice, then 20 minutes later, 2 apples plus cucumber slices and celery sticks	16 ounces celery juice, then 20 minutes later, 2 apples plus cucumber slices and celery sticks	16-20 ounces cucumber-apple juice
steamed brussels sprouts with Liver Rescue Salad	steamed asparagus and brussels sprouts with Liver Rescue Salad	steamed potatoes, asparagus, and brussels sprouts (Liver Rescue salad optional)	steamed asparagus and brussels sprouts (Liver Rescue salad optional)	16-20 ounces celery juice
1 apple (if hungry)	1 apple (if hungry)	1 apple (if hungry)	1 apple (if hungry)	blended melon, papaya, and orange juice
16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea

30-May	31-May	1-Jun	2-Jun
Thursday	Friday	Saturday	Sunday
Post-day 1	Post-day 2	Post-day 3	Post-day 4
16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
16 ounces celery juice	16 ounces celery juice	16 ounces celery juice	16 ounces celery juice
Liver Rescue Smoothie	Liver Rescue Smoothie	Liver Rescue Smoothie	Liver Rescue Smoothie
blueberry muffins and 1 apple	blueberry muffins and 1 apple	blueberry muffins and 1 apple	blueberry muffins and 1 apple
kabocha squash soup	kabocha squash soup	baked falafel with mint tahini sauce	baked falafel with mint tahini sauce
Liver Rescue Juice	Liver Rescue Juice	1 apple with 1 to 4 dates plus celery sticks	1 apple with 1 to 4 dates plus celery sticks
spinach soup over cucumber noodles	yellow curry cucumber noodles	lentil tacos	ratatouille
16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea	16 ounces lemon or lime water and 1 mug of lemon balm or hibiscus tea