

NO NO LIST

DO NOT EAT THE FOLLOWING:

- NO GARLIC
- ALMONDS
- OATMEAL
- MEAT
- FISH
- SOY
- DIARY
- GLUTEN
- ADVACODO
- ONIONS
- GOLDEN SEA MOSS
- BRAZIL NUTS
- CASHEWS
- PEANUTS
- MACADAMIA NUTS
- CORN
- WHITE RICE
- BROWN RICE
- MALTO MEAL
- CREAM OF WHEAT
- GRITS
- EGGS
- COCONUT OIL OR FLESH
- NO CARROTS
- RED APPLES
- CHICKPEAS
- BEETS
- CHIA SEEDS
- FLAX SEEDS
- REGULAR POTATOES
- NO CHIPS
- UKA BANANAS
- BIG BANANAS
- APPLE CIDER VINEGAR
- COCONUT SUGAR
- ONIONS
- NO SPELT FLOUR
- NO FLOUR AT ALL

WASHING FRUITS & VEGETABLES

To clean all fruits and vegetables, soak in Crystal Geyser Alpine Spring Water, Lemon Juice, and Celtic Salt.

*NOTE: Baking Soda is an option, purchase the one in a bag and make sure it's ALUMINUM FREE. Use two bowls to wash your produce (1st bowl with cleansing mixture/2nd to wash off cleansing mixture)

BREAKFAST (Juice)

7 APPLES

1 STOCK OF CELERY

PINCH OF CLIANTRA

PARSLEY (HANDFUL) FRESH

1 THUMB OF GINGER

1 LEMON

½ TBSP CAYENE PEPPER

MID-MORNING SNACK – VEGGIE JUICE

LEAFY GREEN VEGGIE JUICE Don't drink to get full. Drink just enough to be comfortable. This allows the digestive tract enough time to properly digest the food.

BOK CHOY

DANDELION GREENS

ARUGULA

DINO KALE

BABY SPINACH

ROMAINE LETTUCE

ALFALFA OR LENTIL SPROUTS

AFTER YOU JUICED VEGETABLES, PUT JUICE INTO A BLENDER AND ADD THE LENTIL SPROUTS OR ALFALFA SPROUTS (DO NOT JUICE THE SPROUTS. BLEND THEM INTO THE JUICE)

After you have juiced the vegetables: Dandelion Greens, Arugula, Bok Choy, Dinosaur kale (also known as Lacinato Kale), Baby Spinach, Romaine Lettuce pour the juice from the vegetables into a blender and add the alfalfa sprout or lentil sprouts and blend.

YIZZREAL personally juice 3 of everything except he uses:

A whole container of Baby Spinach

Half a container of Alfalfa Sprout

A hand full of arugula

LUNCH (Smoothie)

- BLACKBERRY
- BLUEBERRY
- BABY or BURRO BANANAS/ (freeze 8 baby bananas or 1 burro banana for 20 mins)
- DARK CHERRY
- BRAIN ROOT POWDER
- COCONUT WATER
- SPRING WATER (Coconut or Crystal Gyster)
- DRINK THE SAME DARK LEAFY GREEN VEGGIE JUICE LISTED ON MID-AFTERNOON

Lunch is berries. You can make a berry smoothie or eat the berries. **Don't drink to get full. Drink just enough to be comfortable. This allows the digestive tract enough time to properly digest the food.**

Yizzreal's personal favorite is blackberry, blueberry, dark cherry, coconut water, spring water preferably Crystal Geyser. The 8 baby bananas should be placed in the freezer for about 20 minutes add to mixture of ingredients 1 tablespoon of **Brain Root Powder** brought from the website.

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DINNER

MELON SMOOTHIES OR JUICES.

You can add 1 tablespoon of **Root Moss Powder** to the melon smoothies or juices. **Don't drink to get full. Drink just enough to be comfortable. This allows the digestive tract enough time to properly digest the food.**