

Two Week Fat Flush Protocol Diet

HOT LEMON WATER:

Hot lemon water should be taken in the morning, first thing upon rising, (8 ounces of water to 1/2 lemon) Continue with a daily multi-vitamin and add a cortisol balancing supplement for cravings such as adrenal balance

CRANBERRY WATER:

8 glasses per day, 4 ounces unsweetened cranberry to 28 ounces of water.

PSYLLIUM:

1 tbsp twice daily in 8 ounces of cranberry water

EGGS:

Up to 2 per day

OILS:

Olive or flaxseed oil only small amounts, 1-2 tbsps daily

DAIRY:

No Dairy for the first two weeks

LEGUMES:

Due to the high amount of nitrogenous waste which aggravates digestion, beans and peas should be eliminated during the two week cleanse

GRAINS:

One serving per day the first week, two servings per day the second week. One slice of sprouted breads or tortillas, or a half cup of rice (measure uncooked)

LIMITED VEGETABLES:

One serving per day the first week, two servings per day the second week. One small sweet potato, 1/2 cup green peas, or a 1/2 cup cooked carrots.

UNLIMITED VEGETABLES:

Unlimited, raw or steamed. Garlic and onion should be cooked. The best vegetables for weightloss:

Asparagus, broccoli, brussels sprouts, cabbage, carrots, cilantro, cucumber, celery, garlic, greenbeans, leafy greens, lettuce, mushrooms, potatoes, mung bean sprouts, romaine lettuce, squashes, spinach, water chestnuts, zucchini

FRUIT

Two whole portions daily (Limit bananas). Choose from: 10 Cherries, 1 small apple, 1 cup grapes, 3 small apricots, 1 nectarine, 1 orange, 1 peach, 1 pear, 1 cup pineapple, 1 plum, 1 cup raspberries, blackberries or blueberries, 6 large strawberries, 1/2 grapefruit.

LEAN PROTEIN:

Eat three ounces of animal protein or 6 ounces of vegetable protein per meal. Tofu only 2x per week. Whey is good for protein shakes with 20 grams of protein per serving. For animal protein choose from; Chicken, turkey, lean beef, lamb rabbit, venison or light ocean fish such as sole and salmon.

SWEETNERS:

Real Maple syrup and small amounts of Tupelo honey, one tbsp per day. Stevia or Xylitol unlimited (these two sweeteners do not affect the bloodsugar).