



6-Day Sample Menu

	Breakfast	Lunch	Snack	Dinner
Day 1	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 1/2 cups steamed broccoli with lemon, garlic, olive oil, and salt over top. 2 - 3 oz. Lean grass fed steak, cooked in garlic and 1 tbsp olive oil. Roasted pear with cinnamon and honey.	Hot green tea and two Ryvita millet crackers with a tbsp of honey chewed to a liquid.	1 cup steamed zucchini, 1/2 cup steamed cauliflower with lemon, garlic, olive oil, and salt over top. 2 - 3 oz organic roasted chicken with garlic and tarragon.
Day 2	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 cup steamed peas with olive oil and salt over top. 2 - 3 oz. Turkey patty, topped with 1/2 cup onions and 1/2 cup mushrooms cooked in garlic and 1 tbsp olive oil.	Hot green tea and two Ryvita date crackers chewed to a liquid.	1 cup well-steamed carrots, 1/2 cup steamed cauliflower with lemon, garlic, olive oil, and salt over top. 2 oz grass fed beef pan cooked with olive oil, garlic, and salt.
Day 3	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 1/2 cups steamed asparagus and yellow squash. Heat olive oil & garlic, sauté 1/3 cup onions for 5 minutes. Add 3 oz. chicken breast cut into strips, cooked over medium heat.	Hot green tea and two Ryvita date crackers chewed to a liquid.	1 cup steamed broccoli, 1/2 cup peas with 2 oz chicken pan cooked with olive oil, garlic, and salt. Serve over slice of toasted bread.

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Day 4	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 steamed artichoke served with lemon-garlic vinaigrette. 1 chicken thigh baked in olive oil and tarragon. 1 piece of whole grain toast with a light drizzle of olive oil.	Hot green tea and two Ryvita date crackers chewed to a liquid.	2 cups stir cooked zucchini, yellow squash and asparagus. Drizzle with lemon-garlic vinaigrette. 2 Dr. Kracker crackers.
Day 5	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	Turkey or chicken soup with celery, parsley, swiss chard and carrots. Use organic chicken broth and add meats and vegetables. Stew for 1 1/2 hours.	Hot green tea and two Ryvita millet crackers with a tbsp of honey chewed to a liquid.	1 1/2 cups of steamed cauliflower drizzle with lemon-garlic vinaigrette and salt. 1 organic chicken & apple sausage.
Day 6	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	2 cups steamed broccoli drizzled with lemon-garlic vinaigrette and salt. 2 chicken thighs roasted in 1/4 cup water and 1/4 cup white wine with marjoram and 1/2 teaspoon mineral salt.	Hot green tea and two Ryvita date crackers chewed to a liquid.	5-6 ounces frozen spinach, sauteed with olive oil and garlic. Drizzle with lemon. 2-3 ounce filet mignon steak pan cooked in olive oil and garlic. 4 minutes on each side.

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