

## WEEK 2

This week is the cleansing (MONO) week.

- Day ONE** Oranges: 15 for women & 17 for men \*must be medium to large size\*  
+ Three 10 oz glasses of orange juice (no sugar added)  
+ 8 glasses of water  
Alternative – Kiwi: 22 for women & 25 for men
- Day TWO** Skinless/boneless chicken breast: 4 for women & 5 for men (no rib meat)  
\*Cook in Mrs. Dash & pepper ONLY. You can use PAM spray.\*  
+ 8 glasses of water
- Day THREE** Cantaloupe: 3 for women & 4 for men  
+ 8 glasses of water  
Alternative – Strawberries: 50 for women & 55 for men
- Day FOUR** Tuna: 3 for women & men  
+ 8 glasses of water  
Alternative – 16 Egg Whites
- Day FIVE** Pineapples: 3 for women & 4 for men  
+ 8 glasses of water  
Alternative – 8-10 peeled Fuji or Granny Smith apples
- Days 6 & 7** *Breakfast:* egg white omelet w/ veggies (see salad week 1)  
-OR- fruit (berries) OR enzymes  
*Lunch:* seafood (any type) baked, broiled, boiled, sautéed  
+ Veggie Salad – must be leafy lettuce (no iceberg) \*zucchini, squash, cucumber, celery, bell pepper, onion and mushrooms ONLY in salad. (dressing: must be 5 grams of fat or less)  
*Dinner:* Seafood w/ Green Beans