

WEEK FOUR: (5/25 week)

5 grams of fat and 25 grams of carbs per day

First Three Days (or 3 days during the week)

Breakfast:

Orange Tea

Take 12 oranges, cut in half, and squeeze out juice.

Take the meat and peel of the oranges and place in 1 gallon of water.

Boil on low/med. until reduce to ½ gallon (about 1 ½ - 2 hours)

Drain liquid through strainer.

Throw contents away except the juice left.

Cool and put in fridge.

Separate into 3 equal portions

Drink 1 portion per day.

You cannot eat for 2 hours or put any type of sweetener into the mixture.

NOTHING for the next 2 hours.

Snack:

Turkey roll

Pickles

enzyme

Lunch: (only 5 grams of fat for the entire day...be careful)

Chef salad (includes the 7 items from previous week)

Add egg whites,

Chicken strips or seafood meat or turkey meat (pick one)

And you can have 1 slice non-fat cheese

Non-fat dressing

This is where you will need to do your enzymes if you did not take them in the AM.

Snack:

Turkey roll

Pickles

Dinner: (only 5 grams of fat for the entire day...be careful)

On the 3rd day, you must eat your dinner no later than 3pm

Add different source of protein here.

So, if you had chicken at lunch have turkey or seafood here.

You can have another 7-item salad, or just the vegetables

Cook them any way you would like except deep-fried and no butter.

Day 4: Tea/18

Breakfast:

Every hour on the hour until 6pm drink 1 glass of herbal tea.

Drink your water

Any type of herbal tea, caffeine free,

No fats or carbs

WEEK FOUR continued:

Dinner: (6pm)

Turkey, seafood or fish
Leafy lettuce
No veggies

Days 5, 6, & 7

Breakfast:

Protein Shake w/ strawberries only
OR omelet
Enzymes

Lunch:

Protein
Salad (includes the 7 items)
Lemon/lime dressing only

Snack:

½ protein bar
Turkey

Dinner:

Protein
Salad w/ zucchini, squash, mushrooms, and leafy lettuce
Lemon/lime dressing only