

Purification Eating Plan Week 1

Christopher Gaunya

	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Evening
Day 1	Berry Smoothie. Hard Boiled Egg 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Steamed Veggies, w Brown Rice. Mixed Salad and Broiled chicken. Baked Yam	Fruit Salad, or Fruit of Choice, Almonds
Day 2	Berry Smoothie. Scrambled Egg w/ Spinach and Onion 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Veggie Soup, Spinach Salad and Broiled chicken. Baked Yam	Fruit Salad, or Fruit of Choice, Almonds
Day 3	Berry Smoothie. Hard Boiled Egg 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Steamed Veggies, w/ brown rice. Mixed Salad and Broiled fish. Baked Yam Fruit Salad.	Fruit Salad, or Fruit of Choice, Almonds
Day 4	Berry Smoothie. Scrambled Egg w/ Spinach and Onion 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Veggie Soup, Mixed Salad and Broiled chicken. Broiled Zucchini Fruit Salad.	Fruit Salad, or Fruit of Choice, Almonds
Day 5	Berry Smoothie. Hard Boiled Egg 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Squash Soup, Spinach Sal Broiled Chicken. Roasted Veggies	Fruit Salad, or Fruit of Choice, Almonds
Day 6	Berry Smoothie. Scrambled Egg w/ Spinach and Onion 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs. Fruit of Choice	Mixed Green Salad w/ Chicken	Smoothie and raw almonds. Apple or berries for snack	Steamed Veggies, Lentil and Brown Rice Salad. Broiled Fish w/ lemon and dill.	Fruit Salad, or Fruit of Choice, Almonds
Day 7	Berry Smoothie. Hard Boiled Egg 16oz Hot water w/ lemon. Green Tea	2 Hard boiled eggs Fruit of Choice.	Mixed Green Salad w/ chicken.	Smoothie and raw almonds. Apple or berries for snack	Broiled Chicken, Roasted asparagus. Baked Yam.	Fruit Salad, or Fruit of Choice, Almonds