

Phase 1 Diet Plan

Month 1 Post Contest Cleanse

Daily throughout Month will have Cheyenne for pepper use, pink salt for salt use which for me is never so I have to try to use a bit.

- A daily shot of Power 4 Juice in the morning.
- On Cleanse Smart 30 day program with Fibre Smart and my hemp or mct oils.
- Colleus, curcumin and lung tea daily. 2 litre lemon water per day and will add some apple cider vinegar on my foods.

Week 1 Vegan Semi Raw (with organic goat cheese and organic goat yogurt allowance, maybe sprouted beans)

*Am testing PH for this phase to take my body from what I believe to be highly acidic down to a balance of acid and alkaline.

2 juices per day with additional steamed or raw fruits and vegetables

Meal 1	Fibre Smart serving and an Athletes Punch (Cleanse Smart 1 taken at least 30 mins pre)
Meal 2	Nuts, a piece of fruit and veggie and a shot of Power 4 or P4
Meal 3	Vegan Dish with 1-2 tbs EFA oil. (Vegan soup or Thai wraps....)
Meal 4	A Fruit/Veg juice from a few choices below and 1-2 Tbs EFA oil
Meal 5	Same idea as Meal 3 (Cleanse Smart 2 taken 3 hours after last food intake)

Week 2 - 4 Vegan Semi Raw

Will have more vegan curries bringing more legumes into diet for week 2 for meals 3 and 5. May use Organic Extra Virgin Coconut oil in curries I make at home.

Gado Gado, sprouted beans and kamut pasta are also options. Ezekiel, non wheat and mana bread may be used.

Fruit / Veg Choices for meal for Juicing

Athletes Punch 1 shot wheat grass, pineapple, oranges, ginger, parsley, romaine or other green.	AAA 6 carrots, 1 apple, 2 stalks of celery, ½ handful of wheatgrass, ½ handful of parsley, ½ beet
Energizer 1 lemon 1/2 cup parsley, chopped 1 rib of celery, 2 big handfuls of Spinach, 1 pinch of peeled ginger, 1 medium cucumber, 2 apples preferred amount of ice cubes (which is of course, optional)	Super 8 juice 1 kale leaf, 1 collard leaf, small handful of parsley, 1 stalk of celery, 1 carrot, greens removed, 1 tomato, 1 broccoli floret, celery stalk for garnish
Muscle Beach 5 Handfuls Spinach, 1 Cucumber, 2 Carrots	