

FEEL GOOD NOW

UPON WAKING 6:00 AM	8 OZ. WATER	¼ GRAPEFRUIT	1 TO 2 HARD BOILED EGGS
7:00 AM	8 OZ. WATER		Special notes- if you have any problems With Cholesterol 3 egg whites = 1 egg
8:00 AM	8 OZ. WATER	¼ GRAPEFRUIT	1 TO 2 HARD BOILED EGGS
9:00 AM	8 OZ. WATER		600 MG. OF CALCIUM
10:00 AM	8 OZ. WATER		ADD THE JUICE OF 1 WHOLE LEMON
11:00 AM	8 OZ. WATER		
<u>LUNCH</u>	12:00 PM 8OZ.WATER		1 CUP OF BROCCOLI & 1 CUP CAULIFLOWER <b>RAW</b> <b>OR STEAMED</b> 3.5 TO 5.0 OZ. OF BONELESS SKINLESS CHICKEN BREAST
	1:00 PM 8 OZ. WATER		
	2:00 PM 8 OZ. WATER	¼ GRAPEFRUIT	1 HARD BOILED EGG
	3:00 PM 8 OZ. WATER		
	4:00 PM 8 OZ. WATER	¼ GRAPEFRUIT	1 HARD BOILED EGG
	5:00 PM 8 OZ. WATER		
<u>DINNER</u>	6:00 PM 8 OZ. WATER		1 CUP ASPARAGUS & 1 CUP YELLOW SQUASH 3.5 TO 5.0 OZ. BONELESS SKINLESS CHICKEN BREAST TAKE 600 MG. CALCIUM WITH DINNER
	7:00 PM 8 OZ. WATER	¼ GRAPEFRUIT	1 HARD BOILED EGG
	8:00 PM 8 OZ. WATER		