

4-DAY MEAL PLAN

BREAKFAST	LUNCH
<p><i>Day 1</i> Buckwheat Waffles Carob Sauce Pumpkin Seed Protein Power Smoothie</p>	<p>Black Beans No Nightshades Salsa Cooked Yucca Coconut Sauce Green Salad</p>
<p><i>Day 2</i> Cooked Amaranth Cereal Sunflower Power Smoothie Amaranth Flatbread Sunflower/Coconut Seed Butter</p>	<p>White Beans Sweet Potato Nutritional Pesto Sauce</p>
<p><i>Day 3</i> Chia Seed Pudding Pumpkin Seed Protein Smoothie Red Lentil Bread Pumpkin/Coconut Seed Butter or avocado</p>	<p>Red Lentils Mexican Raw Rice Malanga Salad Green Salad</p>
<p><i>Day 4</i> Quinoa Breakfast Cereal Sunflower Power Smoothie Quinoa Rolls Sunflower/Coconut Seed Butter</p>	<p>Mung Beans Quinoa Rice Non-Fried Vegetables Green Salad</p>

SHOPPING LIST

Red = Therapeutic Protocol
Green = Green Juice

Aloe Vera (1-2)
Amaranth, organic (1lb)
Apple - Granny Smith, organic (7)
Asparagus, organic (1 bunch)
Arrowroot flour organic (1lb)
Arugula, organic (1 bunch for juicing)
Avocado (5)
Basil, organic (1 bunch)
Berries, organic (1 frozen bag)
Berries, fresh (1 lb)
Black beans, (1 lb)
Bok choy, organic (1 bunch for juicing)
Broccoli, organic (1)
Buckwheat hulled, organic, raw (5lb)
Cabbage, organic (1)
Cardamon powder, organic (4oz) (optional)
Carob powder, organic
(1lb) Carrots, organic (1)
Carrot, organic (5lb for juicing)
Cassava flour, organic
(1lb) Cauliflower, organic (1)
Celery, organic (1 large bag for juices)
Celtic salt (1lb)
Charcoal powder (1 bag)
Chia seed, organic (1lb)
Cilantro, organic (1 bunch)
Coconut shredded, organic (1lb)
Coconut chipped/flakes, organic (1lb)
Coconut sugar, organic (1lb)
Coconut, young (1-2)
Collard (1 bunch for juicing)
Coriander powder, organic (4oz) (Optional)
Cucumber, organic for juicing (4)
Cumin powder (4 oz) (Optional)
Dandelion, organic (1 bunch for juicing)
Dill (4 oz)
Flaxseed, organic (1lb)
Garlic, organic (2 bulbs)
Garlic powder or granules, organic (4oz)
Grapefruit (3)
Green beans (fresh or frozen) (1 lb)
Green onion, organic (2 bunch)
Ginger, organic (1 bulb)
Honey, raw, organic (2lb)
Kale, organic (1 bunch for juicing)
Kiwi, organic (7)
Leek, organic (1 bunch)
Lentils, red organic (2lb)
Lemon or lime (20)
Lettuce, organic (3)
Lettuce, organic for juices (1 large bag)
Malanga (1 large)

Shopping List

Marjoram (4 oz) (Optional)	Salt, celtic (1 cup)
Mung beans, organic (1lb)	Spinach, organic (1 bunch)
Onions, organic (10)	Stevia leaf or powder, organic (4oz)
Onion powder or granulated, organic (4oz)	Sunflower seeds, raw organic (1lb)
Orange peel, (fresh or powder) organic (3)	Sweet potato, organic (2)
Oregano leaves (4 oz) (Optional)	Turmeric powder, organic (1lb)
Parsley, organic (1 bunch)	Vanilla, organic 4z
Pomegranate (3 - 4)	White beans (1 lb)
Pumpkin seeds, raw organic (1lb)	Yucca (2)
Quinoa, organic (1lb)	Zucchini (1)
Radish (1 bunch)	

The food items below are added items that are not on the four-day therapeutic protocol menu; therefore, we have added this list at the end of the original Shopping List above as other allowable items.

Beet Root	Jicama
Brussel Sprouts	Kaniwa, organic
Cashews, raw	Mint
Cherries	Okra
Chives	Olives, dehydrated (Botilla)
Endives	Peas (fresh or frozen)
Fennel	Sorrel
Gourd	Squash – all types
Grape Leaves	Turnip
Greens - all types	