

	ROTATE 1	ROTATE 2	ROTATE 3	ROTATE 4	ROTATE 5
UPON WAKING	10 X Intestinal Formula #2   WATER	10 X Intestinal Formula #2   WATER	10 X Intestinal Formula #2   WATER	10 X Intestinal Formula #2   WATER	10 X Intestinal Formula #2   WATER
15 -20 MINUTES LATER	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY
BREAKFAST 9:00	Cacao Chia Almond Milk Pudding	Quinoa bowl with stewed apples or pears- MCT oil drizzle	Savoury Quinoa or Oats bowl OPTIONS: avocado, sautéed greens, tamari, nori sprinkles, egg	Protein Shake	Quinoa bowl with stewed apples or pears- MCT oil drizzle
TAKE W/ BREAKFAST	Vitamin C Burst X1 D3 Maximus X1	Vitamin C Burst X1 D3 Maximus X1	Vitamin C Burst X1 D3 Maximus X1	Vitamin C Burst X1 D3 Maximus X1	Vitamin C Burst X1 D3 Maximus X1
MID MORNING 11:00 -12:00	12 X Intestinal Formula #2   WITH WATER	12 X Intestinal Formula #2   WITH WATER	12 X Intestinal Formula #2   WITH WATER	12 X Intestinal Formula #2   WITH WATER	12 X Intestinal Formula #2   WITH WATER
LUNCH 1:00 PM	ACV SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Big Salad - steamed kale, cucumber, sprouts, grapefruit or apple, smoked almonds, sauerkraut, light vinaigrette FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Black Beans with Quinoa, Arugula & Sauerkraut FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Blue Balance Bowl FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA  WALK AFTER
TAKE W/ LUNCH	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles
MID -AFTERNOON 4:00-5:00 PM	16 X Intestinal Formula #2   WATER	16 X Intestinal Formula #2   WATER	16 X Intestinal Formula #2   WATER	16 X Intestinal Formula #2   WATER	16 X Intestinal Formula #2   WATER
DINNER 7:00 PM	ACV SHOT TO START Kitchidi with Greens & Grated Ginger, coconut yogurt (REPEAT LUNCH) FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Tofu, Mushrooms, Arugula + Sweet Potato FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Mung Bean Soup with Greens FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Vegan Bone Broth" with Buckwheat Dosaegan Bone Broth" with Buckwheat Dosa FINISH WITH DANDELION TEA  WALK AFTER	ACV SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA  WALK AFTER
TAKE W/DINNER	Essential Omegas	Essential Omegas	Essential Omegas	Essential Omegas	Essential Omegas
30 MINUTES BEFORE SLEEPING	Magnesium Replenish	Magnesium Replenish	Magnesium Replenish	Magnesium Replenish	Magnesium Replenish
AT BEDTIME - EMPTY STOMACH	12 X Intestinal Formula #2   WATER	12 X Intestinal Formula #2   WATER	12 X Intestinal Formula #2   WATER	12 X Intestinal Formula #2   WATER	12 X Intestinal Formula #2   WATER