

AMINO ACID THERAPEUTIC DIET PROGRAM

Eating correctly plays a very crucial role in your health; especially while healing and detoxing the body, mind & spirit. Every time you move up a level on the chart you're cleansing the body's Lymphatic System on deeper and more intra-cellular level. This chart allows you to move back and forth between each protocol as you feel your way through your healing.

(Note To Self, Results May Vary If Recommended Instructions Are Not Followed)

LEVEL 1

1st Week Moderate

Detox Amino Acid Therapy Cleanse

Break-Fast

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

Fruits	Berries	Melons
Grapes, Mangoes, Cherries, Apples, Peaches, Bananas, Key Limes, Etc..	ORGANIC ONLY Blackberries Blueberries Strawberries Raspberries	Always Eat Alone Watermelon Honeydew melon Cataloupe melon Papaya

Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

Lunch

Pick any of the following and make a large alkaline salad

Romaine, Watercress Arugula, Dandelion greens Kale, Seaweed (Dulse, Nori, Kelp), Green Leaf Lettuces	Cucumbers, Olives, Okra, Alfalfa Sprouts, Onions, Tomatoes Avocado, Turnip greens
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Mid Afternoon Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

Dinner

Make a medium alkaline salad & pick two of the following and small amounts
Vegetable Soup (no cooked tomatoes)
Wild Rice (Black Grass), Herb Seasoned Avacodo
Steamed Squash

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LEVEL 2

2nd Week Advanced

Detox Amino Acid Therapy Cleanse

Break-Fast

Pick any of the following to make Smoothie
SMOOTHIE ONLY/ Combine according to your liking

Fruits	Berries	Melons
Grapes, Mangoes, Cherries, Apples, Peaches, Bananas, Key Limes, Etc..	ORGANIC ONLY Blackberries Blueberries Strawberries Raspberries	Always Eat Alone Watermelon Honeydew melon Cataloupe melon Papaya

Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

Lunch

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

Fruits	Berries	Melons
Grapes, Mangoes, Cherries, Apples, Peaches, Bananas, Key Limes, Etc..	ORGANIC ONLY Blackberries Blueberries Strawberries Raspberries	Always Eat Alone Watermelon Honeydew melon Cataloupe melon Papaya

Mid Afternoon Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

Dinner

Make a medium alkaline salad & pick two of the following and small amounts
Vegetable Soup (no cooked tomatoes)
Wild Rice (Black Grass), Herb Seasoned Avacodo
Steamed Squash

ANY FOOD NOT LISTED ON THIS CHART IS NOT PERMITTED TO EAT WHILE ON PROGRAM

LEVEL 3

3rd Week INTENSE

Detox Amino Acid Therapy Cleanse

Break-Fast

Fresh squeezed, pressed, or extracted juice/

Choose **ONLY ONE OF THE FOLLOWING**

Fruits	Berries	Melons
Grapes, Mangoes, Cherries, Apples, Peaches, Bananas, Key Limes, Etc..	ORGANIC ONLY Blackberries Blueberries Strawberries Raspberries	Always Eat Alone Watermelon Honeydew melon Cataloupe melon Papaya

Mid-Morning Snack

Fruit Juice, Dark Leafy Green Vegetable Juice

Lunch

Pick any of the following to eat / Smoothie recommended/ Combine according to your liking

Berries ONLY	OR	MELONS ONLY
ORGANIC ONLY Blackberries Blueberries Strawberries Raspberries		Always Eat Alone Watermelon Honeydew melon Cataloupe melon Papaya

Mid Afternoon Snack

Dark Leafy Green Vegetable Juice

Dinner

MELONS ONLY

IF YOU ARE HEALING FROM A CHRONIC ILLNESS SUCH AS CANCER, HIV, HERPES, ETC. YOU MUST FOLLOW LEVEL 3 INTENSE DIET UNTIL HERBAL THERAPY IS COMPLETED.

GROUNDING HERBAL SEASONINGS

Use 100% Organic Fresh or dried grounded herbs
Key Lime Juice, Oregano, Thyme, Holy Basil, Parsely,
Nettle, Turmeric, Cayenne, Ginger, Cilantro, Rosemary,
Kelp, Nori, Cinnamon, Dates Suger