

	WATER	BREAKFAST	LUNCH	SNACK	DINNER
Day 1	Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	5 oz. fresh salt-free or low-sodium turkey wrapped in lettuce with tomato	20 raw or dry-roasted unsalted almonds	Grilled 6-oz. swordfish steak cooked with lemon and garlic with unlimited side of steamed kale. Follow up with a cup of dandelion tea.
Day 2	Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	1 can low-sodium tuna salad (tuna should be prepared with lemon and pepper only) on a bed of lettuce. You can use balsamic vinegar and 1 tsp. olive oil for salad dressing.	Unlimited celery and 2 tbsp. fresh, salt-free peanut butter	6 oz. grilled chicken breast cooked with lemon and garlic, with unlimited side of eggplant. Follow up with a cup of dandelion tea.
Day 3	Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	5 oz. poached salmon fillet and shredded cucumber salad. You can use rice vinegar as dressing for the cucumber.	3 triangle slices of watermelon	6 oz. grilled chicken breast cooked with lemon and garlic, with unlimited side of zucchini. Follow up with a cup of dandelion tea.
Day 4	Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	5 oz. grilled halibut steak with lemon and garlic, with large spinach salad and balsamic dressing	20 raw or dry-roasted unsalted almonds	$\frac{1}{2}$ lb. steamed shrimp, on salad with low-sodium dressing, and unlimited side of steamed green beans

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Day 5 Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	5 oz. salt-free or low-sodium ham wrapped in lettuce with tomato	Unlimited celery and 2 tbsp. fresh, salt-free peanut butter	Grilled 6-oz. swordfish steak cooked with lemon and garlic, with unlimited side of steamed kale. Follow up with a cup of dandelion tea.
Day 6 Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	6 oz. grilled mahi wrapped in lettuce, with 1 fresh tomato, sliced, and $\frac{1}{3}$ avocado, sliced	10 raw unsalted cashews	Grilled 6 oz. chicken breast cooked with lemon and garlic, with unlimited side of steamed broccoli and cauliflower. Follow up with a cup of dandelion tea.
Day 7 Drink 100 oz. distilled water throughout the day. If desired, add 1 tsp. sugar-free cranberry juice per glass.	6 scrambled egg whites with green veggies, cooked without butter or oil	5 oz. fresh salt-free or low-sodium turkey, wrapped in lettuce with tomato	3 large carrots	Grilled 6-oz. halibut steak, cooked with lemon and garlic, with unlimited side of steamed asparagus. Follow up with a cup of dandelion tea.