

## EATING SCHEDULE OUTLINE

### Day One:



Take 10 drops of HCG (human chorionic gonadotrophin) first thing in the morning.

Drink one-half to one gallon of water throughout the day, ideally with coral calcium sachets.

Gorge yourself and eat as much food as you can throughout the day.

### Day Two:

Repeat Day One.

### Day Three:

Weigh yourself immediately upon arising, after emptying the bladder, without clothes.

Take an 10 drops of HCG (human chorionic gonadotrophin) first thing in the morning. Take 10 drops in the afternoon and then 10 drops in the evening.



Make sure you haven't eaten or drunk anything 20 minutes prior to taking the drops and 20 minutes after.

Drink one-half to one gallon of water throughout the day, ideally with coral calcium sachets.

### Breakfast have only

- black coffee (organic preferred), or
- organic green tea, or
- organic Yerba Mate tea, or
- organic Wu Long tea, or
- organic chamomile tea.
- You may have as much as you desire.

Throughout the morning drink as much organic green tea and coffee as you desire. Always make your tea with pure water, never tap water.



Lunch eat 100 grams (weighed raw) of grilled (no oil or fat)  
Organic grass fed beef or veal, or  
Organic chicken breast (skinless), or  
Wild Chilean sea bass, or  
Flounder, or  
Sole, or Halibut, Shrimp, Crab, Scallops and Lobster.

One large handful of the following organic vegetables:

Spinach  
Chard  
Beet greens  
Lettuces of any kind  
Tomatoes  
Celery  
Fennel  
White, yellow, or red onions  
Red Radishes  
Cucumbers  
Asparagus, or  
Cabbage



These can be eaten raw,  
steamed, grilled (without oil), or gently boiled. Do mix vegetables in the same meal.

You may also have 2 small organic apples, or 2 small organic grapefruits or 2 handfuls of organic strawberries, separately, throughout the day.

You may season any of the food with the juice of half an organic lemon, white or black pepper, organic raw apple cider vinegar, sea salt, organic garlic, organic basil, organic parsley, organic thyme, organic marjoram, or other organic herb.

**Absolutely no oil, butter, dressings, or anything else.**

Dinner:

The same choices as for lunch. Do not, however, have two meals exactly the same in the same day.

DO NOT FORGET TO WALK AN HOUR A DAY, NONSTOP! IF YOU HAVE TO WORK UP TO IT, IT IS FINE. JUST AN EASY, STEADY PACE. CONTINUE THE DIET USING DIFFERENT RECIPES IN THE RECIPE BOOK BUT STICK TO THE SAME ROUTINE EACH DAY. ENJOY, HAVE FUN!!



