

TYPICAL DAY IN A LIVER PURIFICATION/DETOX PROGRAM

Breakfast

- first round of supplements
- shake
- optional: snack mid-morning (fruit/vegetable)

Lunch

- **mandatory...** salad
- optional: shake

Two Hours After Lunch

- second round of supplements
- optional: shake

Dinner

- **mandatory...** salad
- **mandatory...** steamed vegetable (beets at least 1 time a week)
- optional: serving of meat
- optional: serving of brown rice
- optional: shake

Two Hours After Dinner

- third round of supplements
- optional: shake

Remember:

- vegetable/fruit ratio must be 2:1 daily
- 1-3 shakes per day

Dr. Grilliot's Shake Formula (or use any of our other recipes)

- one full blender
- 4 bananas
- 4 scoops SP Complete
- 8 oz. water
- 8 oz. any orange juice (not from concentrate)
- any fruit

- take 2 Linum B6