

### Phase 1 Sample Menu

**Upon arising:**  
Long Life Cocktail

**Before breakfast:**  
8-ounces of hot water  
with lemon juice

**Breakfast:**  
Asparagus and  
Mushroom Omelette

**Lunch:**  
Salmon with lemon and  
garlic, broccoli, mixed  
green salad

**Dinner:**  
Beef and Veggie  
Shepherd's Pie

**Snacks:**  
1 apple, 1/2 large  
grapefruit

**Daily:**  
Take Fat Flush Kit  
Supplements and sip  
64oz. cran-water

### Phase 2 Sample Menu

**Upon arising:**  
Long Life Cocktail

**Before breakfast:**  
8-ounces of hot water  
with lemon juice

**Breakfast:**  
Raspberry Smoothie

**Lunch:**  
Chicken veggie wrap (in  
an Ezekial 4:9 Tortilla)

**Dinner:**  
Grilled steak, asparagus,  
small sweet potato

**Snacks:**  
1 small pear, 1 hard-  
boiled egg

**Daily:**  
Take Fat Flush Kit Supple-  
ments and sip 64oz.  
cran-water

### Phase 3 Sample Menu

**Upon arising:**  
Long Life Cocktail

**Before breakfast:**  
8-ounces of hot water  
with lemon juice

**Breakfast:**  
2 scrambled eggs, salsa &  
cheddar cheese

**Lunch:**  
Grilled turkey burger and  
green beans

**Dinner:**  
Shrimp creole, brown  
rice, and broccoli

**Snacks:**  
Yogurt with 1 cup blueberries,  
10 cherries & string cheese

**Daily:**  
Take Fat Flush Kit Supple-  
ments and sip 64oz.  
cran-water