

BEVERAGES

Green tea, herbal teas, and coffee in any quantity.

Be sure to take 10-16 glasses of water per day. Soy milk or Almond Milk – for use in smoothies. Do not use regular milk.

SEASONINGS & ADDITIVES

Juice of Lemon, Garlic, Thyme, Parsley, Plum vinegar, Apple cider vinegar, Sea salt, Basil, Pepper, Balsamic Vinegar, Garlic herb salt, Braggs Liquid Amino, Soy Sauce, Stevia, Tabasco, Picante, Horseradish, Pickles, Olives

PROTEIN REPLACEMENTS

Rice Protein Powder

Natural Whey Powder (all flavors)

Sun-Warrior Protein: Raw Vegan (all flavors)

Warrior Blend (all flavors)

Vegan Whey Powder (all flavors)

Garden of Life Raw Protein (all flavors)

Protein powder notes:

Protein powders must be 5 grams of carbs or less per serving and sweetened only with Stevia or Xylitol.