

RECIPES TO FLATTEN THE BULGE

Always use organic ingredients!

This is meant to be used for no more than 2 days.

Recipes for those of you who have juicers:

For Breakfast: Juice 2 apples (tart ones are best) 1/2 lemon, large handful of spinach or kale, 1 inch chunk of fresh ginger.

Mid-Morning: (2 hours after breakfast) 12 ounces Green Tea **OR** 4 tablespoons unsweetened cranberry juice to 8 ounces of water.

Lunch: 3 Carrots (tops removed), 1 handful of spinach, 1 cucumber, 1/2 lemon, 1/2 apple, 1/4 tsp cinnamon, 1/8 tsp cayenne pepper, 1/8 tsp celtic sea salt.

Mid-Afternoon: (2 hours after lunch) 12 ounces green tea **OR** 4 tablespoons unsweetened cranberry juice in 8 ounces of water.

Dinner: 1 medium tomato, 1 cucumber, 1 handful of cilantro, 1 handful spinach, 1 lime, dash of hot sauce.

Before Bed: Green tea **OR** 4 tablespoons unsweetened cranberry juice in 8 ounces of water.

Recipes for those of you who don't have juicers:

For Breakfast: 1 cup apple juice, 1 tablespoon lemon juice, 1 scoop Garden of Life Wheat Grass or other similar green powder, 1/2 teaspoon of ground ginger.

Mid-Morning: (2 hours after breakfast) 12 ounces green tea **OR** 4 tablespoons unsweetened cranberry juice to 8 ounces of water.

Lunch: 8 ounces carrot juice, 1 scoop greens, 1/4 teaspoon cinnamon, 1/8 teaspoon cayenne pepper, 2 ounces apple juice, 1 tablespoon lemon juice.

Mid-Afternoon: (2 hours after lunch) 12 ounces green tea **OR** 4 tablespoons unsweetened cranberry juice to 8 ounces of water.

Dinner: 16 ounces tomato juice, 1 tablespoon lime juice, dash of hot sauce. Celtic sea salt and pepper to taste.

Before Bed: 12 ounces green tea **OR** 4 tablespoons unsweetened cranberry juice to 8 ounces of water.