

Phase 1 Sample Menu	Phase 2 Sample Menu	Phase 3 Sample Menu
<p><b>Upon arising:</b> Long Life Cocktail</p>	<p><b>Upon arising:</b> Long Life Cocktail</p>	<p><b>Upon arising:</b> Long Life Cocktail</p>
<p><b>Before breakfast:</b> 8-ounces of hot water with lemon juice</p>	<p><b>Before breakfast:</b> 8-ounces of hot water with lemon juice</p>	<p><b>Before breakfast:</b> 8-ounces of hot water with lemon juice</p>
<p><b>Breakfast:</b> Asparagus and Mushroom Omelette</p>	<p><b>Breakfast:</b> Raspberry Smoothie</p>	<p><b>Breakfast:</b> 2 scrambled eggs, salsa &amp; cheddar cheese</p>
<p><b>Lunch:</b> Salmon with lemon and garlic, broccoli, mixed green salad</p>	<p><b>Lunch:</b> Chicken veggie wrap (in an Ezekial 4:9 Tortilla)</p>	<p><b>Lunch:</b> Grilled turkey burger and green beans</p>
<p><b>Dinner:</b> Beef and Veggie Sheperd's Pie</p>	<p><b>Dinner:</b> Grilled steak, asparagus, small sweet potato</p>	<p><b>Dinner:</b> Shrimp creole, brown rice, and broccoli</p>
<p><b>Snacks:</b> 1 apple, 1/2 large grapefruit</p>	<p><b>Snacks:</b> 1 small pear, 1 hard-boiled egg</p>	<p><b>Snacks:</b> Yogurt with 1 cup blueberries, 10 cherries &amp; string cheese</p>
<p><b>Daily:</b> Take Fat Flush Kit Supplements and sip 64oz. cran-water</p>	<p><b>Daily:</b> Take Fat Flush Kit Supplements and sip 64oz. cran-water</p>	<p><b>Daily:</b> Take Fat Flush Kit Supplements and sip 64oz. cran-water</p>

# The Fat Flush Plan

**E Durkheim**



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