

# DAILY SCHEDULE

	Days 1-2	Days 3-7	Days 8-14	Days 15-17	Days 18-19	Day 20	Days 21-29	Days 30+
Bone broth	1 cup	1 cup	1-2 cup	1-2 cup	1-2 cup	1 cup	1 cup	1 cup
Fruits fresh and locally sourced	✓	✓	Apples and pears only	Apples and pears only	Apples, berries and pears only	All seasonal fruit only	✓	✓
Vegetables, fresh and locally sourced	✓	✓	Non-starchy, seasonal veg only	Non-starchy, seasonal veg only	All seasonal veg only	All seasonal veg only	✓	✓
*Animal proteins (grass fed meats, free range poultry, wild fish)	✓	All regenerative and wild meats and liver or other organ meats	Fish and liver only	Fish and liver only	Fish and liver only	Fish, liver and grass fed meats only	Fish and grass fed meats and liver or organ meats only	✓
Eggs	✓	✓		✗	✓	✓	✓	✓
Plant based proteins	✓	Beans, legumes (lentils & peas), Hummus	✗	✗	Beans, legumes (lentils & peas), Hummus	Beans, legumes (lentils & peas), Hummus	✓	✓
Beverages	✓	Green tea, herbal teas, water - unlimited	✓					
Fresh or dried herbs & spices	✓	✓	✓	✓	✓	✓	✓	✓
Oils & fats (as whole or as minimally processed oils)	✓	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	Avocado, butter, coconut, flax, grapeseed, olive and sesame oils	✓
Grains and starches	✓	Gluten free grains and starches	Quinoa and whole rice only	Quinoa and whole rice only	Gluten free grains and starches	Gluten free grains and starches	Gluten free grains and starches	✓
Dairy	✓	✓	Dairy alternatives example: coconut milk	Dairy alternatives example: coconut milk	Whole milk and cheese	Whole milk and cheese	✓	✓
Whole nuts and seeds (oils are allowed) -avoid if you have mild issues	✓	✓	✗	✗	✗	✓	✓	✓
Natural sweeteners	✓		Locally sourced honey	✗	✗	Locally sourced honey	✓	✓
Medical food/protein shake and liver support	Not needed	1-2 Scoops as needed 1-2 times a day	2 Scoops 3 times a day as needed	2 Scoops 3 times a day as needed	2 Scoops 3 times a day as needed	2 Scoops 3 times a day as needed	1-2 Scoops as needed 1-2 times a day	If you feel you need it you can continue
* Vegetarians can skip this and maintain their plant based protein intake								

 None allowed

 Any allowed