



5 DAYS ON Cycle 1 Cycle 2 Cycle 3

Use only alkaline foods listed in the cookbook.

Plan meals ahead. No dairy; no eggs; no processed or artificial sugars; no white salt; no white flour or white sauces. Avoid meat. Gently releasing what your body doesn't need

Remember to write down the time of each meal >>>	NETJERU ELIXIR upon waking	BREAKFAST 2-3 hrs after Netjeru Milk (no meat, dairy, eggs, fried or processed foods)	GREEN MIX 2 hrs after breakfast	LUNCH Choose a meal from the Alkaline Cookbook. Eat half of it for lunch and save the remaining half for your mid-day snack.	MID-DAY SNACK 3 hrs after lunch Eat other half of lunch, and/or use Fruit Mix with juice from whole fruits.	EVENING MEAL Choose a meal from the Alkaline Cookbook, or create your own by using the alkaline foods listed on pages 6-10 of the cookbook.	HERBAL MIX 1 tsp with Netjeru Mix right before bed	BMs times
DAY 1 Date: Wake Time:								
DAY 2 Date: Wake Time:								
DAY 3 Date: Wake Time:								
DAY 4 Date: Wake Time:								
DAY 5 Date: Wake Time:								

NOTES



5 DAYS OFF

After Cycle 1

After Cycle 2

Use these days to assess the benefits you attained in the prior five days.

Notice your bowel movements, urine, skin clarity, energy, mood, etc.

Gently releasing what your body doesn't need

Remember to write down the time of each meal >>>	ENERGY TEA upon waking	BREAKFAST 2-3 hrs after tea	GREEN MIX Upon waking or pre-lunch	LUNCH	MID-DAY SNACK	EVENING MEAL	ESSIAC TEA Before sleeping	BMs times
DAY 1 Date: Wake Time:								
DAY 2 Date: Wake Time:								
DAY 3 Date: Wake Time:								
DAY 4 Date: Wake Time:								
DAY 5 Date: Wake Time:								

NOTES
