



You Belong.

God is the giver of wisdom to all who ask in faith, [James 1:5](#).

Invite God on your journey.

Pray back God's Words to Him.

INSTRUCTIONS

1. Each Day has a specific focus
2. Each day has specific time.
3. Time maybe [adjusted](#) based on [your schedule](#).
4. [See menu PDF to follow each day](#) or as [the Holy Spirit Leads you](#) as you pray.
5. Remember to [use what you have in](#) your hands or can afford.
6. Remember to use a [multivitamin supplement](#) to ensure you're getting enough vitamins and minerals if you do not have all the fruits, veggies, nuts and grains.
7. Remember to drink [lots of water](#)
8. Do the best you can with what you have and be thankful to God.
9. Come in faith and [God will take care](#) of the rest

Important! Colon Day

This colon supplement can be purchase on Amazon for \$13.

It has all natural ingredients and can be used to help cleanse the colon at night.

This should be taken Saturday night before bed.



FORMAT

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--|
| Colon day | Liver Follow liver day juice menu | Liver | Kidney | Gut | Blood | Whole Body |
| 5 am prayer | 5 am prayer | 5 am prayer | 5 am prayer | 5 am prayer | 5 am prayer | 5 am prayer |
| 5:30 am hydration | 5:30 am hydration/Lemon water #1 | 5:30 am hydration/Lemon water #1 | 5:30 am hydration | 5:30 am hydration | 5:30 am hydration | 5:30 am hydration |
| 6 am smoothie #1 + prayer Or choose any option from FRUIT ONLY morning JUICE. | 6 am smoothie #2 + prayer Or choose any option from FRUIT ONLY morning JUICE. | 6 am liver rescue smoothie #1 or liver smoothie #2 + prayer Or choose any option from FRUIT ONLY morning JUICE. | 6 am Kidney detox #1 + prayer Or choose any option from FRUIT ONLY morning JUICE. | 6 am Gut smoothie #1 + prayer Or super blend combo #1 JUICE. | 6 am blood smoothie #1 + prayer Or choose any option from FRUIT ONLY morning JUICE. | 6 am whole body juice #2 + prayer Or super blend combo # 4 JUICE. |
| 8 am pure water | 8 am pure water | 8 am pure water | 8 am pure water | 8 am pure water | 8 am pure water | 8 am pure water |
| 10 am Smoothie #2 + prayer | 10 am Smoothie #3 + prayer | 10 am detox liver salad or smoothie #3 + prayer | 10 am kidney cleanse #2 + prayer | 10 am Gut smoothie #2 + prayer | 10 am blood smoothie #3 + prayer | 10 am Red detox #3 + prayer |

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|------------------------------------|----------------------------------|----------------------------------|-------------------------------|---|---|---|
| 12pm pure water | 12pm pure water | 2 pm pure water | 12 pm pure water | 12 pm pure water | 12 pm pure water | 12 pm pure water |
| 2 pm prune juice | 2 pm smoothie #4 + prayer | 5 pm smoothie #4 + prayer | 2 pm Salad A + prayer | 2 pm Gut Salad + prayer | 2 pm super blood Salad + prayer | 2 pm Salad A or Gut Super Salad + prayer |
| 3 pm pure water | 3 pm pure water | 6 pm pure water | 6 pm pure water | 6 pm pure water | 6 pm pure water | 6 pm pure water |
| 5 pm Smoothie #3 + prayer | 5 pm Smoothie #5 + prayer | 7 pm eat fruit of your choice | 7 pm kidney smoothie #4 | 7 pm Gut smoothie #3 Or super blend combo #15 GUT healing JUICE. | 7 pm blood smoothie #2 | 7 pm berry or tropical smoothie |
| 7 pm eat an apple | 7 pm eat fruit of your choice | 9 pm Go to bed + prayer | 9 pm Go to bed + prayer | 9 pm Go to bed + prayer | 9 pm Go to bed + prayer | 9 pm Go to bed + prayer |
| 9 pm Go to bed + prayer | 9 pm Go to bed + prayer | | | | | |
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