

DR. ROBERT MORSE ND INTAKE SUGGESTION

for a **DEEPER**
detoxification experience

Breakfast

Choose any of the following and/or a smoothie combination in unlimited quantities:

FRUITS

Grapes, Apples,
Mangoes,
Cherries,
Peaches, Pears,
Bananas, etc.

BERRIES

Organic Only
Blueberries,
Blackberries,
Raspberries,
Strawberries

MELONS

Eat melons alone
Watermelon,
Cantaloupe,
Canary, Honey
Dew, Casaba,
Papaya

Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

Lunch

Choose any of the following and/or a smoothie combination:

FRUITS

Grapes, Apples,
Mangoes,
Cherries,
Peaches, Pears,
Bananas, etc.

BERRIES

Organic Only
Blueberries,
Blackberries,
Raspberries,
Strawberries

MELONS

Eat melons alone
Watermelon,
Cantaloupe,
Canary, Honey
Dew, Casaba,
Papaya

Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

Dinner

Fruit Meal or salad and any of the following in small amounts:

Steamed Vegetables, Veggie Soup (no cooked tomatoes), Baked Sweet Potato, Steamed Squash, Avocado

for the **MAXIMUM**
detoxification experience

Breakfast

Fresh squeezed or pressed juice, or choose only one of the following:

FRUITS

Grapes, Apples,
Mangoes,
Cherries,
Peaches, Pears,
Bananas, etc.

BERRIES

Organic Only
Blueberries,
Blackberries,
Raspberries,
Strawberries

MELONS

Eat melons alone
Watermelon,
Cantaloupe,
Canary, Honey
Dew, Casaba,
Papaya

Mid-Morning Snack

Fruit, Fruit Juice, Green Vegetable Juice

Lunch

Choose any of the following:

FRUITS

Grapes, Apples,
Mangoes,
Cherries,
Peaches, Pears,
Bananas, etc.

BERRIES

Organic Only
Blueberries,
Blackberries,
Raspberries,
Strawberries

MELONS

Eat melons alone
Watermelon,
Cantaloupe,
Canary, Honey
Dew, Casaba,
Papaya

Mid-Afternoon Snack

Fruit, Fruit Juice, Green Vegetable Juice

Dinner

Fruits, Berries, Melons, or Large Salad