

4 DAY BOOSTER PLAN FOR WEIGHT LOSS PLATEAUS

1. Increase Detox Renew shake to 1 scoop, 3x/day
2. Eat only the fruits and vegetables as listed below....

• CRUCIFEROUS VEGETABLES

(broccoli, cauliflower, kale, cabbage, brussel sprouts) *preferably cooked



• SPICES & HERBS

are allowed and encouraged



• RAW GREENS/ VEGETABLES

(all varieties of lettuce, celery, onion, radish, cucumber)



• BERRIES OR APPLES

2 Servings/day



Congratulations, you have completed your 4 day Booster!

Please return to the program diet or contact Dr Yates for more information