

Phase II SAMPLE DAY

This is a sample menu to show the importance of fueling your body throughout the day to help stabilize blood sugar. There are no set times of day to be eating, just make sure to consume 2 fruits, 2 vegetable servings, and 7-8 ounces of protein (from your shopping list only) throughout the day.

UPON WAKING

- After using the restroom, weigh yourself and log your weight into your journal.
- Take 1 Flora-3 Probiotic with water if you passed the Candida Yeast Test or 2 if you failed (see pages 7-8).
- Wait 15 minutes.
- Take morning dose of the Metabolic Correction Blend. Place 8 drops on your plastic spoon and put under your tongue. Hold for 1 min. Be sure to bang the bottle against your hand 3x's before you take the drops.**
- Wait 15 minutes.

BREAKFAST

2 HepraCell Supplements
 1-2 Foundation Multivitamins*
 Coffee or Tea
 1 Orange

LUNCH

3.5 oz. of Grilled Chicken
 1 cup of sliced Cucumbers
 40 calories of Rice Crackers

SNACK

1 Apple
 Tea

MID AFTERNOON

Take afternoon dose of the Metabolic Correction Blend**

DINNER

2 HepraCell Supplements
 1-2 Foundation Multivitamins*
 4 oz. of Fish
 1 cup Broccoli

EVENING

Take evening dose of the Metabolic Correction Blend**

*Optional. **See page 12.

