**Day 4: At-A-Glance Eating Schedule – GNB 10-Day Detox**

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| **Upon Waking** | **Warm Lemon Water 12 oz. I add fresh ginger slices. Green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive.** |
| **8 AM** | **Green Goddess Juice approx. 12 oz each**  **Take your morning supplements. (noon in pill box)** |
| **10 AM** | **Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each.** |
| **11AM** | **Green Smoothie -optional, drink if hungry, 8 oz.** |
| **1:00 PM** | **Salad Bar Lunch- no dairy or meat. Include herbs, nuts, seeds, avocado, garbanzo beans, lentils, sweet potatoes, sprouts etc. Use a variety of greens such as spinach, kale, arugula, broccoli sprouts, microgreens.**  **2 Tbsp dressing of choice** |
| **3:00 PM** | **Midafternoon Snack-Optional Nuts, Seeds, Fresh Fruit** |
| **6:00 PM** | **Los Lobos Vegetable Soup – 12 oz.**  **2 Tbsp Walnut Tapenade w/2 celery stalks**  **Grilled Asparagus - ~ ½ lb.** |
| **2+ hours after dinner/Bedtime** | **Take your evening supplements** |

**The times are approximate. Find what works well for your family. The goal here is to practice an 18 hour fast from sugars or anything that turns into sugar in your gut, eating solid food only between 1 pm-7 pm. If you don’t get dinner until 7 PM, push your schedule back an hour he next day and to do all your solid food eating between 2PM -8 PM. (allows for one hour eating time)**