



THE 21 DAY PURIFICATION PROGRAM FOOD INTAKE

Days 1-7

Fresh vegetables and fruit only (organic is preferred).

- Consume twice as many fresh vegetables as fruits.
- Half of the vegetables consumed should be raw. The other half may be steamed or stir fried over low heat. Try using organic soup as a base for your stir-fry.

Fruit Options

- Bananas are only allowed in the shakes.
- No pineapple.
- All other fruit is okay.

Vegetable Options

- Unlimited veggies.
- Avocado -- ½ per day permitted.
- Sweet potatoes -- 1 maximum per day.
- Lentils -- ½ cup per day.
- Beets/Squash/Carrots/Split Peas -- ½ cup maximum per day.
- Soups such as, “Imagine Natural Creations” or “Pacific” brand. Also good in stir-fry meals and use as veggie dips.

Beverages

- Spring or mineral water.
- Green Tea.
- Fruit juices you’ve juiced yourself or try “Bolthouse” juices.

Note: Liberal amounts of green tea are okay. Most people do not experience adverse effects. There is little caffeine in green tea.

Salad Dressings

- Try various flavored Balsamic vinegars.
- Try Organicville or Annie’s brand dressings.

Days 8-21

Fresh vegetables and fruit (organic is preferred).

- Consume twice as many fresh vegetables as fruits.
- Half of the vegetables consumed should be raw. The other half may be steamed or stir fried over low heat. Try flavored oils.
- Try various organic soups or make yourself.

Fish (Wild Caught)

- Salmon, cold water cod, sea bass, halibut, fresh water fish.
- 3-5 ounces, prepared (baked, roasted, and broiled).
- 1-2 times per day.

Lean Meat

- Turkey, chicken, venison, buffalo.
- 3-5 ounces prepared (baked, roasted, and broiled).
- Organic, free-range, antibiotic-free; hormone-free is preferred.
- Consumed every other day.

Beverages

- Spring or mineral water.
 - * Drink half your body weight in ounces.
 - * Drink water between meals.
- Green Tea
- Fruit juices you’ve juiced yourself or try “Bolthouse” juices.

Note: Liberal amounts of green tea are okay. Most people do not experience adverse effects. There is little caffeine in green tea.

Salad Dressings

- Try various flavored Balsamic vinegars.
- Try Organicville or Annie’s brand dressings



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Other Suggestions

- Eat frequently throughout the day.
- Do not skip meals.
- Avoid high glycemic foods (corn, white potatoes, peas, etc.).
- People who have arthritis should avoid the following foods: tomatoes, potatoes, bell peppers, egg plant, cayenne pepper and citrus fruits.
- You may use olive oil for cooking and as salad dressing with apple cider or balsamic vinegar.
- You may use 1-2 pats of butter on vegetables.
- **DO NOT USE** margarine or partially hydrogenated oils!!
- Eliminate all sugars, starches and simple carbohydrates including pastas, breads and cereals.
- **Avoid** all dairy, except for real butter.
- **Avoid** caffeine, alcohol and tobacco. If you are a high caffeine user, you may want to taper off usage 2 weeks prior to program.
- Walk, walk, walk and walk. Get moving! If it's bad weather, walk in place inside while you read, listen to music or watch T.V.

**The best gift you can give yourself and your family
is improved health!**



**THE 21 DAY PURIFICATION PROGRAM
FOOD SHOPPING CHECKLIST**

**Use organic fruit and vegetables when available.
Meats should be organic, free range when available.
(Begin to read labels, ask questions and evaluate fruit/vegetables.)**

Fruits:

| | | | |
|-------------|--------------|---------|--------------|
| Apples | Blackberries | Oranges | Raspberries |
| Apricots | Grapes | Peaches | Strawberries |
| Avocado | Kiwi | Pears | Tangerines |
| Blueberries | Nectarines | Plums | Tomatoes |

Vegetables:

| | | | |
|------------------|----------------|----------------|-----------------------------|
| Artichokes | Celery | Mushrooms | Sweet Potatoes |
| Asparagus | Collard Greens | Mustard Greens | Swiss Chard |
| Broccoli | Eggplant | Onions | Turnips |
| Brussels Sprouts | Kale | Radishes | Watercress |
| Cabbage | Lettuce | Red Beets | Zucchini |
| Cauliflower | Mixed Greens | Spinach | Yellow, Red & Green Peppers |

Meat:

| | | | |
|---------|--------|------|--------------------|
| Chicken | Turkey | Beef | Fish (wild-caught) |
| | | | Salmon, cold water |
| | | | Cod, Sea Bass |

Rice:

| | |
|------------|-----------|
| Brown Rice | Wild Rice |
|------------|-----------|

Soups: Organic soups such as the “Imagine Natural Creations” brand or create your own.



WHAT YOU COULD EXPERIENCE

Firstly, a transformation in how you feel, both physically and emotionally awaits you. However, everyone is at a different stage in their health. Some have felt poorly for so long, that any modification in diet will be noticed. Some of the minor changes that initially could be experienced are listed below.

- Most individuals have been raised on overly processed, refined and primarily cooked foods and little to no raw foods, their weakened systems are not often accustomed to digesting and eliminating raw foods. Thus, depending upon your previous diet, you could experience some abdominal discomfort, gas, bloating and disturbed bowel function upon introducing raw foods into their diet. Do not become alarmed! If this is the case for you, let Dr. Grilliot know and start steaming more of your vegetables and gradually integrate additional raw foods into your diet.
- Reduction in sugar and caffeine can for some individuals create a headache. Do not become alarmed! This will pass. You are experiencing the detoxifying effects of your purification program. (Usually, 2-3 days maximum.) Your body is telling you – you've needed to do this!
- Some people feel emotional/mood swings, an initial sense of being tired, regions of aches and pains and other slight changes. Do not be surprised! Your body is telling you, it is noting the change in diet and the purification/detoxifying process is working. As with any noticeable change, positive and seemingly negative, tell Dr. Grilliot at your appointment.
- You may get hungry at first! Don't let this happen! Eat. Eat. Eat. Please do not become hungry.
- Your taste buds will change over the course of the next 2-3 weeks. Don't be surprised! It will be a welcomed experience!

Please make sure you are writing down; what you eat and when, how much water/fluid intake, the number of bowel movements per day and how you feel on your Daily Diet Report and bring it in on your next visit. We will be reviewing it with you on each assessment visit. If you have any questions, please call. Thank You.

Health is a Journey NOT a destination!