

Date:

My Plan

Why Am I doing this?

How Do I Feel Now?

How Do I Want to Feel?

Am I Ready to Take the Challenge?

Grocery List

54 ounces (approx 2 quarts) prune juice.

9 ounces extra virgin olive oil

3 Gallons selected cleaning juice (apple, carrot, citrus, grape, etc.)

3 Gallons distilled water.

Quantities per serving

Prune Juice – 16 or more ounces

Olive Oil: One or two tablespoons

Cleaning Juice: 8 ounces or more

Water: 8 ounces or more

 3 Day Detox Diet Tracking			
	Day 1	Day 2	Day 3
7:30 AM	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil
8:00 AM	Cleaning Juice	Cleaning Juice	Cleaning Juice
8:30 AM	Water	Water	Water
9:00 AM	Cleaning Juice	Cleaning Juice	Cleaning Juice
9:30 AM	Water	Water	Water
10:00 AM	Cleaning Juice	Cleaning Juice	Cleaning Juice
10:30 AM	Water	Water	Water
11:00 AM	Cleaning Juice	Cleaning Juice	Cleaning Juice
11:30 AM	Water	Water	Water
12:00 PM	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil
12:30 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
1:00 PM	Water	Water	Water
1:30 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
2:00 PM	Water	Water	Water
2:30 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
3:00 PM	Water	Water	Water
3:30 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
4:00 PM	Water	Water	Water
4:30 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
5:00 PM	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil	Prune Juice/ Olive Oil
5:30 PM	Water	Water	Water
6:00 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
6:30 PM	Water	Water	Water
7:00 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
7:30 PM	Water	Water	Water
8:00 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
9:00 PM	Water	Water	Water
10:00 PM	Cleaning Juice	Cleaning Juice	Cleaning Juice
11:00 PM	Water	Water	Water
Starting Time and Ending time may vary based on your schedule			