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ALTER	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TIPS
day 1	strawberries, watermelon, cantaloupe, grapes. all you can eat	strawberries, watermelon, cantaloupe, grapes. all you can eat	strawberries, watermelon, cantaloupe, grapes. all you can eat	strawberries, watermelon, cantaloupe, grapes. all you can eat	strawberries, watermelon, cantaloupe, grapes. all you can eat	This day is all the fruits you like in abundance with exception of bananas
day 2	baked potato, butter, pepper, and any herbs you like	broccoli, tomatoes, onion, cabbage ,Eggplant, zucchini pepper, soup. all you can eat	broccoli, tomatoes, onion, cabbage ,Eggplant, zucchini pepper, soup. all you can eat	broccoli, tomatoes, onion, cabbage ,Eggplant, zucchini pepper, soup. all you can eat	broccoli, tomatoes, onion, cabbage ,Eggplant, zucchini pepper, soup. all you can eat	The baked potato in the morning gives you energy throughout the day, make it a good size.
day 3	strawberries, watermelon, cantaloupe, grapes. all you can eat	strawberries, watermelon, cantaloupe, grapes. all you can eat	vegetables, fruit, soup	vegetables, fruit, soup	vegetables, fruit, soup	This day is a mix of day one and day 2, feel free to use a little avocado and olive oil in your foods. Get creative, zucchini pasta, eggplant lasagna cauliflower rice, mushroom stir fry, grilled peppers
day 4	3 bananas and a glass of milk or plane yogurt	can have soup	3 bananas and a glass of milk or yogurt	can have soup	soup,	Up to 8 bananas in a day and you can eat cabbage soup freely throughout the day
day 5	4-6oz of beef and tomatoes	green tea	4-6oz of beef and tomatoes	green tea	tomato and basil salad, or soup. all you can eat	good cut of meat,
day 6	chicken, white fish and soup	green tea	chicken, white fish and soup		chicken, white fish and soup	
day 7	veggie stir fry with coconut oil		quinoa or greek salad and veggies	SOUP	quinoa or greek salad and veggies	Here we re introduce grains and legumes to get the body ready for your regular diet!
food prep	Ingredients: 4 onions, 3 tomatoe2s, 2 peppers, 1 whole cabbage. 1 celery.(can use chicken bones to flavor soup)	stirfry onionds and peppers	then add rest of veggies	2 qrts of water	simmer for 45 min	<p>ALTER</p> <p>@altergyms</p>
	meat: salt and pepper	veg: pepper, salt, pepper flakes, picante	potato: boiled or micro with butter, pepper, cayenne pepper or hot sauce(optional)		fruit: cubed or cliced. DO NOT put them in a blender!!	
	Supplements: multi vitamins,	pro tip: workes well with intermittent fasting			*use apple cider vinigar and olive oil for green salads	