5 DAYS **ON** ☐ Cycle 1 ☐ Cycle 2 ☐ Cycle 3

5-3-1 flush

Use only alkaline foods listed in the cookbook.

Plan meals ahead. No dairy, eggs, processed or artificial sugars, white salt, white flour or white sauces. Avoid meat.

Remember to drink plenty of water, the goal is to drink at least 8 ounces between meals.

Gently releasing what your body doesn't need

Remember to write down the time of each meal >>>	NETJERU MILK upon waking	BREAKFAST 2-3 hrs after Netjeru Milk (no meat, dairy, eggs or fried, processed foods)	GREEN MIX 2 hrs after Breakfast	LUNCH Choose a meal from the Alkaline Cookbook. Eat half of it for lunch and save the remainder for your mid-day snack	MID-DAY SNACK 3 hrs after lunch Fruit Mix with juice from whole fruits	EVENING MEAL Choose a meal from the Alkaline Cookbook, or create your own by using the alkaline foods listed on pages 6-10 of the cookbook	HERBAL MIX 1 tsp with Netjeru Mix right before bed	BMs times
DAY 1 Date: Wake Time:								
DAY 2 Date: Wake Time:								
DAY 3 Date: Wake Time:								
DAY 4 Date: Wake Time:								
DAY 5 Date: Wake Time:								

NOTES

5 DAYS **OFF**   ☐ Cycle 1   ☐ Cycle 2   ☐ Cycle 3

5·3·1 flush

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