

	Pre-Cleanse	Main Cleanse	Post-Cleanse
Dates	10/1, 10/2, 10/3	10/4, 10/5, 10/6	10/7, 10/8
General Guidelines	Eat 3 meals/day No snacking bet meals Daily Abhyanga Ayurvedic herbs	Eat 3 meals/day No snacking bet meals Daily Abhyanga Ayurvedic herbs	Eat 3 meals/day No snacking bet meals Daily Abhyanga Ayurvedic herbs
Foods	Fresh fruits, whole grains and vegetables Apples, Apple juice ++ beets ++ Green smoothie ++ Sip warm water throughout the day	Kitchadi Soup We will start ghee in am on Day 3 and continue during main cleanse. On Day 5, we will take castor oil in the evening. Sip warm water throughout the day	Fresh fruits, whole grains and vegetables Sip warm water throughout the day
Avoid sugar, wheat, dairy, alcohol & drugs, caffeine, oils & nuts, cold food, eggs, fish and shellfish			