

## Testing Menu for the First Eight Days

Name \_\_\_\_\_

Weights are for foods as purchased. Buy organically grown foods whenever possible. Eat vegetables raw or steam lightly, do not boil or bake. Drink several glasses of water between meals, none with meals. After day 4, return to day 1.

Date \_\_\_\_\_

	Snack	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 & 5						
Day 2 & 6						
Day 3 & 7						
Day 4 & 8						

Day \_\_\_\_\_ **Personalized Supplements**

1 Each day, take approximately 1,000 milligrams of pure Ester-C one-half hour before breakfast and dinner.

4

8

<sup>A</sup> Arrowhead Mills brand is organic and a good choice. It is best to soak dried beans overnight before cooking them for an hour in clean water. Poach fish in clean water. Call on day 7 for follow-up.

<sup>B</sup> For vegetarians: It is not necessary to eat fish or other animal products, you get all the protein and other nutrients necessary for great health from this menu without them, except vitamin B<sub>12</sub>. See page 233 in *Quality Longevity* for information on B<sub>12</sub>. Astrict (\*) means usually high in pesticides. Use this page for making copies. See chapter 11 for information about these foods.