

TODAYS DATE: \_\_\_\_\_

# BOOT CAMP - 30 DAYS

DAY # \_\_\_\_\_

START \_\_\_\_\_ FINISH \_\_\_\_\_

**CONTINUOUS DAILY INTAKE OF GREENS - DRINK GREENS**

**GOD'S DIET**

**(ORGANIC) GO GREEN**

**GREEN PLANTS**

**"DON'T LIVE TO EAT.... EAT TO LIVE!"**

*Genesis 1:29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.*

**DAILY PLAN**

**DRINK VEGGIES & FRUITS ALL DAY (NO RICE, NO SUGAR. NO FRIED FOODS, NO JUNK)**

WARM TEA MORNINGS     WARM TEA AFTERNOON     WARM TEA EVENINGS

WATER    **STAY FOCUSED**    **DRINK** THESE WITH **MAGIC BULLET**

APPLE / ASPARAGUS

APPLE CID. VINEGAR

AVOCADO

BANANA

BEETS

BLUEBERRIES

STRAWBERRIES

BROCCOLI

KALE

SPINACH

CABBAGE

CAULIFLOWER

CELERY

GREEN TEA

GRAPEFRUIT

GARLIC  GINGER

HOT PEPPERS

FISH

**MORNINGS**

- WATER (16 OZ)
- BANANA/AVOCADO
- BEETS
- BERRIES
- BROCCOLI
- SPINACH
- KALE

**NOON**

- WATER (16 OZ)
- BANANA/FISH
- GINGER/BEETS
- BERRIES
- BROCCOLI
- SPINACH
- KALE / FISH

**EVENINGS**

- WATER (16 OZ)
- BANANA/FISH
- GINGER/BEETS
- BERRIES/BEETS
- BROCCOLI
- SPINACH
- KALE / SNACK



**INTERMITTENT FASTING (6 DAYS)**

**16/8 FAST 16 - EAT 8**

(DONT EAT AFTER 8PM - IT TAKES 8 HOURS FOR FOOD TO DIGEST)  
(START YOUR BREAKFAST AT 12:00PM NOON)

**A HUMAN CAN GO 3 WEEKS WITHOUT FOOD AS LONG AS YOU HAVE WATER :-)**

**EXERCISE - 3 TIMES DAILY FOR 30 MINUTES**

DANCE     WALK     BIKE     GYM

**ELIMINATE ALL SUGARS**

**16/8 FAST 16 - EAT 8**

**CABBAGE DRINK, AVOCADO, BANANA**

**3 PM, 4PM, 5PM, 6PM**

**MAGIC BULLET**



Fatty fish like salmon and mackerel are high in omega-3 fatty acids, which promote fat loss and have a number of other health benefits. The dietary action of omega-3 fatty acids is similar to that of protein – it forces your body to naturally burn more calories from fat while helping you keep your appetite in check throughout the day. Salmon, mackerel and albacore tuna are all very high in omega-3 fatty acids, which can also help protect your brain and boost your cognitive capabilities. Fish also reduces your risk of heart disease, reduces cholesterol, and can help relieve arthritis and joint inflammation symptoms. A can of water-packed tuna has only 90 to 120 calories, which isn't much considering its nutritive benefits.

CATS HIGH IN FIBER