

*Day 1*

# **Coconut Fusion**

*Ingredients*

*Serving 6 bottles per day*

**Coconut Water**

**Pineapple**

**Turmeric**

**1 Glass of Green Tea  
in the morning & before bedtime**

**Please remember to drink  
your Alkaline/Spring Water  
through out the day)**



# Day 2

# Cucumber Lemon

*Ingredients*

serving 6 bottles per day

Cucumber

Alkaline or Spring Water

Lemon

Honey

**1 Glass of Green Tea  
in the morning & before bedtime**

**(Please remember to drink  
your Alkaline/Spring Water  
through out the day)**



Day 3

# Aloe Freshness

*Ingredients*

serving 6 bottles per day

**Aloe Juice**

**Strawberries**

**Apples**

**Honey**

**1 Glass of Green Tea  
in the morning & before bedtime**

**(Please remember to drink  
your Alkaline/Spring Water  
through out the day)**



# 3 DAY FAST GROCERY LIST

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2 Gal Alkaline Water  
or Spring Water

2 Coconut Waters

1 Box of Green Tea

1 Aloe Juice

**1 Pineapple**

Strawberries

5 Apples (Honey Crisp)

4 Cucumber

4 Lemon

Turmeric

Honey

(Manuka Honey preferred)



# Green Tea 7AM

- |                |             |
|----------------|-------------|
| <b>Drink 1</b> | <b>8AM</b>  |
| <b>Drink 2</b> | <b>10AM</b> |
| <b>Drink 3</b> | <b>12PM</b> |
| <b>Drink 4</b> | <b>2PM</b>  |
| <b>Drink 5</b> | <b>4PM</b>  |
| <b>Drink 6</b> | <b>6PM</b>  |

Before Bed  
Green Tea 8PM



DRINK WATER THROUGHOUT DAY

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