

Star Spa

SKIN SHINES  BODY BLASTS

MEAL SCHEDULE

MEAL	FOODS	NOTES
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

ADDITIONAL RECOMMENDATIONS:

- 20-30 minutes of aerobic exercise everyday
- Protein Source: Legumes, plants, raw protein
- Eat a bean and rice combination every day
- No meat
- No dairy
- No caffeine
- No sodas
- Fruits, vegetables, fish,
- No more than 2 oz of meat/poultry per day
- Create meals for entire week
- Freshly juiced drinks only
- Eat 2 greens salads daily-may use Udo oil and Braggs raw vinegar plus seasonings for dressings
- Make all juices and green drinks and keep in glass containers in fridge for consumption throughout day.