

Phase 1 Sample Menu	Phase 2 Sample Menu	Phase 3 Sample Menu
Upon arising: Long Life Cocktail	Upon arising: Long Life Cocktail	Upon arising: Long Life Cocktail
Before breakfast: 8-ounces of hot water with lemon juice	Before breakfast: 8-ounces of hot water with lemon juice	Before breakfast: 8-ounces of hot water with lemon juice
Breakfast: Asparagus and Mushroom Omelette	Breakfast: Raspberry Smoothie	Breakfast: 2 scrambled eggs, salsa & cheddar cheese
Lunch: Salmon with lemon and garlic, broccoli, mixed green salad	Lunch: Chicken veggie wrap (in an Ezekial 4:9 Tortilla)	Lunch: Grilled turkey burger and green beans
Dinner: Beef and Veggie Sheperd's Pie	Dinner: Grilled steak, asparagus, small sweet potato	Dinner: Shrimp creole, brown rice, and broccoli
Snacks: 1 apple, 1/2 large grapefruit	Snacks: 1 small pear, 1 hard- boiled egg	Snacks: Yogurt with 1 cup blueberries, 10 cherries & string cheese
Daily: Take Fat Flush Kit Supplements and sip 64oz. cran-water	Daily: Take Fat Flush Kit Supple- ments and sip 64oz. cran-water	Daily: Take Fat Flush Kit Supple- ments and sip 64oz. cran-water

# Fat Flush Plan

**Ann Louise Gittleman (MS CNS.)**



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