

Simple Detox Plan (Weekend Detox)

Friday: **Vegan Congee** for Dinner

Saturday: **Fruits, Fruit Juice & Lemon**
Saline throughout the day

Sunday: **Fruits, Fruit Juice & Lemon**
Saline for Breakfast and Lunch;
Vegan Congee for Dinner

Essentials for a Balanced Raw Diet

Take Large Variety of Food

Eat Fresh

Prefer Organic Produce

Go Fermented Food

Emphasize on Sprouts