

Daily Action List

Week 3: The Liver Detox

	Action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Water & fresh lemon (each morning)							
2	Water (2 liters daily)							
3	Decrease meat							
4	Daily salad							
5	Cooked bitter vegetables							
6	See Green (be outdoors)							
7	Herbs (as tea or in salad)							
8	Oatmeal (each morning)							

