

John aouad health & fitness center

THE 7 DAYS DETOX DIET

FOR A 7 DAYS DETOX DIET YOU HAVE TO CLEAN THE COLON FIRST & THE INTESTINE WITH DRUGS & LAXATIVES FOR 3 DAYS BUT I DO NOT LIKE IT WITHOUT MEDICAL PRESCRIPTION FROM THE DOCTOR..BUT THE BAD SIDE OF DETOX DIET IS THAT AFTER A 7 DAYS DIET THE TOXINS WILL STAY IN THE INTESTINE & THE LIVER & KIDNEYS MY IMPORTANT ADVICE IS TO DRINK FOREVER 1 CUP OF WATER EACH 1 HOUR & HALF..NEVER DRINK WATER DURING THE MEAL BUT 1/2 AN HOUR BEFORE OR AFTER THE MEAL

1-FOODS NOT TO EAT DURING THE 7 DAYS DIET:

- MILK
- CHEESE
- YOGURT
- BUTTER
- ICE CREAM,CHOCOLATE & SWEETS
- SUGAR
- SALT
- ARTIFICIAL SWEETENERS
- FRIED FOODS
- CANNED FOODS

2-FOODS & VEGETABLES TO BUY NOT NESCESARY ALL TOGETHER BUT FOLLOWING THE DIET PLAN:

- BUY ORGANIC FRUITS & VEGETABLES IF YOU CAN
- FLAXSEED POWDER
- GREEN TEA-CRACKERS OR TOAST:UNSALTED & GLUTEN FREE (THERE IS RICE OR FLAXSEED RICE CRACKERS IN THE MARKET)-APPLES-CINNAMON-CUCUMBER-KALE: KHASS EFRANJE

- CARROTS: WITH SKIN
- KHASS
- ARNABIT & BROCCOLI
- PARSLEY
- FENNEL: SHOUMRA,IT'S LIKE GREEN ONION
- SWEET POTATOES
- LEFET
- LEMON: YELLOW HAMOUD
- FRESH GINGER
- RED ONION
- LENTILS: 3ADAS MA2SHOUR ORANGE COLOR FOR SOUP
- FRESH MUSHROOMS
- SOJA MILK
- NUT MILK IF AVAILABLE
- HUMMUS MATHOUN NOT CANNED

3-HOW TO MAKE GREEN TEA :

- BOIL THE WATER WITH A PIECE OF FRESH GINGER (AS SMALL AS HABBIT HUMMUS)
- ADD 1 STICK OF CINNAMON ..AFTER BOILING WELL,TURN OFF THE GAZ,ADD A SACHET OF GREEN TEA & COVER FOR 5-10 MINUTES THEN DRINK

4-THE 7 DAYS DIET:

- TRY A SMALL TEASPOON OF OLIVE OIL WITH 1 DROP OF LEMON JUICE FOR 3 DAYS IF YOU DO NOT LIKE IT ,FORGET ABOUT IT

1-BREAKFAST:

- FIRST THING,DRINK 1 GLASS OF WATER

-1 CUP OF GREEN VEGETABLE JUICE (KHASS IS FINE)

OR A CUCUMBER OR A CARROT

-OPTION 1:1 CUP OF OAT WITH SOJA MILK OR NUT MILK OR GREEN TEA

-OPTION 2: 1 CRACKER OR TOAST WITH HUMMUS OR BOILED SWEET POTATO

2-SNACK:

*10 TO 15 RAW ALMONDS FOR EACH SNACK

-OPTION 2: 1 APPLE

-OPTION 3 : 1 CARROT CLEANED WITH THE SKIN

-OPTION 4 : 1 CRACKER WITH HUMMUS OR BOILED WEET POTATO IF YOU DID NOT HAVE IT AT BREAKFAST

-A CUP OF VEGETABLE JUICE IF YOU DID NOT HAVE IT IN BREAKFAST

3-LUNCH:

1- ALWAYS HAVE A SALAD,THE SAUCE MUST ALWAYS CONTAIN : 1 TEASPOON OF OLIVE OIL ,2 TEASPOONS OF LEMON JUICE..2 GARLIC(REMOVE THE GREEN INSIDE) A SMALL RED ONION, A SMALL TEASPOON OF GINGER (MABROUSHE) ,A TEASPOON OF FINE PARSLEY..NO SALT

THE SALAD MAY CONTAIN:

-KHASS OR KALE(KHASS EFRANJE) CUCUMBER,FRESH MUSHROOM,FENNEL,LEFET,ARNABIT,STEAMED BROCCOLI ,

YOU CHOOSE EACH TIME DIFFIRENT INGREDIENTS

2-HAVE A PIECE OF STEAMED FRESH TRUSTED FISH FILLET

OR A SOUP :

- LENTILS SOUP.ETC....NO MEAT NO CHICKEN

2-VEGETABLE SOUP

3-1/2 AVOCADO

4-SNACK:

*10 TO 15 RAW ALMONDS FOR EACH SNACK

-OPTION 2: 1 APPLE

-OPTION 3 : 1 CARROT CLEANED WITH THE SKIN

-OPTION 4 : 1 CRACKER WITH HUMMUS OR BOILED WEEET POTATO IF YOU DID NOT HAVE IT AT BREAKFAST

-A CUP OF VEGETABLE JUICE IF YOU DID NOT HAVE IT IN BREAKFAST

5- DINNER:

1-SALAD : SAME SAUCE LIKE LUNCH WITH DIFFERENT INGREDIENTS

2-YOU CAN ADD1/2 AVOCADO

3-SOUP :USE A DIFFERENT SOUP OF LUNCH

6-TWO HOURS BEFORE BED:

GREEN TEA WITH GINGER & CINNAMON

N.B: YOU DIVIDE THE 5 MEALS FOLLOWING YOUR DAILY ACTIVITIES

AFTER 7 DAYS YOU CAN ADD GRILLED 100-150 G. OF GRILLED CHIKEN UNSKINNED BREAST

OR GRILLED MEAT OR GRILLED FISH...

GOOD LUCK

JOHN AOUAD,cft.

