

Clean Eating Slow Transition

- Week 1** Eat your normal diet, but only drink filtered water, 64 oz. per day
- Week 2** Continue Week 1 diet, and eliminate all sugar and artificial sweeteners. Instead, use stevia. (Read labels for forms of sugar.)
- Week 3** Continue week 2 diet, and eliminate all gluten containing grains.
Ex: wheat, oats, barley, rye, etc)
You can have organic quinoa or organic brown rice.
- Week 4** Continue week 3 diet, and eliminate all dairy products unless from organic, grass fed animals. May also use unsweetened Almond milk.
- Week 5** Continue week 4 diet and eat only grass fed, organic, uncured, free range, or wild caught fish (not farm raised), meats, and eggs.
- Week 6** Continue week 5 diet and add organic fruits and vegetables
- Week 7** Continue week 6 diet and add raw nuts and seeds and nut butters.

READ “Grain Brain”



Protectors of Health
1 Cor 13:7

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