1ST WEEK DETOX LOG

DAY 1	DATE:	WATER:	
	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX II	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:		·	·
DAY 2	DATE:	WATER:	
DATZ	WEIGHT:	DETOXI	CEREBROMAX
	DAY:	DETOXII	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:	[+ /-	DETOX III	IVIATRIX SUFFORT
DAY 3	DATE:	WATER:	
	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX II	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:			
DAY 4	DATE:	WATER:	
<u> </u>	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX II	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:	,	J = 1 J =	1,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
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DAY 5	DATE:	WATER:	
	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX II	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:			
DAY 6	DATE:	WATER:	
	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX II	SPINALMAX
	+/-	DETOX III	MATRIX SUPPORT
NOTES:		! !	<u> </u>
DAY 7	DATE:	WATER:	
DAI/	WEIGHT:	DETOX I	CEREBROMAX
	DAY:	DETOX III	SPINALMAX MATRIX SUPPORT
	+/-		

DAILY WEIGHT & FOOD LOG * BEGIN METABOLIC SUPPORT

DAY 1 DATE: WATER & DETOX:				
	WEIGHT:	MODERATE CALORIE DIET = EAT NORMALLY		
	DAY:	LOW CALORIE DIET = LOAD DAY #1		
	+/-			
NOTES:		· · · · ·		
DAY 2	DATE:	WATER & DETOX:		
	WEIGHT:	MODERATE CALORIE DIET = EAT NORMALLY		
	DAY:	LOW CALORIE DIET = LOAD DAY #2		
	+/-			
NOTES:				
DAY 3	DATE:	WATER & DETOX:		
P	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		
NOTES:	<u>, </u>			
DAY 4	DATE:	WATER & DETOX:		
	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		
NOTES:				
DAY 5	DATE:	WATER & DETOX:		
	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		
NOTES:	1			
DAY 6	DATE:	WATER & DETOX:		
	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		
NOTES:	<u> </u>			
DAY 7	DATE:	WATER & DETOX:		
I	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		

DAY 8	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 9	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 10	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 11	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 12	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:		•	
DAY 13	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 14	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	

DAY 15	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:		·	
DAY 16	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
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DAY 17	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 18	DATE:	WATER & DETOX:	
DAT 10	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:	'/	intorio.	
NOTES.			
DAY 19	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			•
DAY 20	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAV 21	DATE:	WATER & DETOV.	
DAY 21		WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	

DAY 22	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
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DAY 23	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 24	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:		<u> </u>	
		1	
DAY 25	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 26	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:			
DAY 27	DATE:	WATER & DETOX:	
D/(1 2/	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	
NOTES:	.,	TROTTS.	
NOTES.			
DAY 28	DATE:	WATER & DETOX:	
	WEIGHT:	PROTEINS:	
	DAY:	VEGETABLES:	
	+/-	FRUITS:	

DAY 29	DATE:	WATER & DETOX:
	WEIGHT:	PROTEINS:
	DAY:	VEGETABLES:
	+/-	FRUITS:
NOTES:		

DAY 30	DATE:	WATER & DETOX:		
	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		

NOTES:

NO METABOLIC SUPPORT FOR 3 DAYS - CONTINUE DIET

DAY 1	DATE:	WATER & DETOX:	WATER & DETOX:		
	WEIGHT:	PROTEINS:			
	DAY:	VEGETABLES:			
	+/-	FRUITS:			
NOTES:	•				
DAY 2	DATE:	WATER & DETOX:			
	WEIGHT:	PROTEINS:			
	DAY:	VEGETABLES:			
	+/-	FRUITS:			

NOTES:

DAY 3	DATE:	WATER & DETOX:		
	WEIGHT:	PROTEINS:		
	DAY:	VEGETABLES:		
	+/-	FRUITS:		