

## Menu for DAY 6

TIME OF DAY	MEALS	NOTES
UPON WAKING	450 ml or 16 oz Lemon or Lime Water	
BEFORE BREAKFAST (at least 15-30 minutes later)	450 ml or 16 oz Celery juice	
BREAKFAST (at least 15-30 minutes later)	Liver Rescue Smoothie or Smoothie of your choice with Spinach or Coriander	
MORNING SNACK	Optional, if hungry: Liver Rescue Smoothie or Heavy Metal Detox Smoothie	
LUNCH	Either Shaved Brussels Sprout, Asparagus, Radish and Apple Salad or Steamed Asparagus and Brussels Sprouts + Liver Rescue Salad	
AFTERNOON SNACK (one or two hours after lunchtime)	Apple Cinnamon Stuffed Dates + Celery sticks	
DINNER	Steamed Brussels Sprouts and Asparagus in Maple Cayenne Sauce + Liver Rescue Salad	
ONE HOUR BEFORE BED	Apple or Applesauce (if hungry) + 450 ml (16 oz) Lemon or Lime Water + Chaga Tea	

*Source: Medical Medium Cleanse to Heal by Anthony William*