



Snack Menu

Make sure everything is organic!

Apples/Pears.....cut into thin slices

Celery with raw nut butter (sparingly)

Almonds (up to 4)raw and unsalted

Walnuts (up to 4)raw and unsalted

Small carrots.....2-3/time

Hardboiled egg.....1 on Cleanse days

**Blueberries, blackberries, strawberries,
raspberries**.....a few at a time

Clear vegetable broth.....1 cup

Hot herbal tea or green tea.....

not to be used as a water replacement!

IsaDelight®.....up to 4/day