IP

Every day must have:

1. Have 3 IP packets
2. Have 6-8 oz of protein
3. Have 4 cups of vegetables (this is measured after cooked or blended if done)
4. 64oz of water minimum 80 oz recommended
5. ½ Teaspoon of Sea Salt
6. 1-2 Teaspoons of Olive Oil or Grape seed extract oil
7. 2 multi-vitamins
8. 4 Calcium-magnesium
9. 1 potassium-calcium
10. **Only approved Foods - if it is not on the list you CANNOT have it.**

Optional daily

1. Unlimited Salad (does NOT count towards your vegetables)
2. Use of 2 Walden farm products per day (available at several stores and online)

If you do not currently exercise, do **NOT** start while you are on this diet. If you do currently exercise, you must cut your routine back to 30% of what you currently do.

Tips:

1. Must start with breakfast
2. Break up veggies and add at least a cup to first two meals
3. Exercise is not allowed
4. NO pop, flavored water, or carbonated water even if it is 000
5. Plan your day ahead of time.
6. Pack raw veggies to snack on during the day.