



Harper's Food Diary

WEEK OF: 8/23/20

Daily Notes:

16 oz water (at least) with a slice of lemon or lime
when you wake up EACH MORNING!

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snack</u>
<u>Monday</u> Notes:				
<u>Tuesday</u> Notes:				
<u>Wednesday</u> Notes:				
<u>Thursday</u> Notes:				
<u>Friday</u> Notes:				
<u>Saturday</u> Daily Notes:				
<u>Sunday</u> Notes:				

Daily Food Rules/Guidelines:



YES, EAT THESE FOODS	DO NOT EAT THESE FOODS
<p>Apples, Apricots, artichokes, arugula, asparagus, bananas, berries, broccoli, Brussel sprouts, carrots, celery, cherries, cilantro, cocnut, cranberries, cruciferous vegetables, cucumbers, dates, dragon fruit(pitaya), garlic, grapes, hot peppers, red peppers only, kale, kiwi, leafy greens, lemons and limes, mangos, maple syrup, melons, mushrooms, onions and scallions, oranges and tangerines, papayas, parsley, peaches and nectarines, pears, pineapple, pomegranates, potatoes, radishes, raw honey, red cabbage, spinach, sweet potatoes, tomatoes, turmeric(fresh, wild blueberries, winter squash including kabocha, acorn, butternut, and delicata, zucchini</p>	<p>Eggs, dairy, hormones from food, high-fat foods, recreational alcohol, excessive vinegar use, caffeine, excessive salt use, gluten corn, canola oil, pork products, aspartame, other artificial sweeteners, formaldehyde, preservatives</p>

- **Breakfast:** Begin everyday with at least 16oz H2O with lemon or lime slice
 - **Foods:** Try to avoid fat early in the day. Feed your Liver with plenty of fruit and veggies from the recommended foods list
 - **Measurement/Calorie Guidelines:** Eat till satisfied, not stuffed full
 - **Time Guidelines:** Try to eat every 1.5-2 hours throughout the day as you replenish your livers glucose stores.
- **Lunch:**
 - **Foods:** Eat plenty of fresh fruits and veggies. Limit fats to little to none if possible at this meal.
 - **Measurement/Calorie Guidelines:** If this is your "fat" meal, avoid fruits at this time
 - **Time Guidelines:** 1-3 hours for plant-based fats to disperse, 3-6 hours for most animal fats and 12-16 hours for pork products to disperse.
- **Dinner:**
 - **Foods:** Make this your "meat/high fat meal. Avoid fruit according to the timetable above.
 - **Measurement/Calorie Guidelines:** Fresh foods are best, avoid processed foods!
 - **Time Guidelines:** Try to eat at least 4-5 hours before bedtime.
- **Snack:**
 - **Foods:** Eat foods that nourish the body from the healthy food list.
 - **Measurement/Calorie Guidelines:** Eat till satisfied, not stuffed full
 - **Time Guidelines:** Try to eat every 1.5-2 hours throughout the day as you replenish your livers glucose stores.
- **Evening:**
 - End the Day with another 16oz of lemon or lime water to help the liver flush toxins it releases overnight.