



	Daily Basic	Notes
Fast AM	<ul style="list-style-type: none"> → ACV (1 Tbsp or 15 mL) → green tea or peppermint or warm water with lemon → Vitamin C or sipped anytime of the day (1000-2000 mg) 	
1st Meal	<ul style="list-style-type: none"> → Krill (1000-2000 mg) → D3 (2000-4000 ius) → K2 (200 Mcg) 	
2nd Meal	<ul style="list-style-type: none"> → liquid greens (1 Tbsp or 15 mL) → green tea or peppermint → Kombucha (100-150 mL) 	
3rd Meal		
Fast PM	<ul style="list-style-type: none"> → evening tea → Epsom salt bath (½ - 1 Cup) 	
Extra	<ul style="list-style-type: none"> → ACV or cinnamon or bitter melon or Berberine at high carb meal or at 1st and 3rd meal on refeed day → Activated charcoal with 500mls water before fish (including sushi) or alcohol consumption 	