

# The CMV plan

## The first three days:

For breakfast and lunch: Organic fresh fruits and raw vegetables, fruit juices and vegetable juices and fresh salads with lemon juice or salsa for dressing. No oils, fats, butter of any kind. Do not mix fruits with vegetables. Example: fresh fruits for breakfast and fresh vegetables for lunch. Or eat fruits for breakfast and lunch, or vice versa.

Dinner: Can be cooked vegetables, light seasoning and a small salad. Drink a cleansing tea at bedtime.

Drink 8-10 8oz. of pure water every day. This is essential for the cleansing process.

## Day 4-9: Introduce protein source

Start out by adding fresh fish, tofu, eggs and chicken. **7 ounces of poultry, tofu or fish is all you need.** Stay away from red meats at this time and have fresh fish at least three times during this process. Continue with the fresh fruits and vegetables regime as well. Add eggs sparingly in the morning: two at the most. Remember to have your cleansing tea at night before bedtime and drink your water throughout the day.

## Day 10-15: Introduce whole day grains at two meals per

Whole grains include brown rice, whole wheat breads, whole grain cereals, beans and pastas. Be careful adding this group. Grain calories can add up very quickly. Check the caloric value of the food you choose and be sure to MEASURE out the amount. It may take extra time, but you will benefit from the process.

A bowl of Kellogg's Raisin Bran Crunch with 2% Milk can yield up to 652 calories. That's just 2 cups of cereal and 2 cups of milk. You will be surprised how small a cup of something is. Measure, measure, measure.

A serving in this category is a slice of bread; ½ cup cooked rice, pasta, beans or cooked cereal. Dry cereals vary so be sure to check the nutrition guide on packaging. You cannot have milk at this time, but you can add orange juice to your cereal if you feel adventurous.

## Day 16-21: Introduce dairy, nuts, and fats

During these next couple of days, it is crucial that you measure out everything. Stick with non-fat milk or 1% milk. Use only butter, not margarine. When using salad dressing, measure it out. One-eighth of an avocado is ONE serving. Eat non-fat yogurt remembering to watch the caloric value of the food.

Add only 16 oz. total of milk and/or yogurt per day.

Add only 3 fat servings a day. Fats are salad dressing, any oils, butter, mayonnaise, nuts and avocado.

Please remember that this is a cleansing program for your health, mind and body. Refrain from caffeine in coffee, alcohol and highly processed foods. Refrain from foods that have dyes, preservatives and hydrogenated oils in them.

Good luck and to your health!

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1 F & V	2 F & V	3 F&V	4 Add meat	5 Add meat	6 Add meat	7 Add meat
8 Add meat	9 Add meat	10 Add grains	11 Add grains	12 Add grains	13 Add grains	14 Add grains
15 Add grains	16 Add dairy nuts, fats	17 Add dairy nuts, fats	18 Add dairy nuts,fats	19 Add dairy nuts, fats	20 Add dairy nut, fats	21 Add dairy nuts, fats