

Week 1 Schedule

Start Time	Time Blocks
7:00 AM	1h

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Lemon Water 2 Lower Bowel	Lemon Water 2 Lower Bowel	Lemon Water 2 Lower Bowel	Lemon Water 2 Lower Bowel	Lemon Water 2 Lower Bowel	Lemon Water 2 Lower Bowel	W A T E R
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00 AM							
10:00 AM	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	
11:00 AM	2 Lower Bowel	2 Lower Bowel	2 Lower Bowel	2 Lower Bowel	2 Lower Bowel	2 Lower Bowel	F A S T
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:00 PM							
2:00 PM							
3:00 PM	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	F A S T
4:00 PM							
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:00 PM							
7:00 PM							
8:00 PM	2 Lower Bowel Slippery Elm Latte	2 Lower Bowel Slippery Elm Latte	2 Lower Bowel Slippery Elm Latte	2 Lower Bowel Slippery Elm Latte	2 Lower Bowel Slippery Elm Latte	2 Lower Bowel Slippery Elm Latte	
9:00 PM							