

Start Time	Time Blocks
7:00 AM	1h

# Week 4,5&6 Schedule

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
7:30 AM	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	
8:00 AM	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	
9:00 AM	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	
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	
11:30 AM	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	
12:00 PM	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	F A S T
1:00 PM	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	
2:00 PM							
3:00 PM	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	2 Kidney	
4:00 PM							
4:30 PM	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	2 Liver & Gall	
5:00 PM	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
6:00 PM	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	2 Blood Stream	
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							