

## A TYPICAL DETOX DAY

This detox is flexible. We recommend having your shakes at breakfast and dinner, but if you need to have your real food meal at dinner, that works too! As long as you have your detox caps and shakes twice a day, you'll be working this detox!

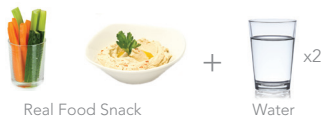
### BREAKFAST



### LUNCH



### SNACK



### DINNER



**RADO**  
COMPLETE NUTRITION



The RADO Complete Detox incorporates daily shake powders and supplements with a clean diet.

Health Disclaimer and more information may be found on our website.

[www.radonutrition.com/complete](http://www.radonutrition.com/complete)

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## DETOX SHAKES

(Two shakes daily.)

For best results, blend 12 oz liquid (any combination of water, coconut water, almond milk or coconut milk), detox packet, fruit and optional ice. Below are some example shakes to get you started.



### Chocolate Cherry Shake

Chocolate Detox Shake  
3/4 cup frozen cherries



### Berry Delicious Shake

Strawberry Detox Shake  
1 cup frozen mixed berries



### Mocha Magic Shake

Mocha Detox Shake  
1 Banana



### Georgia Peach Shake

Vanilla Detox Shake  
3/4 cup of Peaches

For more shake ideas visit:  
[radonutrition.com/complete/detox-tools](http://radonutrition.com/complete/detox-tools)



**EAT:** Select from the optimal foods list for your real food meals and snacks each day.

### LEAN PROTEIN CHOICES

1-2 SERVINGS PER MEAL

Chicken	Wild game meats	Cold-water fish	Pea protein
Turkey	Lean pork	Shellfish	Hemp protein
Lean red meats	Lamb	Eggs	Rice protein

### NON-STARCHY VEGETABLE CHOICES

UNLIMITED

Arugula	Cauliflower	Green beans	Radishes
Asparagus	Celery	Ginger root	Snap beans
Bamboo shoots	Chives	Hearts of palm	Snow peas
Bean sprouts	Chicory	Jalapeños	Summer squash
Beet greens	Collard greens	Jicama	Spinach
Bell peppers	Cucumber	Kale	Swiss chard
Broad beans	Dandelion	Lettuce	Tomatoes
Broccoli	Eggplant	Mushrooms	Turnip greens
Brussel sprouts	Endive	Mustard greens	Watercress
Cabbage	Fennel	Onions	Zucchini
Carrots	Garlic	Radicchio	

### FAT CHOICES 1 SERVING PER MEAL (USE SPARINGLY AS A CONDIMENT)

1-3 TABLESPOONS PER DAY

Raw nuts	Coconut milk	Raw seeds	Flaxseed
Nut butters	Coconut oil	Seed butters	Olive oil / Olives
Chia	Coconut butter	Cod liver oil	Avocado

### HIGH FIBER STARCHY CARBOHYDRATE CHOICES — OPTIONAL

5 - 10 BITES PER MEAL

Adzuki beans	Garbanzo beans	Millet	Quinoa
Amaranth	Great northern	Mung beans	Rice - all
Artichokes	Hummus	Navy beans	Split peas
Beets	Kidney beans	Okra	Squash — all
Black beans	Leeks	Peas	Steel cut oats
Brown rice	Legumes	Pinto beans	(gluten free)
Buckwheat	Lentils	Potatoes - all	Yam
Chickpeas	Lima beans	Pumpkin	Yellow beans
French beans			

### LOW GLYCEMIC FRUIT

UNLIMITED

Blackberries	Blueberries	Raspberries	Strawberries
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### MODERATE GLYCEMIC FRUIT

1-2 SERVINGS DAILY

Apple	Kiwi	Passion fruit	Plum
Apricot	Lemon	Peach	Pomegranate
Cherries	Lime	Pear	Tangerine
Clementines	Nectarine	Persimmon	
Grapefruit	Orange	Pitted Prunes	

### HIGH GLYCEMIC FRUIT

1-2 SERVINGS DAILY

Banana	Grapes	Melon	Raisins
Dried fruit	Mango	Papaya	Raw dates

**DRINK:** 60-100 oz of water and /or herbal tea daily.  
Green Tea (decaf) permitted

### THINGS TO AVOID

Dairy	Alcohol	Fatty Beef & Pork	Caffienated Teas
Gluten	Sugar	Processed Foods	Energy Drinks
Soy	Coffee	Fried Foods	Artificial Sweeteners
Corn	Soda		