

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!

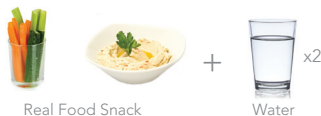
BREAKFAST



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

1-855-635-3678

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



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 |
|--------------|-------------|-------------|--------------|

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 | | |