

# Breaking the 7-day Fast

## NOTES:

- The following is for the first days following a 7 day fast.
- Tri-Cleanse is a powdered fiber supplement. Use only ½ serving, added to blended fruit.
- Green Magma: use 2 tsp, mix w small amount of water/juice, then add remaining water.
- Perfect-7: use 1 tsp, mix with 8-oz water/juice in a blender.

## Order of introduction of foods:

**Last day of fast (Day 7):** Follow regular fast schedule, but introduce blended fruit at noon; blended veggies (cold soup) in evening

**BF-Day 1:** Morning: Can add mango to blended fruit. Lunch: raw soup (with coconut milk but not dairy); Dinner: Greens salad (raw) with simple vinaigrette; can also add avocado to raw cold soup.

**BF-Day 2:** Morning: Can add presoaked/sprouted grains such as oat porridge with berries, or simple smoothie with fiber. Use coconut milk (not dairy milk). Lunch: Can add sprouted legumes, nuts, apple. Dinner: Can add raw dairy; raw or lightly cooked or braised veggies,

**BF-Day 3:** Morning: Can add raw dairy milk/cream/cheese; Lunch: Can add veggie salad with vinaigrette, cheese, creamy dressing; Dinner: can add non-sprouted legumes, nuts, grains.

**BF-Day 4:** Morning: full-meal smoothie with protein, eggs, and simply pasteurized or raw dairy. Lunch: Can add cooked chicken or fish. Dinner: Can add pastured red meat or pork, and meaty soups.

[begin here for General \(not Cat's\) plan](#)

## Regimen and sample meals:

### Fast Day 5 (last day of fast)

- AM: Regular fast schedule, with veggie juice, 2 Green Magmas and 1- Perfect 7
- Noon: Blended fruit: Apple, peach, strawberries and or blackberries in water.  
Add ½ dose rice protein if needed. Optional: add second Magma to blended fruit.
- PM: Green Magma and veggie juice (save part for next day); tinctures, detox tea.  
Enema followed by dry brushing, bath
- Evening: Cold Avocado-Tomato soup (without avo).  
Tri-Cleanse fiber in water/juice.
- Bed: Probiotics

continued with BF Day 1 - 4

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## BF-Day 1

- AM-early: Probiotics; Green magma iodine (LiquiDulse);  
Mid-AM: Blended fruit with mango, plus fiber. Can also add Magma or leftover veggie juice.  
Also powdered green food, fresh parsley.  
Lunch: Liquid soup OR lite salad & lemon juice & garlic (no oil). Add pea/lentil sprouts.  
Mid-PM: Green Magma with tinctures, probiotic, detox tea. Enema; implant bifidus.  
Dinner: Green Magma or Tri-Cleanse fiber 30 minutes before dinner.  
Greens salad with avocado; lemon and olive oil dressing; cold Avo-Tomato soup.  
Mid-eve: Blended fruit plus Tri-Cleanse fiber and protein powder.  
Bedtime: Probiotic

## BF-Day 2

- AM-early: Probiotics; Green Magma; regular supplements (if any)  
Breakfast: Smoothie (no yogurt); can add coconut milk; add Tri-Cleanse fiber.  
Roasted or presoaked oatmeal with blueberries and coconut milk (little cream).  
Lunch: Veggie salad with avo and lemon juice, garlic, olive oil dressing.  
Treat: sprouted-grain scone with real butter; raw apple.  
Mid-PM: Enema, if needed. Tinctures and probiotic.  
Dinner: Spinach pie; (presoaked or sprouted grain crust); braised green beans and broccoli;  
Greens salad with basil-balsamic dressing and pea/lentil sprouts; or warm soup.  
Mid-eve: Blended fruit with protein, raw milk, or leftover smoothie.  
Bedtime: Probiotics, regular supplements (if any)

## BF-Day 3

- AM-early: Probiotics; regular supplements (if any)  
Breakfast: Protein smoothie w Tri-Cleanse fiber; add plain yogurt, coconut or raw milk  
Roasted or presoaked oatmeal with blueberries, sprouted nuts and raw dairy milk.  
Lunch: Veggie Salad with homemade ranch or vinaigrette dressing. Treat: raw apple, brie.  
Mid-PM: Tinctures, probiotic. Plain yogurt or live cottage cheese.  
Dinner: 3-bean salad (sprouted) and Russian Vegetable Pie. OR Minestrone soup with  
sprouted white or red kidney beans  
Bedtime: Probiotics, regular supplements (if any)

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### BF-Day 4

AM-early: Probiotics; regular supplements (if any)

Breakfast: Complete protein smoothie; reserve half for mid-eve. OR fruit with  
Roasted or presoaked oatmeal with blueberries, nuts and raw milk (little cream).

Lunch: Chicken or Turkey sandwich with green salad and any dressing. Can have 1 egg.  
Treat and raw apple.

Mid-PM: Tinctures, probiotic. Leftover smoothie, plain yogurt or live cottage cheese.

Dinner: Vegetarian: 3-bean salad (sprouted) and Russian Vegetable Pie. OR leftover  
minestrone soup  
Animal: Salmon and rice. e.g., Salmon coconut curry with fresh mandarin wedges.  
3-bean salad (sprouted) and Russian Vegetable Pie.

Mid-eve: Other half of Smoothie or plain yogurt with fruit.

Bedtime: Probiotics, regular supplements (if any)

**After BF** Normal diet, but continue to reintroduce foods slowly, and keep track of any issues (allergies, sensitivities, etc.).