

OPTIONAL DETOX*:

Day 1: No Food! No Coffee! Drink only unfiltered apple juice, as much as you want throughout the day.

Day 2: No Food! No Coffee! Drink only unfiltered apple juice mixed with water (50/50), as much as you want throughout the day.

Day 3: No Food! No Coffee! Drink only water with lemon, as much as you want throughout the day.

*If you choose not to do the detox, start immediately with the diet.

The Garden of Eden diet is simple.

EAT (*as much and as often as you like*):

- Fruits
- Vegetables
- Nuts
- Beans
- Herbs

DON'T EAT:

- Grains, including rice
- Meat
- Sugar (Be sure to check ingredients in health bars that claim to be healthy... lots of them have sugar.)

MEAL IDEAS:

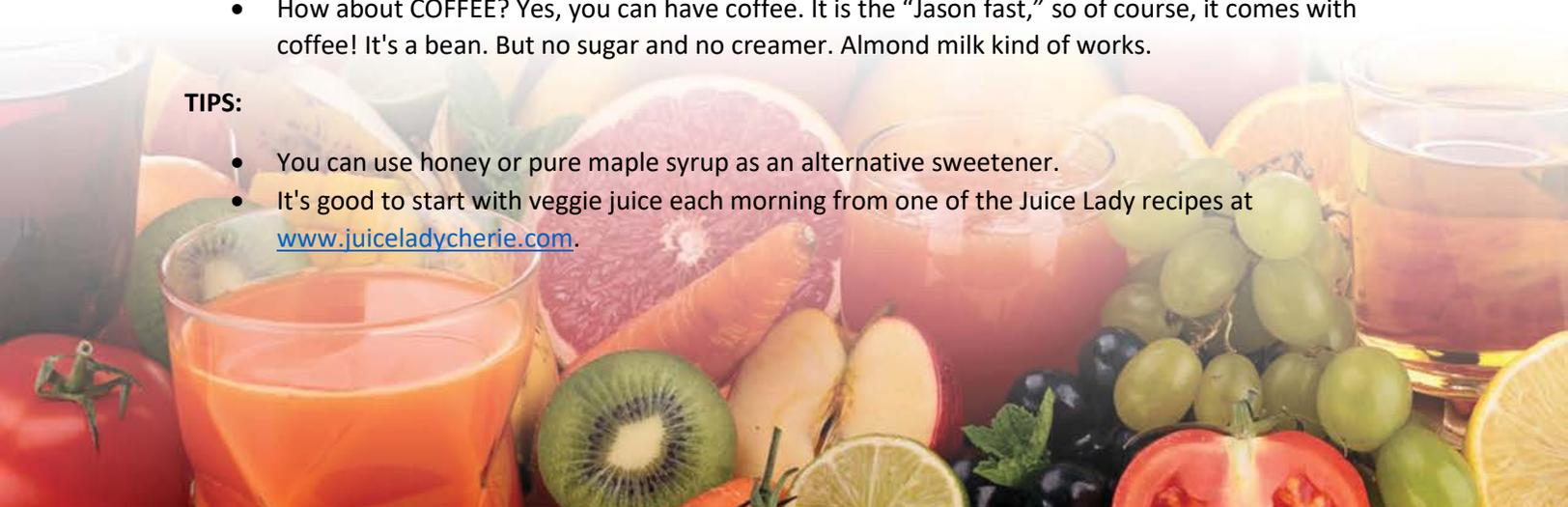
I will make breakfast for the family of fresh fruit (bananas and strawberries) mixed with chopped cashews, walnuts, almonds, almond milk, and honey. It's actually really good.

QUESTIONS:

- Can I have salad dressing? Sure, but not dressing with sugar or dairy or any other off-limit ingredients. Salad dressings with olive oil, vinegar, and other ingredients made from vegetables are acceptable.
- Can I have seasonings? Yes, you can have seasonings like salt and pepper, garlic, cinnamon, etc.
- How about COFFEE? Yes, you can have coffee. It is the "Jason fast," so of course, it comes with coffee! It's a bean. But no sugar and no creamer. Almond milk kind of works.

TIPS:

- You can use honey or pure maple syrup as an alternative sweetener.
- It's good to start with veggie juice each morning from one of the Juice Lady recipes at www.juiceladycherie.com.



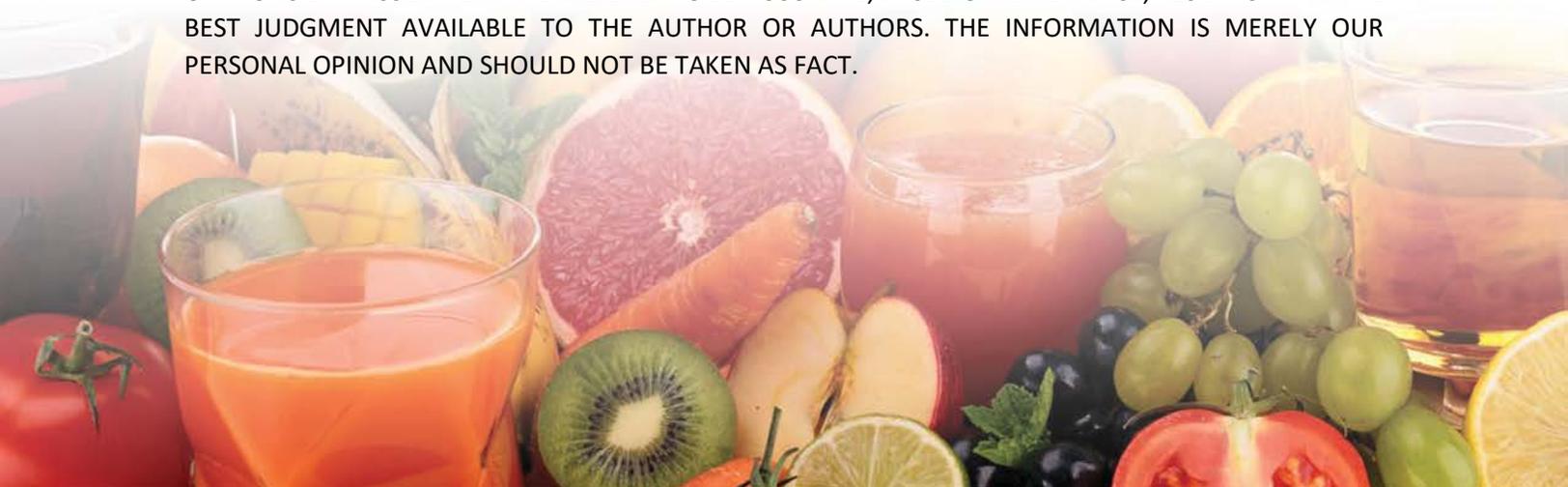
- Lots of nuts seem to help with the carb cravings. Oh and almond or peanut butter (with no sugar!). I also get a bump with split pea soup (but no ham or bacon!).
- MEN! Get a vegetable based protein drink and add this into your fast every day, especially in the third week.
- NEED A TREAT? Try Jamba Juice or Nekter. There are many locally. Be sure to ask questions so that you aren't consuming stuff that isn't on the list.
- Go online and look up recipes. For instance, try Spaghetti Squash. It's a process, but totally worth it!
- ENJOY? You will be laughing at your shopping cart at the grocery store. People will stare at you. Go when you're hungry, and shop in the fresh produce and health sections; you will find yourself loading up on fruit, vegetables, nuts, and beans like never before.

WHAT TO EXPECT:

- The first week can be rough in terms of cravings and how you are feeling, including energy. If you do the optional detox, you will be releasing toxins. Many claim to experience feeling worse during these days. It's like the body doing some deep cleaning, getting all the junk out. Pray for strength!
- The second week you will be feeling better, and the scale is going to start singing music to your ears. You will notice energy returning. You will still be greatly craving some good junk food. I like to announce the first thing I'm going to eat when I come off the fast. Trust me, there will be one that comes to mind.
- The third week you will feel amazing, the clothes are getting baggy, and you will be eating less because your body is so loaded with nutrients. Remember that you really do need protein and grain in your normal diet, but you have given your body a time to rebalance itself. In the third week, your cravings will have changed, and your eating habits will forever be more balanced. That sugar addiction has been broken.

IT'S BEEN 21 DAYS, NOW WHAT? Introduce meats and dairy carefully back into your diet. Don't come off of your fast with a juicy steak! Go slow, wait a day or two before eating a sloppy burger. Maybe try some fish or chicken at first.

BEFORE STARTING ANY NEW DIET OR EXERCISE PROGRAM, PLEASE CHECK WITH YOUR DOCTOR AND CLEAR ANY EXERCISE OR DIETARY CHANGES WITH THEM BEFORE BEGINNING. WE ARE NOT DOCTORS, NUTRITIONISTS OR REGISTERED DIETITIANS. ALL MATERIAL IS PROVIDED FOR YOUR INFORMATION ONLY AND MAY NOT BE CONSTRUED AS MEDICAL ADVICE OR INSTRUCTION. NO ACTION OR INACTION SHOULD BE TAKEN BASED SOLELY ON THE CONTENTS OF THE INFORMATION PROVIDED. THE INFORMATION AND OPINIONS EXPRESSED HERE ARE BELIEVED TO BE ACCURATE, BASED ON EXPERIENCE, RESEARCH AND THE BEST JUDGMENT AVAILABLE TO THE AUTHOR OR AUTHORS. THE INFORMATION IS MERELY OUR PERSONAL OPINION AND SHOULD NOT BE TAKEN AS FACT.



WEEK ONE

Pray for Success in the New Year:

Isaiah 54:2 - I am enlarging the place of my tent, stretching my curtains wide, and not holding back; I am lengthening the cords and strengthening my stakes for I will spread out to the right and to the left.

Isaiah 54:17 - No weapon formed against me will prosper.

Jeremiah 29:11 - You, Lord have plans for me: plans to prosper me and not to harm me, plans to give me a hope and a future.

Philippians 4:13 - I can do all things through Christ who strengthens me.

2 Corinthians 5:7 - I walk by faith and not by sight.

Pray for Health:

Isaiah 53:5b - By Jesus' stripes, I was healed.

Psalms 91:9-10 Because I have made the Lord my dwelling place, no evil will befall me nor will any plague come near my home.

Pray for the Lord's Wealth:

Deuteronomy 8:18 - God has given me the ability to produce wealth, thereby confirming His covenant with me.

Psalms 112:3 - Wealth and riches are in my house.

WEEK TWO

Pray for the Lord's Joy:

Psalms 118:24 This is the day the Lord has made, I will rejoice and be glad in it

Nehemiah 8:10b - The joy of the Lord is my strength.

Pray for the Lord's Peace:

Philippians 4:6-7 - I'm not anxious about anything, but in every situation, by prayer and petition, with thanksgiving, I present my requests to God. ⁷ And the peace of God, which transcends all understanding, guards my heart and my mind in Christ Jesus.

Pray for the Lord's Favor:

Psalms 5:12 - O Lord, You bless me and surround me with Your favor as with a shield.

Psalms 84:11 - O Lord, You give me favor and honor.

Pray for Others:

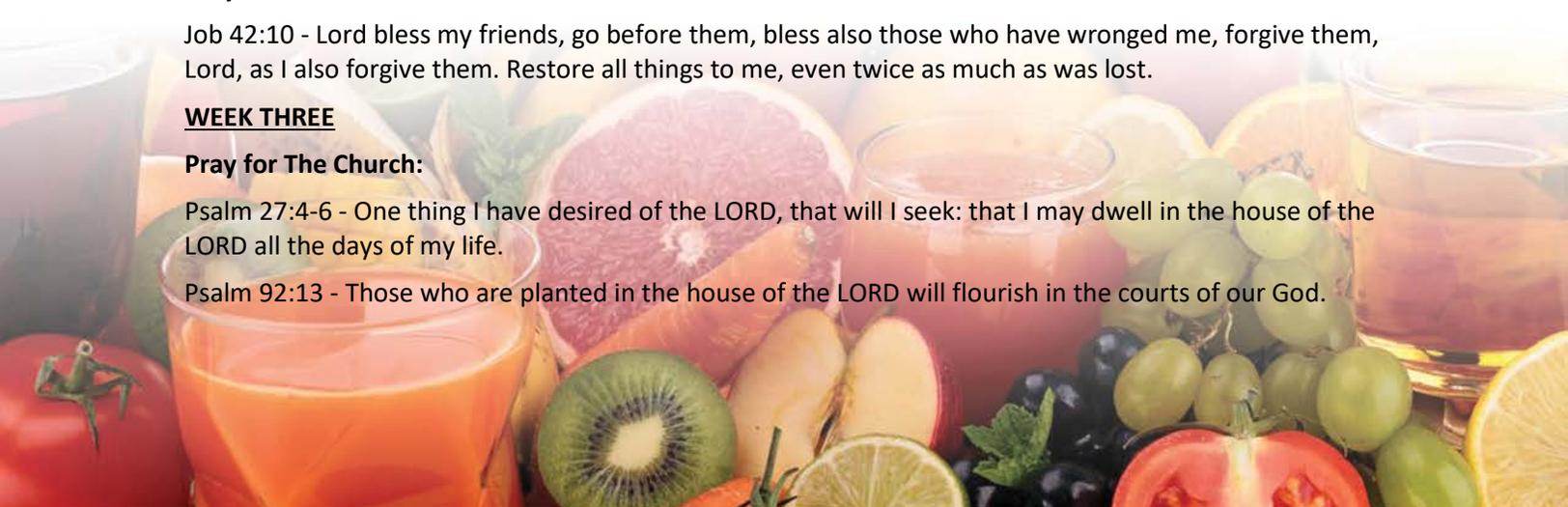
Job 42:10 - Lord bless my friends, go before them, bless also those who have wronged me, forgive them, Lord, as I also forgive them. Restore all things to me, even twice as much as was lost.

WEEK THREE

Pray for The Church:

Psalms 27:4-6 - One thing I have desired of the LORD, that will I seek: that I may dwell in the house of the LORD all the days of my life.

Psalms 92:13 - Those who are planted in the house of the LORD will flourish in the courts of our God.



Ezekial 47:12 - I am a fruit tree growing on the bank of the river. My leaves do not wither nor does my fruit fail, every month I will bear fruit because the water from the sanctuary flows to me. My fruit will serve for food and my leaves for healing.

Psalms 45:12 - For the church, the city of Tyre will come with a gift. Wealth from afar will seek out the favor of the bride of Christ.

Isaiah 1:27 - My church is delivered with justice, her repentant ones with righteousness.

Ephesians 3:10 - My church is making known to me the manifold wisdom of God.

Pray for Discipling and Taking our City:

Joshua 8:1 - See the Lord has given into our hands the authority, the people, the city, and the land.

Matthew 28:19 - Here I am Lord send me, I am going to make disciples of all nations.

Luke 10:2 - Lord of the harvest, send out laborers into our city.

Acts 16:9 - Lord we pray for our city, that the lost would come to Christ and be saved.

Pray for Our Nation:

2 Chronicles 7:14 - Lord, I come to you on behalf of our nation, we humbly pray and seek your face, we turn from wickedness, hear us, forgive our sin, heal our land.

Lord, I pray you open the eyes of the blind and lift deception off of our land, that our eyes would see clearly, that our cities would not be deceived. The Lord rebuke the devourer, the Lord rebuke Satan off of our cities, our land, and our country.

