

*Elisa*

**1-2-3  
PLAN**

Fill up on  
**raw**  
vegetables

smoothies

Fill up on  
**fresh**  
fruits

vegetable  
soup

nuts

every thing  
**else**

1

2

3

**BREAKFAST**

lemon water  
raw or  
steamed  
vegetables

green  
smoothie  
or  
fruit

any thing  
else that  
makes you  
happy

**LUNCH**

2 pieces of  
fruit and  
4-8 nuts

vegetable  
soup  
and 1-1/2  
cups raw or  
steamed  
vegetables

any thing  
else that  
makes you  
happy

**DINNER**

1 cup  
vegetables  
or salad  
with fruit

green  
smoothie

any thing  
else that  
makes you  
happy