

Daily Protocol

☀️ WAKE UP

~ 8-12 oz. warm or hot water with juice of half a lemon

☀️ BREAKFAST

~ Green or herbal tea
~ Morning meal or Smoothie
~ 8-12 oz water*

☀️ MID-MORNING

~ Snack (only if needed)
~ Cup of tea
~ 8-12 oz water

☀️ MID-DAY

~ Lunch
~ 8-12 oz water

☀️ LATE AFTERNOON

~ Snack (only if needed)
~ Cup of tea
~ Get outdoors to walk if possible

☀️ EVENING

~ Dinner
~ 8-12 oz water

☀️ BEDTIME

~ Cup of tea (if you want)
~ Get to bed 15-30 minutes earlier than usual
~ Write in your journal

* You may need to drink more water in between meals to reach your goal. Always have a filled up water bottle with you.