

## **Mucusless Diet**

### **Daily Consumption:**

4 pieces of fresh fruit

1 lb. raw vegetables (5-6 different kinds per day, 2 different kinds of dark leafy green)

1 cup legumes or beans

1 serving of high starch vegetable (squash, potato, carrots, yams, parsnips, rutabagas, pumpkins)

1 cup cooked grains (barley, buckwheat, millet, oats, quinoa, brown rice, wild rice)

1 lb. lightly steamed vegetables

1 ounce or less raw nuts or seeds

Option: fish or chicken in small amount is permissible

### **Morning:**

Fresh fruit or whole-grain (sprouted)

Optional: Herbal tea, Apple cider vinegar, Molasses, Honey, Cayenne, Wheat germ oil

### **Lunch:**

Potassium broth base soups (be creative)

Tossed Salad - as much as you want

Steam vegetables, baked potato, baked squash, casseroles

### **Afternoon:**

Juices - carrot, grape, apple, etc.

Dried fruit

Nuts or seeds (8-10 almonds)

### **Dinner:**

Potassium broth base soups (be creative)

Mixed Fruit Salad - as much as you want

Steam vegetables, legumes or beans

Juice or nuts, dried fruit or fresh fruit

### **Monodiet is for people who are on a healing routine:**

**Fruit:** Don't mix fruit. Wait at least a half hour or more between fruit choices. (easier on digestive system).

**Protein:** If a person has cancer, do not over do it on protein such as nuts. Stay away from peanuts and eat nuts only in the morning. Eat 8-10 almonds in the morning and at noon. No protein from evening time until morning. The pancreas needs 16 hours to 18 hours to clear and start working on enzymes again. Never any secondhand or secondary protein such as meat.

## WAYNE'S MIRACLE POTASSIUM BROTH.

For a 2-day supply.

Cover in a large soup pot:

\*4 carrots.

\*2 red potatoes with skin.

\*1 onion, quartered.

\*2 stalks celery.

\*1/2 bunch parsley.

\*1/2 head red cabbage.

\*1/2 bunch broccoli.

\*Clove garlic, crushed.

Cover with filtered/purified water to 2" above vegetables.

Simmer, do not boil, for 30 minutes.

Add to blender and puree.

Add two teaspoons Bragg's Liquid Aminos from the health food store for seasoning.