

## Eliminate Adult Acne

### Four-Day Diet Plan for Fast Oxidiser – 20

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	Chicken liver pate ( <i>butter</i> and 3 eggs), celery & carrot sticks	Protein shake (beef collagen), coconut water (or coconut kefir) and RO water, frozen berries, coconut oil.	Grilled bacon (nitrate-free), 3 boiled eggs, steamed asparagus, spinach.	Wild Alaskan Salmon cooked in avocado oil, poached eggs, courgette/zucchini, <i>mushroom</i> , sautéed in avocado oil, mixed herbs.
<b>Snack</b>	Left over chicken pate, celery & carrot	Brazil nuts & ¼ apple	Macadamias & ¼ pear	Walnuts & blueberries
<b>Lunch</b>	Roasted chicken thighs, cauliflower & carrot sauteed in <i>butter</i> , sauerkraut, jerk seasoning.	Beef stew (beef broth), artichoke & green beans sauteed in beef tallow.	Grilled pork steak, steamed carrot, spinach & kimchi, fresh oregano, olive oil dressing, fresh oregano.	Baked wild trout, steamed broccoli & carrot, avocado oil, dried mixed herbs.
<b>Snack</b>				
<b>Dinner</b>	Roasted chicken thighs, cauliflower & carrot sauteed in <i>butter</i> , sauerkraut, lemon chicken rub seasoning.	Beef stew (beef broth), artichoke & green beans sauteed in beef tallow.	Grilled pork steak, steamed carrot, spinach & kimchi, fresh oregano.	Baked wild trout, steamed broccoli & mushrooms, avocado oil, dried mixed herbs.
<b>Snack</b>				