

## Eliminate Adult Acne

### Four-Day Diet Plan for Parasympathetic – 2A

	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, cauliflower, sautéed in avocado oil, mixed herbs.
<b>Snack</b>	Left over chicken pate, celery and 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), leek & green beans sauteed in beef tallow.	Grilled pork steak, steamed asparagus, spinach & sauerkraut, fresh oregano.	Baked wild trout, steamed broccoli & <i>mushrooms</i> , avocado oil, dried mixed herbs.
<b>Snack</b>				
<b>Dinner</b>	Roasted chicken thighs, cauliflower & carrot sauteed in <i>butter</i> , sauerkraut, lemon rub seasoning.	Beef stew (beef broth), leek & green beans sauteed in beef tallow.	Grilled pork steak, steamed asparagus, spinach & kimchi, fresh oregano.	Baked wild trout, steamed broccoli & <i>mushrooms</i> , avocado oil, dried mixed herbs.
<b>Snack</b>				