

<p>Phase 1: January 9 - January 14</p>	<p>What we are giving up Fried Foods Red Meat White Meat Sweets/Candy Sweetened Cereals Canned fruit in syrup/sugar Carbonated Soft Drinks Bread</p>	<p>What we are eating Chicken/Turkey Fish Vegetables (including potatoes) Unsweetened Cereals Pasta Rice Dairy Beans Fruits Juice</p>
<p>Phase 2: January 15 - January 18</p>	<p>All of the above, AND Chicken/Turkey Fish Unsweetened Cereals Pasta Rice Dairy (including eggs)</p>	<p>Vegetables (including potatoes) Beans Fruits Juice</p>
<p>Phase 3: January 19 - January 22</p>	<p>All of the above, AND Fruits Juice</p>	<p>Vegetables (including potatoes) Beans</p>
<p>Phase 4: January 23 - January 29</p>	<p>Everything, except water until 6PM</p>	<p>AFTER 6PM Vegetables (including potatoes) Beans</p>