

How To Break The Lemonade Diet

Coming off the lemonade diet properly is highly important - please follow the directions very carefully.

FIRST and SECOND day after the 10 day diet:

Several 8 oz. glasses of fresh orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the changeover, extra water may be taken with the orange juice.

THIRD day:

Orange juice in the morning. Raw fruit for lunch. Fruit or raw vegetable salad at night.