

Example Menu Options

	Passive D1-7	Assertive D8-10	Aggressive D11-13	Passive D14-21
Breakfast Examples				
<i>goDésana Smooth Vitality Omega & Protein Meal Replacement</i>	•	•	•	•
Maraline's Daily Green Drink *	•	•	•	•
Green Apple Detox Juice *	•	•	•	•
Coconut Yogurt with Chia Seeds	•	•		• (not Day 14)
Hot Cereal (oats, buckwheat, rice)	•			• (not Day 14)
Example Snack Options				
Grapefruit	•	•		•
Medium Apple	•	•		•
1 Cup Fresh Berries	•	•		•
Apple with 1Tbsp. Almond butter	•	•		•
Nut Butters with Veggie Sticks	•			•
Fresh Vegetables With Hummus	•			• (not Day 14)
Avocado Slices on "MGCrax"	•			• (not Day 14)
Rice Crax With Salsa or Guacamole	•			• (not Day 14)
Liver Detox Juice *	•	•	•	•
Maraline's Daily Green Drink *	•	•	•	•
<i>goDésana Smooth Vitality Omega & Protein Meal Replacement</i>	•	•	•	•

*See recipe on separate handout.

goDésana Recommended Supplements

	Passive	Assertive	Aggressive	Price
Green Vitality	✓	✓	✓	\$45
Cell Vitality	✓	✓	✓	\$37
Clay Vitality (Powder or Mud)	✓	✓	✓	\$18
Cleanse Extreme	✓	✓	✓	\$40
Magnesium BeCalm	✓	✓	✓	\$40
Pink Himalayan Nutritional Salt	✓	✓	✓	\$15
Smooth Vitality (15 or 30 servings)	Optional	Optional	Optional	\$50/\$80
Silver BeSafe	Optional	Optional	Optional	\$40
Clear Tea	Optional	Optional	Optional	\$32
Renew Tea	Optional	Optional	Optional	\$27
Slimmer Tea	Optional	Optional	Optional	\$32
Ease Tea	Optional	Optional	Optional	\$27
L-Stimulate	Optional	Optional	Optional	\$25
Lemon Essential Oil	Optional	Optional	Optional	\$15

	Passive D1-7	Assertive D8-10	Aggressive D11-13	Passive D14-21
Lunch Examples				
Mixed Bean Salad *	•			• (not Day 14)
Spinach, Romaine & Avocado Salad *	•	•		•
Romaine Salad With Salmon *	•	•		• (not Day 14)
Napa Cabbage Salad *	•	•		•
Love Bowl *	•			•
Guacamole & Cucumber Slices	•	•		•
Baked Fish or Poultry & Steamed Vegetables	•			•
Cucumbers & Avocado	•	• (chew)	• (chew)	•
<i>goDésana Smooth Vitality Omega & Protein Meal Replacement</i>	•	•	•	•
Maraline's Daily Green Drink *	•	•	•	•
Green Apple Detox Juice *	•	•	•	•
Example Dinner Options				
Vegetarian Chili *	•			• (not Day 14)
Baked Fish or Poultry & Steamed Vegetables	•			• (not Day 14)
Quinoa, Black Beans & Vegetables *	•			• (not Day 14)
Crockpot Soup or Soup *	•	• (no meat)		•
Chicken Vegetable Soup *	•	• (no meat)		•
Love Bowl *	•			•

FOR MORE INFORMATION:

Name: _____

Phone: _____ Consultant ID #: _____

Web Address: _____

DISCLAIMER: The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.

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