

DR. HULDA CLARK'S 3-WEEK RECOVERY DIET MEAL PLANNER

A Day-by-Day Non-Toxic Meal Guide, Food Antigen Avoidance & Sanitization Protocol

Program Overview & Purpose: Dr. Hulda Clark's 21-Day Cancer Recovery Program requires a strict non-toxic, low-antigen diet to starve pathogens and stop tissue destruction. The diet removes three key food phenolic antigens (chlorogenic acid, phloridzin, and gallic acid) that erode the hypothalamus, pituitary, and pancreas glands, while eliminating essential parasite foods (alliums/onions, citrus/lemons, oats). All foods must be ozonated, zappicated, or hot-washed to destroy mycotoxins, solvents, and laundry bleach residues.

1. Core Food Rules & Sanitization Checklist

Food Category	Strictly Prohibited (Toxins / Antigens)	Required Safe Replacement / Preparation
Beverages & Water	Commercial bottled water, city tap water, store-bought juices, sodas, decaf coffee, regular tea, commercial milk.	Cold tap water filtered through boiled charcoal pitcher; unchlorinated well/rainwater; 10-second boiled milk (2%+ fat) with Vit C; fresh homemade juice.
Proteins & Meats	Commercial chicken, eggs (carry MYC/gallic acid), processed deli meats, store-bought fish, rare beef, pork, soy.	Free-range organic beef, turkey, lamb, buffalo, or freshly caught wild fish (<6 hrs). Cook thoroughly (212°F for 20+ min).
Dairy & Fats	Unboiled cow's milk, store-bought cheese, margarine, commercial vegetable oils (contain gallic/malonic acid & oncovirus triggers).	10-Second Boiled Milk with Vit C; Goat's milk; heavy whipping cream + lactase; pure butter and lard only.
Grains & Starch	Commercial cold cereals, wrapped plastic bread, oats (feeds Clonorchis), wheat/rye (feeds Fasciola), fried potatoes.	Nitrogen-packed frozen white rice, millet, barley; yeast-free baking powder bread eaten fresh; pre-boiled baked potatoes.
Produce & Herbs	Onions, garlic, leeks, chives, asparagus (allyl sulfides feed fluke); lemons (limonene feeds Eurytrema); bruised fruit.	Head lettuce, cabbage, carrots, squash, zucchini, peeled cucumber; unbruised apples/pears. Soak in Lugol's iodine (1 min) or ozonate.

Daily Sanitization & Herbal Routine

Morning: Take Black Walnut Hull, Wormwood, and Cloves parasite doses. Drink 1 glass of 10-Second Boiled Milk with 1/8 tsp Vit C.
Food Prep: Ozonate all groceries/produce for 7-10 minutes. Zappicate prepared meals on 1 kHz Food Zappicator for 10-15 minutes.
Evening: Zap with 7-20-7-20-7 protocol. Take Kidney Tea / Liver support as scheduled.

2. Week 1 Meal Plan: Parasite Cleanse & Antigen Elimination

Day / Focus	Breakfast	Lunch	Dinner	Snack & Daily Routine
Day 1 Parasite Start	Hot rice cereal (white rice) with pure butter, honey, and 10-sec boiled milk.	Boiled organic turkey breast, sautéed zucchini in butter, boiled white rice.	Salmonella-Free Beef Marrow Broth with cooked carrots and cabbage.	1 glass Boiled Milk + Vit C. Zap 7-20-7. Start Parasite Herbs.
Day 2 Detox Init	Yeast-free baking powder biscuits with butter and pure honey.	Sterilized Baked Potato (thick-peeled, pre-boiled) topped with butter and salt.	Roasted free-range beef, boiled carrots, and steamed broccoli (ozonated).	My Own Super C-Pop (fresh orange juice + Vit C + soda). Zap 7-20-7.
Day 3 Fluid Balance	Barley cereal with heavy cream, cinnamon, and 1/8 tsp Vit C powder.	Beef broth soup with diced turkey, squash, and white rice.	Pan-seared buffalo steak (well done), steamed green beans, boiled potato.	Hot Vanilla Milk (milk, vanilla bean, honey, cinnamon). Zap 7-20-7.
Day 4 Phenolic Free	2 scrambled turkey eggs (or goat milk) with butter on yeast-free toast.	Freshly caught wild fish (baked within 6 hrs) with boiled rice and butter.	Slow-cooked lamb stew with carrots, celery, and potato (no onions).	Fresh Pineapple Juice (ozonated) over ice. Zap 7-20-7.
Day 5 WBC Food	Hot millet cereal with butter, heavy cream, and a pinch of salt.	Turkey salad (diced turkey, homemade mayo, celery) on flatbread.	Roast turkey breast, pre-boiled baked potato with butter, cooked squash.	Rose Hips Tea + 1 glass Boiled Milk. Zap 7-20-7.
Day 6 Cleansing	Yeast-Free Baking Powder Bread with butter and homemade peach preserves.	Beef marrow vegetable soup (carrots, green beans, cabbage, rice).	Pan-broiled beef patty (well-done), sautéed zucchini, boiled potato.	Moose Elm Drink (slippery elm + heavy cream). Zap 7-20-7.
Day 7 Review	Hot white rice porridge with heavy cream, honey, and nutmeg.	Boiled lamb chops, steamed cabbage with butter, boiled white rice.	Roast beef roast, cooked carrots, and baked pre-boiled potato.	Super C-Pop + 1 glass Boiled Milk. Zap 7-20-7. Peak Walnut dose.

Week 1 Focus & Guidelines: Ensure 100% of meat is cooked thoroughly (212°F for 20+ min) to kill Salmonella/E. coli. Do NOT use commercial chicken, commercial eggs, or store-bought fish. Wash all produce in Lugol's iodine water (1-3 drops/qt) or ozonate for 7-10 minutes. Plate-zap or Zappicate all prepared meals for 10-15 minutes.

3. Week 2 Meal Plan: Kidney Support & Deep Sanitization

Day / Focus	Breakfast	Lunch	Dinner	Snack & Kidney Routine
Day 8 Kidney Start	Barley cereal with butter, heavy cream, and honey.	Salmonella-Free Turkey Soup with white rice and green beans.	Pan-seared beef steak, pre-boiled baked potato, cooked squash.	Start Kidney Tea (1/2 cup 4x daily). Zap 7-20-7.
Day 9 Crystal Dissolve	Yeast-free biscuits with butter and pure maple syrup.	Beef marrow broth with cooked carrots, celery, and rice.	Roast turkey, sautéed zucchini in butter, boiled potato.	Kidney Tea + 1 glass Boiled Milk. Zap 7-20-7.
Day 10 Hydration	Hot rice cereal with heavy cream, butter, and cinnamon.	Cold turkey slices on yeast-free bread with homemade mayo.	Boiled lamb stew with carrots and potatoes (no alliums).	Kidney Tea + Super C-Pop. Zap 7-20-7.
Day 11 Antigen Free	Millet porridge with butter, heavy cream, and nutmeg.	Sterilized Baked Potato topped with butter, salt, and turkey bits.	Fresh wild fish (baked within 6 hrs), boiled rice, steamed cabbage.	Kidney Tea + Hot Vanilla Milk. Zap 7-20-7.
Day 12 Toxin Flush	Yeast-free toast with butter and peach preserves.	Turkey marrow soup with carrots, green beans, and rice.	Roast beef roast, steamed broccoli with butter, boiled potato.	Kidney Tea + Rose Hips Tea. Zap 7-20-7.
Day 13 Pre-Flush	Hot white rice cereal with heavy cream and honey.	Beef patty, sautéed zucchini, pre-boiled baked potato.	Boiled lamb, cooked carrots, white rice with butter.	Kidney Tea + Moose Elm Drink. Zap 7-20-7.
Day 14 Kidney Peak	Barley cereal with butter, heavy cream, and cinnamon.	Turkey breast, steamed squash, boiled potato with butter.	Beef marrow broth soup with carrots, cabbage, and rice.	Kidney Tea (finish main batch). Zap 7-20-7.

Week 2 Kidney Tea Protocol: Mix Hydrangea root, Gravel root, Marshmallow root, and Black Cherry concentrate. Simmer roots in 2 quarts water for 20 min, strain, and drink 1/2 cup 4 times daily (hot or cold). Add Ginger root capsules, Uva Ursi, and Vitamin B6/magnesium oxide to dissolve phosphate and oxalate kidney stones before Liver Cleanse.

4. Week 3 Meal Plan: Liver Flush Preparation & Post-Flush Recovery

Day / Focus	Breakfast	Lunch	Dinner / Flush Protocol	Snack & Routine
Day 15 Liver Prep	Yeast-free bread with butter and pure honey.	Turkey marrow soup with white rice and carrots.	Pan-seared beef steak, pre-boiled potato, squash.	1 glass Boiled Milk + Vit C. Zap 7-20-7.
Day 16 Light Prep	Hot white rice cereal with honey (no fat/butter today).	Sterilized Baked Potato (no butter) with salt.	Steamed turkey breast (no fat), plain white rice.	Fresh Pineapple Juice. Zap 7-20-7. Stop fats.
Day 17 FLUSH DAY	FAT-FREE BREAKFAST: Cooked cereal with fruit/honey (no milk, butter, or oil).	FAT-FREE LUNCH: Plain baked potato with salt. NO FOOD OR DRINK AFTER 2:00 PM.	6:00 PM: 1 tbsp Epsom salts in 3/4 cup water. 8:00 PM: Repeat Epsom salts. 10:00 PM: 1/2 cup Olive Oil + 3/4 cup Grapefruit juice. Sleep immediately.	Strict timing required for painless gallstone passage.
Day 18 Flush Morning	6:00 AM: 3rd Epsom salt dose. 8:00 AM: 4th Epsom salt dose.	10:00 AM: Fresh fruit juice. 10:30 AM: Fresh fruit.	12:00 PM: Light meal (yeast-free bread, boiled potato, cooked squash).	Rest. Expect gallstone excretion. Zap 7-20-7 evening.
Day 19 Recovery	Barley cereal with heavy cream, honey, and cinnamon.	Turkey vegetable broth soup with white rice.	Roast free-range beef, pre-boiled potato with butter.	1 glass Boiled Milk + Vit C. Zap 7-20-7.
Day 20 Re-building	Yeast-free biscuits with butter and peach preserves.	Boiled lamb stew with carrots, green beans, rice.	Roast turkey breast, steamed broccoli with butter.	My Own Super C-Pop. Zap 7-20-7.
Day 21 Program Peak	Hot white rice porridge with heavy cream and honey.	Sterilized Baked Potato topped with butter and salt.	Fresh wild fish (baked within 6 hrs), rice, squash.	Complete Meal Drink + Maintenance Plan. Zap 7-20-7.

Day 17 Liver Cleanse Critical Rules: Do NOT take medicines, vitamins, or parasite pills on Flush Day after 2:00 PM. Epsom salts (magnesium sulfate) relax bile ducts so gallstones pass painlessly without spasm. Lying down flat on your back immediately at 10:00 PM for 20 minutes is essential to allow bile pressure to push stones out.

5. Master Weekly Grocery & Food Preparation Checklist

Category	Items to Purchase (Organic / Nitrogen Packed)	Required Preparation & Storage Rules
Proteins & Meats	Free-range organic beef (roasts, steaks, ground), organic turkey breast, lamb chops/stew, buffalo meat, freshly caught wild fish.	Freeze immediately upon purchase. Cook all meat to 212°F for 20+ min. Boil marrow bones for 30+ min. NO commercial chicken/eggs.
Dairy & Fats	Cow's milk (2% or whole), ultra-pasteurized Goat's milk, heavy whipping cream, pure unsalted butter, pure lard, lactase enzyme.	Boil all cow's milk for 10 seconds with a pinch of salt. Cool and add 1/8 tsp Vit C powder per pint. NO store cheese or commercial oils.
Grains & Flour	Unbleached white flour, white rice (Jasmine/Basmati), pearl barley, millet, baking powder, baking soda, pure cornstarch.	Freeze flour, grains, and baking powder in freezer (-20°F) for 24 hrs to sterilize. Bake bread fresh. NO oats, wheat, or commercial bread.
Produce & Fruit	Russet potatoes, carrots, zucchini, yellow squash, broccoli, green beans, head lettuce, cabbage, unbruised apples, pineapples, oranges.	Soak greens/produce in Lugol's iodine water (1-3 drops/qt) for 1 min. Thick-peel potatoes and pre-boil 10 min before baking. NO alliums/lemons.
Supplements & Cleansing	Lugol's iodine, Vit C powder, Lysine powder, Black Walnut Hull tincture, Wormwood capsules, Clove capsules, Epsom salts, Olive oil, Grapefruit.	Store tinctures and powders sealed. Keep Liver Cleanse ingredients ready for Day 17. Ozonate groceries 7-10 min; Zappicate meals 10-15 min.

Long-Term Maintenance & Transition Protocol

After Day 21: Continue the Maintenance Parasite Program once per week (2 tsp Black Walnut Hull, 7 Wormwood capsules, 7 Clove capsules). Continue zapping daily or 3 times per week. Maintain 10-Second Boiled Milk and non-toxic beverage choices. Repeat the Liver Cleanse every 2 to 3 weeks until over 2,000 gallstones have been excreted and no more stones appear. Keep home air, dental work, and body care products completely free of heavy metals, solvents, and laundry bleach.