## NO, NO, NO.... DO NOT EAT



## **NO CITRUS**

- o ORANGES
- o **GRAPEFRUITS**
- o LEMONS
- o LIMES
- INCLUDING THE JUCIES

NO ONIONS

NO FATTY OR FRIED FOODS

NO SPICY FOODS

NO SODA

NO CAFFEINE

NO CHOCOLATE

NO TOMATO BASED FOODS

**NO MINT**