

Weekly recipe summary

Water Fast + Electrolyte · Monday through Sunday

4

Unique items

28

Scheduled occurrences

7

Active days

132 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Fasting apt Miso Soup Anytime				X				1
Salty lemonade Anytime		X	X	X	X	X	X	6
Green Tea Breakfast	X	X	X	X	X	X	X	7
Herbal Tea Lunch	2	2	2	2	2	2	2	14