NYGRAUMANCY SMOOTHIE DIET

Rhys Trimble
Day 1

Breakfast: banana, strawberry
Lunch: cucumber, broccoli, mint, yogurt
Tea: carrot, tomato, celery, mung-bean sprouts
Day 2

Breakfast: melon, strawberry, apple, ice
Lunch: carrot, protein powder (hemp) celery, tomato
Tea: courgette, broccoli, spiach, goosegrass (cleavers)
Day 3

Breakfast: orange, apple, ice, elderflowers

Lunch: hyacinths, starfruit, gladiolae, medowsweet, apple, ice

Tea: muchrooms (oyster mushrooms, ink cap, jew’s ear) shallots, cellery, creamcheese, protein powder
Day 4

Breakfast: pine cones, pine kernels, pine apple, milk, cinnamon, ice
Lunch: lemon grass, lemon balm, blackberries, raspberries, ice
Tea: nettles, nuts, cottage cheese, dandelions, *illegible
Day 5

Breakfast: percussive dreams, banana, tangerines, chocolate, chilli
Lunch: carrot, chard, coriander, red-things, pronouns
Tea: broccoli, apple, seawater
Day 6

Breakfast: starfruit, dragonfruit, lemon, dogfruit
Lunch: milk, garlick, placenta
Tea: oats, lepidopterae, brown sugar
Day 7

Breakfast: mellon, plaster of paris, wax, hair
Lunch: foreparts, protein powder, hindparts
Tea: raven skulls, chaffinch skulls, bloodstained magpie feathers, cyanide