







**Protein**

Serving size: 3-4 oz. cooked  
 1 serving = ~150 calories  
 Choose organic and free-range; grill, bake, roast, or poach

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

**Legumes**

Serving size: ½ cup cooked or as indicated  
 1 serving = ~110 calories Canned, frozen, or dry

- Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried
- Hummus (¼ cup)
- Split peas, sweet green peas, lentils

**Beverages**

- Water (filtered), mineral water (still or carbonated), seltzer
- Herbal teas (chamomile, hibiscus, mint, etc.)

**Fruits**

1 serving = ~80 calories  
 Fresh, frozen, canned with no added sugar or juice

- Apple (1 medium), apricots (3 medium), banana
- Kiwis (2 medium)
- Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups))
- Peaches (2 small), pear (1 small), papaya
- All other unsweetened fresh, frozen, water-packed or canned fruits
- Unsweetened 100% fruit juices (*except orange juice*)

**Vegetables (above ground)**

Serving size: ½ cup cooked or 1 cup raw, including juiced  
 1 serving = ~10-25 calories

- Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber
- Dandelion, eggplant, endive, escarole, garlic, green beans
- Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)
- Kohlrabi, leeks, lettuce
- Mushrooms, okra, onion, radicchio, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)
- Tomatoes or mixed vegetable juice (low-sodium)
- Water chestnuts (5 whole), watercress
- All other fresh or frozen vegetables or unsweetened vegetable juices

**Vegetables (root)**

Serving size: ½ cup cooked or as indicated, including juiced  
 1 serving = ~45 calories

- Beets, winter squash (acorn, butternut)
- Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)
- Sweet potatoes or yams (½ medium)
- Yukon gold, new, or red potato (½ medium)

**Grains**

Serving size: ½ cup cooked  
 1 serving = ~75-100 calories

- White grain rice

**Oils**

Serving size: 1 tsp  
 1 serving = ~40 calories Cold pressed

- Almond
- Canola (best if organic)
- Coconut
- Flaxseed (refrigerate!)
- Olive (extra virgin)
- Safflower
- Sesame
- Sunflower
- Pumpkin
- Walnut

**Condiments and sweeteners**

- All vinegars (except malt)
- Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)
- Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)

**Phase 4: Davs 17 - 19**

**Protein**

Serving size: 3-4 oz. cooked  
 1 serving = ~150 calories  
 Choose organic and free-range; grill, bake, roast, or poach

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

**Legumes**

Serving size: ½ cup cooked or as indicated  
 1 serving = ~110 calories Canned, frozen, or dry

- Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried
- Hummus (¼ cup)
- Split peas, sweet green peas, lentils

**Dairy alternatives**

Serving size: 6 oz. or as indicated  
 1 serving = ~80 calories Unsweetened

- Almond milk (8 oz.)  Hazelnut milk
- Hemp milk, plain (6 oz.)  Rice milk
- Coconut milk, in carton (8 oz.)

**Beverages**

- Water (filtered), mineral water (still or carbonated), seltzer
- Herbal teas (chamomile, hibiscus, mint, etc.)

**Vegetables (above ground)**

Serving size: ½ cup cooked or 1 cup raw, including juiced  
 1 serving = ~10-25 calories

- Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber
- Dandelion, eggplant, endive, escarole, garlic, green beans
- Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)
- Kohlrabi, leeks, lettuce
- Mushrooms, okra, onion, radicchio, radishes
- Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)
- Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)
- Tomatoes or mixed vegetable juice (low-sodium)
- Water chestnuts (5 whole), watercress

**Vegetables (root)**

Serving size: ½ cup cooked or as indicated, including juiced  
 1 serving = ~45 calories

- Beets, winter squash (acorn, butternut)
- Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)
- Sweet potatoes or yams (½ medium)
- Yukon gold, new, or red potato (½ medium)

**Fruits**

1 serving = ~80 calories  
 Fresh, frozen, canned, or juiced; no added sugar

- Apple (1 medium), apricots (3 medium), banana
- Kiwis (2 medium)
- Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups))
- Peaches (2 small)
- Pear (1 small)
- Papaya
- All other unsweetened fresh, frozen, water-packed or canned fruits
- Unsweetened 100% fruit juices (except orange juice)

**Grains**

Serving size: ½ cup cooked  
 1 serving = ~75-100 calories

- Potato flour  Quinoa
- White grain rice  Teff
- Brown, basmati, or wild rice  Tapioca
- Buckwheat  Arrowroot
- Millet  Amaranth

**Oils**

Serving size: 1 tsp  
 1 serving = ~40 calories Cold pressed

- Almond
- Canola (best if organic)
- Coconut
- Flaxseed (refrigerate!)
- Olive (extra virgin)
- Safflower
- Sesame
- Sunflower
- Pumpkin
- Walnut

**Condiments and sweeteners**

- All vinegars (except malt)
- Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)
- Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)

## Phase 5: Day 20

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| <b>Protein</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Vegetables (above ground)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Grains</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p>Serving size: 3-4 oz. cooked<br/>1 serving = ~150 calories</p> <p>Choose organic and free-range; grill, bake, roast, or poach</p> <input type="checkbox"/> Cod, flounder, halibut, mahi mahi, salmon, sole, tilapia, trout                                                                                                                                                                                                                                   | <p>Serving size: ½ cup cooked or 1 cup raw, including juiced<br/>1 serving = ~10-25 calories</p> <input type="checkbox"/> Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber<br><input type="checkbox"/> Dandelion, eggplant, endive, escarole, garlic, green beans<br><input type="checkbox"/> Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)<br><input type="checkbox"/> Kohlrabi, leeks, lettuce<br><input type="checkbox"/> Mushrooms, okra, onion, radicchio, radishes<br><input type="checkbox"/> Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)<br><input type="checkbox"/> Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)<br><input type="checkbox"/> Tomatoes or mixed vegetable juice (low-sodium)<br><input type="checkbox"/> Water chestnuts (5 whole), watercress<br><input type="checkbox"/> All other fresh or frozen vegetables or unsweetened vegetable juices | <p>Serving size: ½ cup cooked<br/>1 serving = ~75-100 calories</p> <input type="checkbox"/> Potato flour<br><input type="checkbox"/> White grain rice<br><input type="checkbox"/> Brown, basmati, or wild rice<br><input type="checkbox"/> Buckwheat<br><input type="checkbox"/> Millet<br><input type="checkbox"/> Quinoa<br><input type="checkbox"/> Teff<br><input type="checkbox"/> Tapioca<br><input type="checkbox"/> Arrowroot<br><input type="checkbox"/> Amaranth                                                                                                                                     |
| <b>Legumes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Vegetables (root)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Oils</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>Serving size: ½ cup cooked or as indicated<br/>1 serving = ~110 calories</p> <p>Canned, frozen, or dry</p> <input type="checkbox"/> Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried<br><input type="checkbox"/> Hummus (¼ cup)<br><input type="checkbox"/> Split peas, sweet green peas, lentils                                                                                                                       | <p>Serving size: ½ cup cooked or as indicated, including juiced<br/>1 serving = ~45 calories</p> <input type="checkbox"/> Beets, winter squash (acorn, butternut)<br><input type="checkbox"/> Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)<br><input type="checkbox"/> Sweet potatoes or yams (½ medium)<br><input type="checkbox"/> Yukon gold, new, or red potato (½ medium)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Serving size: 1 tsp<br/>1 serving = ~40 calories</p> <p>Cold pressed</p> <input type="checkbox"/> Almond<br><input type="checkbox"/> Canola (best if organic)<br><input type="checkbox"/> Coconut<br><input type="checkbox"/> Flaxseed (refrigerate!)<br><input type="checkbox"/> Olive (extra virgin)<br><input type="checkbox"/> Safflower<br><input type="checkbox"/> Sesame<br><input type="checkbox"/> Sunflower<br><input type="checkbox"/> Pumpkin<br><input type="checkbox"/> Walnut                                                                                                                |
| <b>Dairy alternatives</b>                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Condiments and sweeteners</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Fruits</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p>Serving size: 6 oz. or as indicated<br/>1 serving = ~80 calories</p> <p>Unsweetened</p> <input type="checkbox"/> Almond milk (8 oz.)<br><input type="checkbox"/> Hemp milk, plain (6 oz.)<br><input type="checkbox"/> Coconut milk, in carton (8 oz.)<br><input type="checkbox"/> Hazelnut milk<br><input type="checkbox"/> Rice milk                                                                                                                        | <input type="checkbox"/> All vinegars (except malt)<br><input type="checkbox"/> Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)<br><input type="checkbox"/> Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>1 serving = ~80 calories</p> <p>Fresh, frozen, canned, or juiced; no added sugar</p> <input type="checkbox"/> Apple (1 medium), apricots (3 medium), banana<br><input type="checkbox"/> Kiwis (2 medium)<br><input type="checkbox"/> Melon (cantaloupe, honeydew (¼ small), watermelon (2 cups))<br><input type="checkbox"/> Peaches (2 small)<br><input type="checkbox"/> Pear (1 small)<br><input type="checkbox"/> Papaya<br><input type="checkbox"/> All other unsweetened fresh, frozen, water-packed or canned fruits<br><input type="checkbox"/> Unsweetened 100% fruit juices (except orange juice) |
| <b>Nuts and seeds</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p>Serving size as indicated<br/>1 serving = ~100 calories</p> <input type="checkbox"/> Almonds or hazelnuts (12-14 or ½ oz.)<br><input type="checkbox"/> Pine nuts (2 Tbsp.)<br><input type="checkbox"/> Pistachios, sunflower, pumpkin, cashew (2 Tbsp.)<br><input type="checkbox"/> Sesame seeds or tahini (2 Tbsp.)<br><input type="checkbox"/> Walnut or pecan halves (8)<br><input type="checkbox"/> Unsweetened butter made from above options (1 Tbsp.) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Beverages</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <input type="checkbox"/> Water (filtered), mineral water (still or carbonated), seltzer<br><input type="checkbox"/> Herbal teas (chamomile, hibiscus, mint, etc.)                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## Phase 6: Days 21 - 28

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| <b>Protein</b><br>Serving size: 3-4 oz. cooked<br>1 serving = ~150 calories<br><b>Choose organic and free-range; grill, bake, roast, or poach</b><br><input type="checkbox"/> Cod, flounder, halibut, mahi mahi, salmon, sole, tilapia, trout<br><input type="checkbox"/> Chicken, Cornish hen (breast only), turkey<br><input type="checkbox"/> Leg of lamb, lean roast<br><input type="checkbox"/> Wild game                                                                      | <b>Vegetables (above ground)</b><br>Serving size: ½ cup cooked or 1 cup raw, including juiced<br>1 serving = ~10-25 calories<br><input type="checkbox"/> Artichokes, arugula, asparagus, bamboo shoots, bean sprouts, bell or other peppers, bok choy, broccoflower, broccoli, Brussels sprouts, cabbage (all), cauliflower, celery, chicory, chives, cucumber<br><input type="checkbox"/> Dandelion, eggplant, endive, escarole, garlic, green beans<br><input type="checkbox"/> Greens (Swiss chard, kale, collards, spinach, dandelion, mustard, and beet greens)<br><input type="checkbox"/> Kohlrabi, leeks, lettuce<br><input type="checkbox"/> Mushrooms, okra, onion, radicchio, radishes<br><input type="checkbox"/> Salsa (sugar-free), scallions, sea vegetables (kelp, etc.)<br><input type="checkbox"/> Snow peas, snap peas, sprouts, squash (zucchini, yellow, summer, spaghetti)<br><input type="checkbox"/> Tomatoes or mixed vegetable juice (low-sodium)<br><input type="checkbox"/> Water chestnuts (5 whole), watercress | <b>Grains</b><br>Serving size: ½ cup cooked<br>1 serving = ~75-100 calories<br><input type="checkbox"/> Potato flour<br><input type="checkbox"/> White grain rice<br><input type="checkbox"/> Brown, basmati, or wild rice<br><input type="checkbox"/> Buckwheat<br><input type="checkbox"/> Millet<br><input type="checkbox"/> Quinoa<br><input type="checkbox"/> Teff<br><input type="checkbox"/> Tapioca<br><input type="checkbox"/> Arrowroot<br><input type="checkbox"/> Amaranth                                                                                              |
| <b>Legumes</b><br>Serving size: ½ cup cooked or as indicated<br>1 serving = ~110 calories<br><b>Canned, frozen, or dry</b><br><input type="checkbox"/> Beans: garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried<br><input type="checkbox"/> Bean soup (¾ cup)<br><input type="checkbox"/> Hummus (¼ cup)<br><input type="checkbox"/> Split peas, sweet green peas, lentils                                                                             | <b>Vegetables (root)</b><br>Serving size: ½ cup cooked or as indicated, including juiced<br>1 serving = ~45 calories<br><input type="checkbox"/> Beets, winter squash (acorn, butternut)<br><input type="checkbox"/> Carrots (½ cup cooked or 2 medium raw or 12 baby carrots)<br><input type="checkbox"/> Sweet potatoes or yams (½ medium)<br><input type="checkbox"/> Yukon gold, new, or red potato (½ medium)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Oils</b><br>Serving size: 1 tsp or as indicated<br>1 serving = ~40 calories<br><b>Cold pressed</b><br><b>Plant Oils</b><br><input type="checkbox"/> Coconut milk, canned, light (3 Tbsp.)<br><input type="checkbox"/> Coconut milk, canned, regular (1½ Tbsp.)<br><input type="checkbox"/> Flaxseed oil (refrigerate!)<br><input type="checkbox"/> Olives (8-10 medium)<br><input type="checkbox"/> Olive oil, extra virgin<br><input type="checkbox"/> Sesame oil<br><input type="checkbox"/> Sunflower oil<br><input type="checkbox"/> Almond, sesame, walnut, and pumpkin oil |
| <b>Dairy alternatives</b><br>Serving size: 6 oz. or as indicated<br>1 serving = ~80 calories<br><b>Unsweetened</b><br><input type="checkbox"/> Almond milk (8 oz.)<br><input type="checkbox"/> Hemp milk, plain (6 oz.)<br><input type="checkbox"/> Coconut milk, in carton (8 oz.)<br><input type="checkbox"/> Hazelnut milk<br><input type="checkbox"/> Rice milk                                                                                                                 | <b>Fruits</b><br>1 serving = ~80 calories<br><b>Fresh, frozen, canned with no added sugar or juice</b><br><input type="checkbox"/> Apple (1 medium), apricots (3 medium)<br><input type="checkbox"/> Berries: Blackberries and blueberries (1 cup), raspberries and strawberries (1 ½ cups)<br><input type="checkbox"/> Cantaloupe, mango (½ medium)<br><input type="checkbox"/> Cherries (15), kiwis (2 medium), fresh figs (2), grapefruit (1), grapes (15), honeydew melon (¼ small), banana, papaya<br><input type="checkbox"/> Peaches, plums, or nectarines (2 small)<br><input type="checkbox"/> Pear (1 small), persimmon or pomegranate (½), tangerines (2 small), watermelon (2 cups)<br><input type="checkbox"/> Unsweetened 100% fruit juices (except orange juice)                                                                                                                                                                                                                                                               | <b>Cooking Oils</b><br><input type="checkbox"/> Olive oil<br><input type="checkbox"/> Canola oil (best if organic)<br><input type="checkbox"/> Coconut oil<br><input type="checkbox"/> Grapeseed oil (1 tsp.)<br><input type="checkbox"/> High-oleic safflower oil                                                                                                                                                                                                                                                                                                                  |
| <b>Nuts and seeds</b><br>Serving size as indicated<br>1 serving = ~100 calories<br><input type="checkbox"/> Almonds or hazelnuts (12-14 or ½ oz.)<br><input type="checkbox"/> Pine nuts (2 Tbsp.)<br><input type="checkbox"/> Pistachios, sunflower, pumpkin, cashew (2 Tbsp.)<br><input type="checkbox"/> Sesame seeds or tahini (2 Tbsp.)<br><input type="checkbox"/> Walnut or pecan halves (8)<br><input type="checkbox"/> Unsweetened butter made from above options (1 Tbsp.) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Condiments and sweeteners</b><br><input type="checkbox"/> All vinegars (except malt)<br><input type="checkbox"/> Unsweetened tomato sauce or salsa<br><input type="checkbox"/> Fresh or dried herbs (any; e.g. dill, basil, sage, thyme, etc.)<br><input type="checkbox"/> Fresh or dried spices (any; e.g. curry, paprika, chili, etc.)<br><input type="checkbox"/> Brown rice syrup<br><input type="checkbox"/> Fruit sweetener (juice concentrates)<br><input type="checkbox"/> Stevia                                                                                        |
| <b>Beverages</b><br><input type="checkbox"/> Water (filtered), mineral water (still or carbonated), seltzer<br><input type="checkbox"/> Rooibos tea (unsweetened), herbal teas (chamomile, hibiscus, mint, etc.)                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |