

General nutrition recommendations for Healthy Eating:

- Avoid sugar! Eliminate artificial sweeteners!
- Drink water all day. Half of your body weight in lbs, drink in oz. Drink herbal teas.
- Eat as many vegetables as possible! Steamed, baked, or raw. At least 5 servings a day and more.
- Eat 2 fruit a day. They make great snacks.
- Eat legumes, best a serving a day.
- Eat a palm full of nuts as a snack (no peanuts).
- Eat lean protein with your meals (chicken, turkey, fish.)
- Fats to cook with:
 - Avocado oil is very heat stable, organic expeller pressed Canola oil, Sesame oil;
 - For cold use: organic, first cold pressed, extra virgin Olive oil;
- Do not eat white starches. Eat only 1-3 servings of whole grains a day!
- Alkalize yourself (80 % vegetables, incl. 2 fruit, 20 % animal proteins, and whole grains) to get more oxygen into each cell!
- Eat an Anti-Inflammatory Diet (more flaxseed, wild salmon, pumpkin seeds).
- Avoid fermentation to eliminate Candida: wine, beer, champagne, black tea, vinegar, yeast



Name:
First Name
Last Name



Day	Breakfast	Snack	Lunch	Snack	Dinner
Sunday	Avocado; Gluten Free Whole Grain Toast	Pomegranate	Lettuce Wrap; Turkey; Cucumbers; Onions; Tomato Chunks; Hummus	Cashews	Cod; Mashed sweet potato; Tomato & cucumber salad; Zucchini
Monday	Sunflower Seed Butter; Rice Milk; Gluten Free Whole Grain Toast	Avocado	Grilled Chicken; Caesar salad without cheese; Olive Oil; Lemon Juice	Honeydew Slices	Halibut; Spinach; Collard Greens; Chopped cucumber, celery, and onion with lemon juice
Tuesday	Cashew Nut Milk; Gluten Free Oatmeal; Cinnamon	Carrots; Almond Butter	Broth; Peas; Kidney Beans; Celery; Carrot; Onions; Tomato Chunks	Pecans	Stir Fry; Ground Turkey; Spinach; Broccoli; Celery; Side salad of greens
Wednesday	Almond Butter; Plain Coconut Milk Yogurt; Coconut, Shredded	Banana	Salad greens; Tomato Chunks; Chick Peas; Broccoli; Artichoke Hearts; Cucumbers	Cantaloupe Slices	Grilled Chicken; Sweet Potatoes; Collard Greens; Three bean salad with green peppers & onions
Thursday	Almond Milk; Gluten Free Oatmeal; Blueberries	Almonds	Cabbage leaf wrap; Hummus; Turkey; Onions; Spinach; Carrot Soup	Strawberries	Shrimp; Brown Rice; Zucchini; Shredded Cabbage; Side salad of greens; Sunflower Seeds; Onions; Olive Oil
Friday	Sunflower Seed Butter; Gluten Free Whole Grain Toast	Celery; Cashew Nut Butter	Lentils; Peas; Onion; Lemon Juice; Celery; Mushrooms; Salad greens	Grapes	Ground chicken meatballs; Brown rice pasta; Tomato Sauce; Broccoli; Caesar salad without cheese
Saturday	Cashew Nut Butter; Plain Rice Milk Yogurt; Cinnamon	Cranberries	Grilled Chicken; Brown rice; Sweet Potatoes; Broccoli; Green Peppers	Cucumber Slices; Hummus	Spaghetti Squash; Artichokes; Shredded cabbage & carrots; Lemon Juice; Turkey Breast

Health warning: Please know that this example for your personalized healthy meal plan was created based on the FIT test results ONLY. No further medical information has been available to our team. Please contact your physician before implementing any new dietary regiment.