



Daily Diet Guidelines

The following diet guidelines will increase the likelihood of experiencing abundant energy and vibrant health. Remember **these are guidelines**. Adapt them to fit your lifestyle and your food preferences. Your health depends on the quality of the food, thoughts, and substances that you allow in. Choose wisely.

Stay connected to your health goals. Make choices that bring you closer to your goals and shun choices that divert you.

Diet is the cornerstone of any health restoration and maintenance program. Just as a car doesn't function properly without the appropriate fuel and oil, your body can't operate optimally if it's not adequately nourished or it's stressed by substances that are damaging to its cells and organs.

The first step in implementing a successful health restoration and maintenance program is to **love yourself enough to make the effort on a daily basis to nourish yourself on all levels**...physically, emotionally, and spiritually. Making a commitment to good nutrition is an investment in your future health.

The following are suggested guidelines. You need to try them out and determine what works best for your body and your schedule. This is meant to be an evolving process. There is no one right way to eat that is best for all people.



The common starting point is removing the foods that are not good for anyone: hydrogenated fats, refined sugars, refined grains, artificial colorings and flavorings, chemical preservatives, and hormone-laden dairy products and meats. From there, your body is the experiment ground.

As you make dietary changes, you might go through an adjustment phase in terms of bowel habits and energy levels. If the diet is serving you well, this should be temporary, lasting a few weeks or months at most. Obvious benefit may not be realized for a few weeks. Patience and compassion for yourself are key. It doesn't serve you to feel guilty if you fall back into old habits.

Remember that in working towards your goal, you will get off course from time to time. When this happens, **the key is to be alert to your guidance as it lets you know that you are off course, and get back on course as soon as possible.**

Recommendations for What to Eat Each Day

Foods to Avoid:

While we believe it's preferable to avoid animal products for optimal health, if you do choose to eat them, make the best possible choices you can. Eat deep ocean fish, wild game, naturally raised hormone-free poultry, and free-range, grass fed, organically raised beef. Avoid heated oils (except for olive and coconut oil), sugar, and refined grains. It's best to avoid all dairy; however, if you do choose dairy, it should be raw, organic and cultured. Avoid dairy if you have allergies, autoimmune disease, cancer, family history cancer, focus and attention problems, or depression.

Foods to Eat:

Eat from the top part of this list below first. If you're not satisfied, eat foods from the **"Optional Extras"** list.

- **Water:** Water is needed for proper hydration of your cells, circulation of nutrients, and removal of waste products. As a guideline, drink 1/2 your body weight in fluid ounces. This will vary depending on your activity level, degree of toxicity, and amount of high water content foods you consume.



- **Green Smoothie/Blended Green Drink:** Drink at least one quart of green smoothie, ideally 2 quarts.

Enjoy a variety of greens including kale, spinach, parsley, cilantro, collard greens, swiss chard, arugula, endive, bok choy, dandelion greens, romaine or other dark lettuce, beet greens, turnip greens, mustard greens, and wild greens.

- **Dark Green Leafy Vegetables:** These are very high in chlorophyll; magnesium; and other minerals, enzymes, and antioxidants. Ideally, consume 2 pounds of green leafy vegetables per day (consumed as smoothies, salads, juices, stir fries, soups and steamed). Shoot for a minimum of 3-4 cups. At least half should be uncooked for maximum benefit.



- **Cruciferous Vegetables:** These are high in cancer fighting isoflavones and antioxidants. Cruciferous vegetables provide support for liver detoxification and have been shown to be helpful in the prevention of cancer. These can be eaten raw or cooked, although some people don't digest them as well raw.

The cruciferous vegetables, also called brassicas, promote estrogen balance towards the protective estrogen, estriol, and away from the proliferative forms of estrogen, the ones that promote cancer. The more cruciferous vegetables you consume, the better your protection against cancer and the stronger your detoxification mechanisms.

Ideally, consume 3-4 cups of cruciferous vegetables daily, and no less than 2 cups.

Cruciferous vegetables include cabbage, cauliflower, broccoli, kale, Brussels sprouts, rutabaga and mustard greens.

- **Sea Vegetables:** The foods in this category are very high in minerals. They are the best dietary source of iodine as our soils are largely deficient in iodine. They are also high in minerals like calcium, iron, magnesium, zinc, and sodium. Because they are so concentrated, especially in sodium, we recommend that you eat between 1 and 2 ounces a week, or roughly 5-10 grams per day.

Enjoy any of the following:

- nori - 1-2 sheets
- kelp - a few pieces
- arame
- hijiki
- sea palm - 1/2 cup, in salads
- kombu - powdered and added to soups, smoothies and salads or a slice in a cooked soup or bean dish.

Recipes, photos and nutrient tables for sea vegetables are in my “***Greens from the Sea***” e-book, available at <http://www.GreenFoodMagic.com>

- **Beta Carotene and Vitamin C Rich Vegetables:** These include carrots; squashes; tomatoes; and red, orange, and yellow bell peppers. Include 1 cup or more of these daily to benefit from their rich anti-oxidant content.
- **Sulfur-Rich Foods:** These foods provide sulfur, which is an important nutrient for detoxification. In addition to the cruciferous vegetable, sulfur rich foods are garlic, onions and daikon radish. Include 1-2 servings of these regularly to support detoxification and to fight infection.
- **Sprouts:** These are high in easy to absorb amino acids and loaded with chlorophyll. Include a cup or two each daily, in your smoothies and soups, juiced or on your salads. Good choices are sunflower greens, alfalfa, broccoli, fenugreek, clover and mung bean sprouts.



- **Natural Anti-inflammatory and Immune System Boosters:** Include some or all of the following herbs and spices: ginger, turmeric, basil, oregano, thyme, rosemary, cilantro. Add to smoothies and soups, blend or chop into salad dressings, or add to salads and vegetable dishes.
- **Blood Sugar Regulating Foods and Spices:** Spices include cinnamon, cardamom and nutmeg. Include these daily if blood sugar regulation is an issue for you. For more information about blood sugar regulating foods and natural insulin balancing, visit <http://www.B4BeGoneSystem.com>
- **Rainbow of Vegetables:** To ensure that you get a wide variety of nutrients daily, consume the rainbow.

Eat a large bowl of brightly colored mixed vegetables that may include mixed baby greens, romaine, leaf lettuce, or spinach along with your favorite combinations - snap peas, snow peas, grated carrots, radishes, daikon and beets, sprouts, red bell peppers, zucchini, green beans wild greens fresh picked from your lawn, and any others you choose.



The vegetables can be raw or lightly steamed if you prefer. You can add lemon juice, herbs, spices, and a sprinkling of ground nuts or seeds. Dress with a simple salad dressing from blended vegetables, herbs and nuts, seeds or avocado.

- **Fresh Fruit:** To get a wide array of vitamins and antioxidants, eat a large fruit salad filled with rainbow colored fruits.

Add chopped celery and romaine lettuce to slow down the sugar absorption. To further slow the sugar absorption and make the fruits fill you for longer, you can also add grated seeds or nuts or a sauce.

Sauces can be made with a combination of blended fruits, greens, soaked dates, avocado, coconut, nuts and seeds (if your digestion is comfortable with the combination of fruits and nuts).

Sprinkle with raisins or goji berries for variety if you'd like.

See **Power Breakfast Ideas** at <http://www.PowerBreakfastIdeas.com> for recipes.

- **Essential Fatty Acid Rich Foods:** Each day, be sure to choose at least one of the essential acid rich foods: flax seeds, pumpkin seeds, hemp seeds, and/or chia seeds. Other good sources are purslane (½ cup) and brown varieties of blue green algae (1-2 tablespoons).



- **Probiotic and Prebiotic Containing Foods:** Daily servings of any of the following are important for maintaining proper ecology of the intestinal track.
 - Fresh raw cultured vegetables or sauerkraut – 1/2 cup
 - Miso – 1 tablespoon – added to soups (at the end, do not cook) or to salad dressings
 - Homemade seed yogurt
 - Coconut kefir
 - Rejuvelac – fermented beverage made from sprouted grain
 - Jerusalem artichokes and chicory grated into salads (this is a prebiotic and helps feed your hungry good gut flora)

On days when it's not feasible to eat probiotic foods, capsules or powdered probiotics from a reputable source can be used instead. These must be kept refrigerated. A minimum of 7 billion organisms per day is recommended for maintenance. Up to 30 billion organisms a day, or even more, may be necessary, as indicated by health history and medications.

Optional Extras

If you're underweight or very active and need additional calories, or still hungry after you've consumed all the foods listed above, choose from the list below.

- **Fat Rich Foods:** The amount of these foods needed will vary depending on your weight, activity level, and health status. These include raw nuts and seeds, avocado, coconut and olives. Whole foods are preferred over oils, but small amounts of olive and coconut oil are fine, unless excess weight is an issue or you are at high risk for cardiovascular disease. These foods can be added to salads, soups, smoothies or dehydrated crackers. With the exception of olive and coconut oils, these foods should always be eaten in their raw, unheated state.

Recommended daily quantity: 1-4 tablespoons of nuts or seeds, or 1/2 to 1 avocado.

- **Root Vegetables, Squashes, and Tubers:** These include sweet potatoes, winter squash, white and yellow potatoes, rutabagas and turnips. They are filling and provide extra calories for those who are underweight or very active. They can be eaten when you've eaten all the foods recommended in the previous section and you're still hungry.
- **Legumes:** Consume legumes sprouted raw or sprouted then cooked in water with vegetables added. The best choices include lentils, peas, garbanzos, mung and adzuki beans. Avoid peanuts and minimize processed soy products. Legumes are optional, but they are nice additions a few times a week if you feel the need for denser foods but don't want to eat a lot of fat.

Recommended quantity: a cup or two a few times a week.

- **Gluten-Free Grains:** These are good choices for underweight people and those with high caloric needs who don't do well with larger quantities of fat or fruit for calories. These can be eaten sprouted (preferred) or cooked in water. Best choices are quinoa, millet, buckwheat, amaranth and teff. For optimal health, avoid grains containing gluten such as wheat, barley, rye, spelt and kamut.

Recommended quantity: a cup or two a few times a week.

Daily Diet Checklist

☒	Food	Quantity
	Water	Drink 1/2 your body weight in fluid ounces or more, depending on your activity level, degree of toxicity, and amount of high water content foods you consume.
	Green Smoothie	Drink at least 1 quart a day, preferably 64 ounces.
	Dark Green Leafy Vegetables	Ideally, eat 2 pounds a day. At the minimum, eat 3-4 cups per day. At least half should be uncooked for maximum benefit.
	Cruciferous Vegetables	Ideal: 3-4 cups daily. Minimum: 1-2 cups
	Sea Vegetables	1-2 teaspoons per day or 1-2 ounces a week
	Rainbow Vegetable Salad	1 large bowl of brightly colored mixed greens, oranges, reds, yellows. Use lots of green leafy vegetables like romaine, salad mix, other lettuces or spinach, along with sprouts - whatever is in season. Top with colorful vegetables, which can be lightly steamed or raw.
	Beta Carotene and Vitamin C Rich Vegetables	Carrots, red, orange and yellow bell peppers, squashes and tomatoes: 1-2 cups
	Sulfur-Rich Foods	Garlic, onions and daikon radish: 1-2 servings
	Sprouts	Sunflower greens, alfalfa, broccoli, fenugreek, clover and mung bean sprouts: 1 cup per day
	Anti-inflammatory & Immune Boosts	Ginger, turmeric, basil, oregano, thyme, rosemary, cilantro: a handful a day or more

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	Blood Sugar Regulators	Cinnamon, cardamom and nutmeg: 1/4 – 1 teaspoon
	Fresh Fruit	Large bowl of rainbow colored fruits or several whole fruits. Eat with greens to balance blood sugar.
	Essential Fatty Acid Rich Foods	Flax, hemp, chia or pumpkin seeds or walnuts: 3-6 tablespoons Blue Green Algae: 1-2 tablespoons Purslane: 1-2 cups
	Probiotic and Prebiotic Containing Foods	Sauerkraut, kim chee: 1/2 cup Miso: 2-3 tablespoons Seed yogurt, coconut kefir or rejuvalec: 1-2 cups Supplement with a minimum of 7 billion organisms per day. Prebiotic foods like Jerusalem artichoke and chicory can be helpful too.
Optional Extras to Meet Additional Calorie Needs		
	Healthy Fat Rich Foods	Raw nuts and seeds, avocado, coconut and olives: 1-4 tablespoons
	Root Vegetables, Squashes, and Tubers	Finely grated in salads or steamed - sweet potatoes, winter squash, pumpkin, rutabaga, turnips.
	Legumes	Sprouted raw or sprouted and cooked in water with vegetables added: 1-2 cups Lentils, mung beans, adzuki beans are most digestible and alkaline.
	Gluten-Free Grains	Sprouted or cooked - quinoa, millet, buckwheat, amaranth and teff: 1-2 cups

Daily Activities Checklist

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	Appreciation: Find 3 things to appreciate before you get out of bed.
	Set Your intentions for the Day: Ask yourself these questions before you get up: How do I intend to show up in the world today? What do I intend to accomplish? What will I do today to uplift others?
	Go Outside for 5 minutes: Look in the direction of the sun, even if it's not quite light yet. This helps reset the circadian rhythm and is helpful for balancing your adrenals.
	Cleansing Drink: Start your day with a light cleansing drink to get your digestive tract working. 8-16 ounces of warm or room temperature water, ideally with a squeeze or more of lemon juice.
	Green Smoothie: Drink 32 ounces or more each day.
	Sunshine: Get 20 minutes per day or more, as weather allows, exposing as much of your body as weather and decency permits!
	Fresh Air: Go outside for at least 10 minutes a day whenever possible.
	Fresh Air in Your Home: Open your windows for at least 10 minutes a day. This allows the out-gassing from man-made materials and electronics to escape and decreases the risks of toxicity build-up.
	Fun: Schedule at least 5 minutes a day for a fun activity.
	Relaxation Breaks: Schedule at least 5 minutes every few hours to just step away from what you are doing and focus on your breathing and visualize you in your ideal body and environment. Deep abdominal breathing is important for optimal detoxification and hormone balance.
	Enjoyable Movement (Exercise): Make time each day for either a formal exercise program (i.e running, walking, weights, yoga) or informal – put on some music and dance, play tag with your kids, or anything else you find enjoyable that moves your body.
	Omega 3 Fats: Include servings each day of chia seeds, hemp seeds, flax seeds, pumpkin seeds, walnuts, blue green algae, and/or wild greens.

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	Herbs, Super-foods and Supplements: Use as determined for your unique needs.
	Digestion Support: Do some deep abdominal breathing before beginning meals, chew thoroughly, eat slowly, use probiotic foods or supplements and add digestive enzymes to hard to digest meals.
	Balance Nutrient Intake: Refer to “ <i>Daily Diet Checklist</i> ” for suggestions of what to include to cover your bases for nutrient needs.
	Clear Your Mind for Sleep: If you have a lot to do the next day and tend to stay awake thinking about it, keep a pad by the side of your bed and jot down a list of the things on your mind. This will allow you to let go and go to sleep more easily.
	Appreciation: End your day with appreciation - review your day and find at least 3 things that you can appreciate. Even the most challenging days have them. Looking for them shifts you into positive energy that leads to restorative and regenerative sleep.