

SAMPLE FOOD DAY

- BEST
- BETTER
- GOOD
- FAIR
- POOR

SUPERFOODS



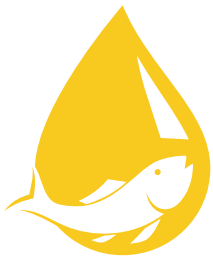
WHEATGRASS

2-5 ice cubes per day in winter



SPIRULINA/CHLORELLA

2-5 ice cubes per day in winter



COD LIVER OIL

2-5 ice cubes per day in winter

DARK GREEN [SAMPLE DAY]

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

- 6:00 AM Wake up, stretch, water, eliminate
- 6:15 AM Wheatgrass ice cubes (2-4 ice cubes)
- 6:30 AM MOVE (Exercise)
- 8:00 AM 1-2 tbsp. Cod liver oil with glass of lemon water
- 8:30 AM Breakfast- Oatmeal on the Go (add 1/2 cup raw oats, 1/2 cup almond milk, 1 tsp. cinnamon, 2 tbsp. raisins, 2 tbsp. almonds/walnuts to a plastic container and put in the refrigerator overnight).
- 11:30 AM Snack - Banana, raw macadamia nuts, and spirulina/chlorella (10 tablets)
- 1:00 PM Lunch - Large salad with veggies, hemp seeds and homemade vinaigrette, 10 minutes of sunlight
- 4:00 PM Snack - Smoothie (add frozen fruit, spinach, carrot juice, coconut water, cacao nibs, and chia seeds to a blender & mix), and spirulina/chlorella (10 tablets)
- 5:00 PM MOVE (Exercise) - if no morning workout
- 6:00 PM 1 glass of mineral water with lime while preparing dinner
- 7:00 PM Dinner - Grilled chicken/salmon, baked broccoli, baked red skin potato or sweet potato
- 10:00 PM - 6:00AM 7-8 hours planned sleep

Majority of food choices from dark green center of Food Target

LIGHT GREEN [SAMPLE DAY]

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

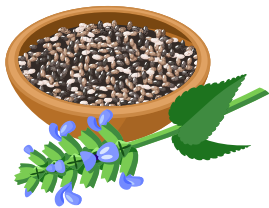
- 6:00 AM Wake up, stretch, water, eliminate
- 6:15 AM Wheatgrass ice cubes (2-4 ice cubes)
- 6:30 AM MOVE (Exercise)
- 8:00 AM 1-2 tbsp. Cod liver oil with glass of lemon water
- 8:30 AM Breakfast- Free-range scrambled eggs with baby kale, organic goat cheese, and mushrooms
- 11:30 AM Snack - Orange/apple, and spirulina/chlorella (10 tablets)
- 1:00 PM Lunch - Almond butter and banana on sprouted grain bread, carrot sticks
- 4:00 PM Snack - 2 tbsp. ground flaxseeds with 1/4 cup of 100% Pomegranate juice, let sit 10 minutes before eating with a spoon, and spirulina/chlorella (10 tablets)
- 5:00 PM MOVE (Exercise) - if no morning workout
- 6:00 PM 1 glass of mineral water with lemon while preparing dinner
- 7:00 PM Dinner- Baked wild-caught salmon, quinoa, and steamed brussels sprouts
- 10:00 PM - 6:00AM 7-8 hours planned sleep

Majority of food choices from dark green center of Food Target

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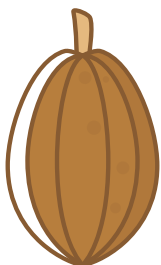
SUPERFOODS



FLAX/CHIA SEEDS
1-2 TBS/day (add to cereal, smoothie)



ORGANIC COCONUT OIL
1TBS/day (Use as a spread or cooking oil)



CACAO NIBS
Add to smoothies, oatmeal or trail mix

YELLOW [SAMPLE DAY]

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

- 6:00 AM Wake up
- 6:30 AM MOVE (Exercise)
- 8:00 AM 1-2 tbsp. cod liver oil with glass of water
- 8:30 AM Breakfast - Organic Greek yogurt with granola and fresh berries
- 11:30 AM Snack - Trail mix (nuts and dried fruit)
- 1:00 PM Lunch - Tuna salad/chicken salad/egg salad on whole grain bread, hummus and vegetables
- 4:00 PM Snack - Sliced apple lightly drizzled with raw honey and cinnamon, and spirulina/chlorella (10 tablets)
- 7:00 PM Dinner- Turkey burgers with organic cheese and avocado on whole grain bun, with side salad
- 11:00 PM - 6:00AM 6-7 hours planned sleep

Majority of food choices from yellow of Food Target

ORANGE [SAMPLE DAY]

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

- 8:30 AM Breakfast: Maple & brown sugar instant oatmeal
- 11:30 AM Snack - Pretzels
- 1:00 PM Lunch - Grilled cheese and tomato soup
- 4:00 PM Snack - Corn chips and salsa
- 7:00 PM Dinner - Lasagna and garlic bread
- 12:00 PM - 6:00AM 5-6 hours of sleep

Majority of food choices from orange of Food Target

RED [SAMPLE DAY]

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

- 6:00 AM Wake up
- 7:00 AM No breakfast
- 11:30 AM Donut
- 1:00 PM Peanut butter and jelly sandwich on white bread, potato chips
- 4:00 PM Snack - Candy bar
- 5:00 PM MOVE (Exercise) - if no morning workout
- 7:00 PM Fast food meal, soda pop
- 8:00 PM Microwave popcorn
- 1:00 AM - 6:00AM 4-5 hours planned sleep

Majority of food choices from red of Food Target