



### **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.
- Eat lean protein with your meals.
- Eat healthy fats.
- 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.
- Avoid fermentation to eliminate Candida: wine, beer, champagne, black tea, vinegar, yeast.



# Personalized Meal Plan

Patient Name

Accession Number

| Day              | Breakfast   | Snack                     | Lunch  | Snack                   | Dinner   |
|------------------|---|---------------------------|--|-------------------------|--|
| <b>Sunday</b>    | Avocado; Gluten Free Whole Grain Toast                          | Pomegranate               | Lettuce Wrap; Turkey; Cucumbers; Onions; Tomato Chunks; Hummus                 | Cashews                 | Cod; Mashed sweet potato; Tomato & cucumber salad; Zucchini  |
| <b>Monday</b>    | 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                   |
| <b>Tuesday</b>   | 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                                 |
| <b>Wednesday</b> | 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            |
| <b>Thursday</b>  | 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 |
| <b>Friday</b>    | 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          |
| <b>Saturday</b>  | 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 regimen.