



BEFORE YOU BEGIN

REMEMBER TO:

Eat fresh, non-GMO/organic foods, real foods, mostly plants

Eat raw vegetables at every meal and make them part of every snack

Make the majority of each meal (60-90%) non-starch vegetables

Take your supplements with breakfast, lunch and dinner (or as I have indicated on your supplement sheet in your P2P portal)

READ ALL INGREDIENT LABELS CAREFULLY

If you don't recognize it and can't pronounce it, maybe it's not food? Check first –

If it is organic, it is also non-GMO... perfect!

If you can't get organic, at least ALWAYS get non-GMO corn and soy

Gluten-free foods may contain dairy, eggs or chemical additive non-foods

Multi-grain generally includes gluten grains

Avoid Casein and Whey, both are milk proteins

Focus on the safest foods and seafood that your budget will allow

For additional resources, please check out:

Dr. Sachs' Resources Page on tsachsmid.com

[The Environmental Working Group \(EWG\)](#)

[The Environmental Working Group Dirty Dozen Pesticides](#)

[The Environmental Working Group Dirty Dozen Fruits & Vegetables](#)

Be sure to check out our website at **tsachsmid.com** for more tools and information on food, cooking tips, recipes and Foods That Heal.