



# 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](https://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](https://tsachsmid.com) for more tools and information on food, cooking tips, recipes and Foods That Heal.