



# WHAT TO EAT EVERY DAY

In order of most importance:

- Every colorful raw non-starchy vegetable - for lunch, dinner and snacks
- Sprouts (all kinds) in salads and shakes
- Organic leafy greens, salad greens, baby greens. At least twice a day
- Cooked vegetables
- Organic berries, melon, pears, apples, kiwi and other lower glycemic index fruit, Max 2 cups/day
- Non-Gluten grains: Any unrefined rice, millet, quinoa, corn (non-GMO or organic only), steel cut oatmeal
- Lentils and chick peas, peas, mung beans, adzuki beans. Organic minimally processed soy
- Nuts: organic, raw, soaked, nut butters and nut milks: all kinds. Rotate every 3 days
- Seeds: organic, raw, soaked or sprouted: chia, hemp, flax, sesame, pumpkin, sunflower
- Other healthy fats: all olives, avocado, nut oils and olive oil, coconut oil and coconut milk
- Wild salmon, organic chicken or turkey, grass fed organic lamb or beef in small amounts: 1 small/serving a day max or better 1-2/week, or none for this 30 days
- For the 30 days, have a plant based dairy free protein smoothie every mornings with 1/2 cup frozen berries, (total fruit 1 cup max) and organic spinach and/or other greens, See *Recipes*.
- Drink filtered water, spring water, herbal and non-caffeine teas (hot and cold). You can add lemon or lime or ginger or mint leaves; a small splash of fresh pomegranate or black cherry or other organic juice to filtered water or sparkling spring water or use the *Emergence* electrolyte sports powder in water when you sauna or do athletics.
- If you need sweet, stick with stevia-fresh liquid (not reconstituted) or xylitol, or a little raw honey, maple syrup crystals, or dates
- You MAY have non-GMO soy and corn if they agree with you. If unsure or have severe GI symptoms, avoid these also for 30 days