

Healthy Living at a Glance

STEP 1

Eliminate common allergens and non-healthy ingredients.

- Wheat/gluten
- Dairy
- Refined sugar
- Alcohol
- Soy
- Corn

FILLING YOUR PLATE

Veggies: 1/2 of your plate with greens like kale, chard, mustard greens, spinach, broccoli, asparagus

Lean Protein: 1/4 of your plate with legumes, lentils and if you eat meat, wild fish, chicken or turkey

Complex Carbs: 1/8 of your plate with brown rice, quinoa, beets, sweet potatoes, carrots or millet

Good Fats: 1/8 of your plate with seeds, nuts, nut butters, nut oils, olive oil, avocado, flax, grape seed oil, coconut oil

NOTE: Use Digestion Plus (probiotics, prebiotics and enzymes) and Daily Power Packs for optimal health and wellness, and use 7-Day Body Cleanse to help support the elimination of toxins and support the liver.

STEP 2

Eat regular, healthy meals throughout the day.

1. Morning: healthy meal/shake
2. Lunch: healthy meal
3. Dinner: healthy meal/shake

NOTE: It's best to eat all meals before 7 p.m.

STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats



WHEAT / GLUTEN

Remove:

- Pasta
- White rice
- Bread
- Cereal

Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta
- Spaghetti squash

DAIRY

Remove:

- Milk
- Cheese
- Yogurt
- Butter

Replace with:

- Almond milk
- Rice milk
- Coconut milk
- Nutritional yeast

PROCESSED FOOD

Remove:

- Boxed and packaged food
- Pre-manufactured food
- Fast food
- Frozen dinners

Replace with:

- Locally grown, seasonally available fruits and veggies
- If you eat meat: Free-range, grass-fed, hormone-free meats