



BALANCED NUTRITION MEAL PLAN

BREAKFAST

- 2 scoops Daily Nutritional Support powder
- 1-2 cup of berries (frozen)
- 1+ cup of greens (spinach, etc. or 1 tbsp Daily Fruit & Vegetable blend)
- 1 tbsp of healthy fat (coconut cream, chia seeds, flax, etc.)
- 16-20oz of spring water (May use 6 oz unsweetened nut milk (carrageenan, xanthan gum-free))
- Blend and drink over 60-minutes (can wait to drink until warm if needed for digestion)

LUNCH

- 2+ cups of vegetables (raw or cooked)
- 1 cup of root vegetables (sweet potato, yams, plantains, beets...)
- 1/2-1 cup of protein (vegan or paleo)
- 2 tbsp of healthy fat (olive oil or avocado)
- Add lemon juice & spices as desired (oregano, cayenne, parsley, rosemary, etc.)

DINNER

- 2+ cups of vegetables (raw or cooked)
- 1/2-1 cup of root vegetables (add 1 more cup of vegetables or sprouts or 1/2 avocado if needed)
- 1/2-1 cup of protein (vegan or paleo)
- 1-2 tbsp of healthy fat (olive oil or avocado)
- Add lemon juice & spices as desired (oregano, cayenne, parsley, rosemary, etc.)



All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

