

FOOD/DRINK	
6:30 A.M.	Water with lemon
7:00 A.M.	Breakfast smoothie: Blend together ¼ of a medium pineapple, a handful of blueberries, a splash of pineapple juice, a splash of soy milk, and 2 tablespoons soy protein powder
10:00 A.M.	2 rice cakes with peanut butter
12:00	Soba noodles with tofu, broccoli, carrots, and garlic
2:30 P.M.	1 cup of lentil soup
6:30 P.M.	Snails, baked salmon, steamed kale, and spinach; herbal tea
EXERCISE	
Tai chi:	45 minutes
Brisk Walking	20-30 minutes
Supplements	Chondroitin sulfate: 2 capsules with meals Dandelion (Taraxacum officinale): 1 (250-milligram) capsule, twice daily Type A-friendly probiotic
Reflections (example)	“Had a tough day at work – very stressful – but tai chi and a walk with my dog really set the tone for a great evening.”