

**FOOD/DRINK**

<b>6:30 A.M.</b>	Water with lemon
<b>7:00 A.M.</b>	Oat bran cereal with yogurt and sliced kiwi; green tea
<b>10:00 A.M.</b>	Wasa bread with almond butter
<b>12:00</b>	Open-faced spelt sandwich with sliced turkey and arugula; pineapple slices
<b>2:30 P.M.</b>	2 tablespoons goat cheese and grapes
<b>6:30 P.M.</b>	Baked salmon with mixed peppers, shiitake mushrooms, and basmati rice
<b>EXERCISE</b>	
<b>EXERCISE</b>	Add 2 miles extra to daily walks
<b>SUPPLEMENTS</b>	<u>Bromelain digestive enzymes</u> : 1 with meals <u>Milk thistle</u> : 1 capsule, twice daily <u>Type AB-friendly probiotic</u> <u>Larch arabinogalactan</u> : 1 teaspoon twice daily
<b>REFLECTIONS (example)</b>	"It was a good day - had fun on my extra-long walk around the lake. Time for some new walking shoes."