

**FOOD/DRINK**

<b>6:30 A.M.</b>	Water with lemon
<b>7:00 A.M.</b>	Oatmeal with milk and banana; green tea
<b>10:00 A.M.</b>	Wasa bread with almond butter
<b>12:00</b>	1 cup of navy bean soup; egg salad on a bed of greens
<b>2:30 P.M.</b>	Almonds, walnuts, and 1 plum; herbal tea
<b>6:30 P.M.</b>	Grilled lamb chops with broccoli, rice; licorice tea

**EXERCISE**

<b>TAI CHI</b>	45 minutes
<b>SUPPLEMENTS</b>	<p><u>Bromelain digestive enzymes</u>  Membrosia Cocktail: Mix 1tbsp of flaxseed oil, 1 tbsp of high-quality <u>lecithin granules</u>, and 6 to 8 ounces of fruit juice. Shake and drink.</p> <p><u>Type B-friendly probiotic</u>  Modified citrus pectin: 1 capsule, with meals</p>
<b>REFLECTIONS (example)</b>	<p>“Walked to tai chi today to up that exercise! Had a craving for chocolate cake today. Got through it, and luckily the lamb chops we had for dinner really hit the spot.”</p>