

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 almond milk, and 2 tablespoons of protein powder
10:00 A.M.	Walnuts, pumpkin seeds, and green tea
12:00	Salmon salad with fresh greens and seaweed, with olive oil and lemon dressing
2:30 P.M.	Plums or dried figs or 1 slice Essene toast with prune butter
6:30 P.M.	Beef and veggie stir-fry, with peppers, onions, broccoli, and leeks; herbal tea
EXERCISE	
Aerobic Activity	45 Minutes
Supplements	Bladder wrack: 1 (100-milligram) capsule with meals N-acetyl glucosamine (NAG): 1 capsule with meals Standardized Chinese garlic extract: 1 (400 milligram) capsule, twice daily Type O friendly probiotic
Reflections (example)	"Felt really clear and strong today!" Stir-fry I made for the kids was a huge hit – and I loved it too!"