

IDEAL DAY

A typical day in the life of you should look like ...

- Drink half your weight in water (if you weigh 180lbs, drink 90 oz)
- Take 5 deep breaths prior to meals, this relaxes the nervous system to enhance absorption
- All herbs and spices are okay (garlic, cayenne pepper and hot sauce may cause issues for some)
- Ask yourself if you want hot or cold food and sweet or savory prior to meal planning.

WAKE UP

Within 15 Minutes of Waking
Drink room temperature water with half of an organic lemon.

BREAKFAST

30 Minutes After Waking

- morning supplements
- **VEGAN/VEG PROTEIN** meal OR
- **STARCH** meal

SNACK

2 Hours After Breakfast

- Apple with almond butter

LUNCH

4 Hours After Breakfast

- 2 digestive enzymes
- **STARCH** meal OR
- **VEG PROTEIN** meal

SNACK

2 Hours After Lunch

- Leftover shake or protein powder shake

HYDRATE

1 Hour After Snack

- vegetable juice
- lemon water or herbal tea

DINNER

3 Hours After Snack

- evening supplements
- **PROTEIN** meal

BEDTIME

3 Hours After Dinner

- Get a good nights sleep