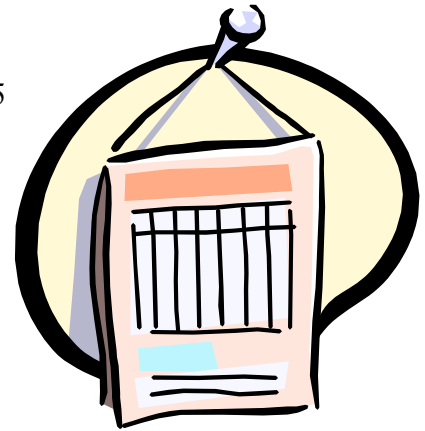


Meal Plans and General Principles of Eating, Drinking & Schedules

Work towards having two meals a day, three if very active, at least 5 hours apart.

Do not drink liquid with meals. Instead, drink (pure clean water preferably) an 12 oz glass of water approx 30 minutes before the meal. Wait at least 2 hours after eating to resume drinking water again (and do drink water, at least 6 twelve ounce glasses of water each day).



Recommended schedule guidelines of drinking water would be:

Two 12 oz glasses of water upon rising in the morning (with the juice of a fresh squeezed lemon is very beneficial) at least 30 minutes before breakfast.

Two 12 oz glasses of water before lunch/dinner or 2nd meal of the day.

Two 12 oz glasses of water in the early evening

Golden rule: *never* snack in between meal times, not one little morsel of any food at all. If you must taste test when preparing a meal, put it in your mouth and taste it, but do not swallow it, SPIT IT OUT. The stomach is an organ that requires rest. See or read the data of our health presentation on diabetes and/or ideal weight regarding the stomach and it's digestion process.

Generally breakfasts should be the largest and heartiest meal of the day.

Lunch should be not quite as large as breakfast, but not a small snack either.

If a third meal is required, eat very light. Fresh fruit is best. (Toast, popcorn or some grain product is also acceptable, but keep it simple and small/light.

Eating is very personal and should be tailored to the individual's likes and dislikes, but always bear in mind, acquiring a liking to something new or different can sometimes take time and determination. Making changes is a matter of the will; making a decision for change(s) that is based on good principals and not simply "because it tastes good".

Generally, the more FRESH fruits and vegetables you eat, the better your health will be. Mixing fruit and vegetables causes indigestion.

Upon rising (waking) we drink water: at least two 12 oz glasses of water, often with the juice of a fresh squeezed lemon in it. (We usually sleep from 9:30pm to 5:30am approximately)

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Eating: Keep it simple

BREAKFAST: First Meal Of The Day:

According to our lifestyle and work, we have our breakfast at 8:30am. Everyone needs to work their schedules out as best they can, trying to balance work and family obligations with the principals of good health practices.

Our breakfasts almost always consist of approximately 2 to 3 cups of fresh fruit, some nuts and/or seeds and sometimes, but not always a food consisting of grain(s). Examples are: fresh fruit as it comes (apples, pears, bananas, papaya, oranges, kiwifruit, blueberries, raspberries, strawberries, pineapple, peaches, plums, cherries, mangos, mandarins, grapefruit, etc) depending on availability. We aim to eat organic, but sometimes it is not available or much too expensive. We always wash our fruit as well as possible to remove pesticides, waxes, herbicides and of course dirt and bugs. We eat our nuts and seeds either as nut butters on toast or waffles or spread on bananas, or we eat our nuts and seeds in a dressing, poured over fruit salad. (See recipe Basic Salad Dressing on our website for how to make a fruit salad dressing) Nuts should be limited to 1/6 to 1/10 of your total daily intake of food. This is a general principal, not a rigid absolute rule. Grains can be either a whole grain bread, whole grain waffles, whole grain cooked cereal, granola, cold cereal, muffins, etc). Again, depending on your health goals and activity level, the serving size of grains should be taken accordingly. The majority (70% or higher) of the meal being fresh/raw fruit and the rest of nuts, seeds, beans and/or grains. For milk on cereal, it is best for health to use soymilk, ricemilk, nut/seed milk, banana milk or date milk. Again see recipes for ideas.

LUNCH/DINNER: Second Meal Of The Day

We usually have our lunch/dinner around 2:30pm. For this meal, again we aim to eat the majority of the meal as fresh (uncooked) vegetables or fruits. Tomatoes, cucumbers, bell peppers, zucchini, avocados, eggplant, squash, etc are fruit. Vegetables are leaf, stem or root, whereas fruit is the edible part of the plant that contains the seeds. Generally speaking, it is not good for digestion to eat fruits and vegetables together because they digest differently, when you do eat them together many suffer gas and indigestion.

The second meal of the day is not as large as the first meal, but again we eat usually 2-3 cups of vegetables or fruits and often some kind of legume (bean) or grain (like bread or rice cake crackers, etc). The dressings or sauces we often use with our vegetable or fruit salads are often made with nuts and seeds or beans. (See basic salad dressing recipe)