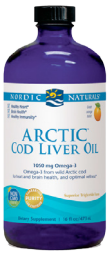
- BEST
- BETTER
- GOOD
- FAIR
- POOR

SUPERFOODS

Wheatgrass
2 - 5 ice cubes per day in water

Spirulina/Chlorella
10 - 20 tablets per day - swallow, do not chew!



Cod Liver Oil
1 - 2 TBS/day

DARK GREEN SAMPLE DAY

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

6:00 am Wake up, stretch, water, eliminate
6:15 am Wheatgrass ice cubes (2-4 ice cubes)
6:30 am MOVE (Exercise)
8:00 am 1-2 tbsp. Cod liver oil with glass of lemon water
8:30 am Breakfast-Oatmeal on the Go (add ½ cup raw oats, ½ cup almond milk, 1 tsp. cinnamon, 2 tbsp. raisins, 2 tbsp. almonds/walnuts to a plastic container and put in refrigerator overnight).
11:30 am Snack-Banana, raw macadamia nuts, and spirulina/chlorella (10 tablets)
1:00 pm Lunch-Large salad with veggies, hemp seeds and homemade vinaigrette, 10 minutes of sunlight
4:00 pm Snack- Smoothie (add frozen fruit, spinach, carrot juice, coconut water, cacao nibs, and chia seeds to a blender & mix), and spirulina/chlorella (10 tablets)
5:00 pm MOVE (Exercise) – if no morning workout
6:00 pm 1 glass of mineral water with lime while preparing dinner
7:00 pm Dinner- Grilled chicken/salmon, baked broccoli, baked red skin potato or sweet potato
10:00pm- 6:00am: 7-8 hours planned sleep
*Majority of food choices from dark green center of Food Target

LIGHT GREEN SAMPLE DAY

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

6:00 am Wake up, stretch, water, eliminate
6:15 am Wheatgrass ice cubes (2-4 ice cubes)
6:30 am MOVE (Exercise)
8:00 am 1-2 tbsp. Cod liver oil with glass of lemon water
8:30 am Breakfast- Free- range scrambled eggs with baby kale, organic goat cheese, and mushrooms
11:30 am Snack- Orange/apple, and spirulina/chlorella (10 tablets)
1:00 pm Lunch-Almond butter and banana on sprouted grain bread, carrot sticks
4:00 pm Snack: 2 tbsp. ground flaxseeds with ¼ cup of 100% Pomegranate juice, let sit 10 minutes before eating with a spoon, and spirulina/chlorella (10 tablets)
5:00 pm MOVE (Exercise) – if no morning workout
6:00 pm 1 glass of mineral water with lemon while preparing dinner
7:00 pm Dinner- Baked wild-caught salmon, quinoa, and steamed Brussels sprouts
10:00pm- 6:00am: 7-8 hours planned sleep
*Majority of food choices from light green center of Food Target

- BEST
- BETTER
- GOOD
- FAIR
- POOR

SUPERFOODS

Flax or Chia Seeds

1 - 2 TBS/day - add to cereal, smoothie or juice

Organic Coconut Oil

1 TBS/day - Use as a spread, cooking oil, or sub for butter

Cacao Nibs

Add to smoothies, oatmeal, or trail mix

YELLOW SAMPLE DAY

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

6:00 am Wake up
6:30 am MOVE (Exercise)
8:00 am 1-2 tbsp. cod liver oil with glass of water
8:30 am Breakfast- Organic Greek yogurt with granola and fresh berries
11:30 am Trail mix (nuts and dried fruit)
1:00 pm Lunch- Tuna salad/chicken salad/egg salad on whole grain bread, hummus and vegetables
4:00 pm Sliced apple lightly drizzled with raw honey and cinnamon, and spirulina/chlorella (10 tablets)
7:00 pm Dinner- Turkey burgers with organic cheese and avocado on whole grain bun, with side salad
11:00pm- 6:00am: 6-7 hours planned sleep
*Majority of food choices from yellow section of Food Target

ORANGE SAMPLE DAY

8:30 am Breakfast: Maple & brown sugar instant oatmeal
11:30 am Pretzels
1:00 pm Lunch- Grilled cheese and tomato soup
4:00 pm Corn chips and salsa
7:00 pm Lasagna and garlic bread
12:00am- 6:00am: 5-6 hours of sleep
*Majority of food choices from orange section of Food Target

RED SAMPLE DAY

Drink 1/2 body weight in ounces of water/day (Ex: 150 lbs = 75 ounces of water)

6:00 am Wake up
7:00 am No breakfast
11:30 am Donut
1:00 pm Peanut butter and jelly sandwich on white bread, potato chips
4:00 pm Candy bar
5:00 pm MOVE (Exercise) – if no morning workout
7:00 pm Fast food meal, soda pop
8:00 pm Microwave popcorn
1:00am- 6:00am: 4-5 hours of sleep
*Majority of food choices from red section of Food Target