

# The 'Big Rocks' of Healing Nutrition

- Lots of vegetables – organic where possible.
- Lose the coffee, it increases cortisol and will encourage belly fat.
- Cut the sugar where you can – it's inflaming your body, inflammation will reduce the potential for both healing and fat loss – alcohol counts as sugar....consume wisely.
- Protein at every meal – it's vital for tissue recovery.
- Protein breakfast – will stop you getting on the sugar rollercoaster.
- Soothe your adrenals – get some Tulsi Tea.
- Keep hydrated, healing is retarded by dehydration.
- Breathe well – all cellular activity requires oxygen.
- Add more vegetables instead of starch bread and staples.
- Juice but ensure mostly vegetables not lots of fruits.
- Protein/berry smoothies are an excellent way to have a protein breakfast FAST!
- Avoid hormone disruptors in plastics....get BPA free boxes to transport our food.
- Choose anti-oxidant rich berries as your 'fruit of choice'.
- ONLY EAT BEAUTIFUL FOOD!

# Sample Day's Optimal Nutrition for Healing Nutrition - Breakfasts



# Sample Day's Optimal Nutrition for Healing Nutrition - Lunch



# Sample Day's Optimal Nutrition for Healing Nutrition - Evening

