

BEACHES NATUROPATHIC DAILY FOOD CHOICES

OPTIMAL BREAKFAST CHOICES

1. Provitalex (microfiltered Whey powder) 1 or ½ scoop with filtered pure alkaline water *or* with 50% pure water & 50% plain coconut water *or* 1 c. unsweetened almond milk *or* with “Greens 1st” ½ scoop and 1c. pure water berries (whisk whey powder into blended fruit at end) **OR**
2. Hearty Oats (not instant) with 1 tbsp. **grounded/sprouted** chia / flaxseeds or ½ c. berries **OR**
3. Sprouted/ Ezekiel or Quinoa bread toasted with pumpkin seed butter (1 tbsp.) **OR**
4. 1 boiled/poached **omega** egg (not completely hard boiled) **OR**
5. Organic/Greek yoghurt & ground flax / chia with berries (1/2 c.) – no dried fruit

OPTIMAL LUNCH CHOICES

1. ¼ Avocado with unlimited vegetables **OR**
2. 1/4c Homemade hummus (chickpeas with 1-2tsp extra virgin olive oil, lots of fresh garlic ,lemon juice, tumeric and cumin) with unlimited vegetables (see list below)
OR
3. 8-10 “ Mary’s “crackers/sticks (found in health section of grocery store) with 1/4c hummus **OR**
4. Legumes (1/2 c.) with leafy greens/*or* in soup

KEY - TRY TO KEEP LUNCH VEGAN (easier on your liver and is more Alkaline & Anti-inflam)

OPTIMAL DINNER CHOICES

1. **Grass fed** lean beef (6 oz.) **OR**
2. Salmon – wild/pacific **OR**
3. Ocean Cod/Halibut or Perch/ white fish not Tilapia **OR**
4. ½ organic Tofu Bar (6 oz.) **or** beans/lentils or other legumes (1/2-3/4 c.) **OR**
5. Turkey/chicken (organic ideal)
All of the above with unlimited vegetables (see list)

OPTIMAL SNACK CHOICES

1. “Mary’s” crackers (if you feel the need to crunch on something) **OR**

2. 8 raw almonds or 6 almonds/2 brazil nuts plus an apple **OR**
3. A healthy protein bar (1 “Elevate Me” or 2 “Square Snacks) or *homemade* protein balls **OR**
4. 1 oz. piece of dark chocolate (85%) with either a nectarine, apple, pear, or 8 cherries (no dried fruit) **OR**
5. Olives (8 black/green) or kale chips **OR**
6. Greek yoghurt (1/2 c.) **OR**
7. ½ c. steel cut or old fashion oats adding boiling water and berries with “Stevia” or “xylitol” (optional)

OPTIMAL BEVERAGES

1. Green tea/rooibos tea or any herbal **OR**
2. Lemon / ginger tea with *Stevia/xylitol* (optional) **OR**
3. Filtered pure alkaline water **OR**
4. Coconut water **OR**
5. Lemonade (lemon juice & pure filtered water & *Stevia/xylitol* – optional)
6. Greens 1st or any Greens is ideal

NOTE: Xylitol (a natural sweetener derived from 100% North American hardwood) can Also be used in baking, cooking or added to any beverage.

UNLIMITED VEGETABLES :

Artichokes, Asparagus, Bamboo shoots, Bean sprouts, Peppers, Broccoli, Broccoflower, Brussel sprouts, Cabbage (all types), Cauliflower, Celery, Chives, Onions, Leeks, Garlic, Cucumber/Dill Pickles, Eggplant, Green Beans, Greens: Bok Choy, Escarole, Swiss Chard, Kale, Collard Greens, Spinach, Arugula, Radicchio, Watercress, Chicory, Yellow/Summer/Spaghetti Squash, Mushrooms, Okra, Radishes, Salsa (sugar free), Sea vegetables (Kelp), Snow Peas, Sprouts, Tomatoes and Juice, Water Chestnuts (5 whole), Zucchini

LIMITED VEGETABLES - SERVING SIZE ½ c.

(once/day either lunch or dinner)

Beets, Winter Squash (acorn or butternut), carrots ½ c. cooked or 2 med. raw, Or 12 baby carrots, sweet potatoes / yams ½ med. baked.

This is a general guideline for good health and metabolism. Avoid known food sensitivities. Use this as a guideline and later give your naturopathic doctor a copy of *your* daily choices and quantities for one week. Further suggestions will be made to maintain or further promote good health.

