



- 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 1/2 cup raw oats, 1/2 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 1/4 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