

Meal Plans and General Principles of Eating, Drinking & Schedules

Work towards having two meals a day, three if you are very active, and schedule them at least 5 hours apart.

Do not drink liquids with meals. Instead, drink a glass (12 oz / 1.5 cups/ 355 ml) of pure, clean water, approximately 30 minutes before the meal. Wait at least 2 hours after eating to resume drinking water, and drink at least six twelve-ounce glasses of water (72 oz/9 cups/ 2.15 litre) each day.

Recommended schedule guidelines for drinking water would be:

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

Two 12-oz glasses of water at least 30 minutes before lunch/dinner or the 2nd meal of the day (lunch/dinner).

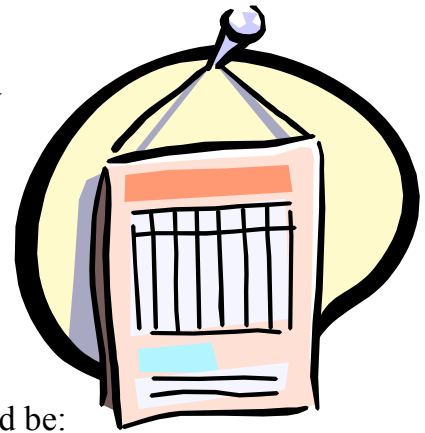
Two 12-oz glasses of water in the early evening

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 more about this in our health presentation on diabetes and/or ideal weight regarding the stomach and its digestion process.

Generally, breakfast should be the largest and heartiest meal of the day. Lunch should not be quite as large as breakfast, but not just a small snack either. If a third meal is required, make it very light, at least 3 hours before bedtime (A good sleeping schedule would be from 9:00 p.m. to 5:00 a.m.). Fresh fruit is best. (Toast, popcorn or some grain product is also acceptable, but keep it simple and small/light.

Eating is a very personal matter and should be tailored to the individual's personal needs, likes and dislikes, but always bear in mind, acquiring a liking for something new or different can sometimes take time and determination. Making positive changes is a matter of the will, good decisions are based on principles which sometimes clash with the seduction of taste.

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



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Eating: Keep it simple

BREAKFAST: First Meal Of The Day:

Based on our lifestyle and work, we have our breakfast at 7:00 a.m. Everyone needs to work their schedules out as best they can, trying to balance work and family obligations with the principles 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, grains. 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 it is 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, spread on bananas, or in a dressing poured over fruit salads (See recipe Basic Salad Dressing on our website for how to make a fruit salad dressing). Nuts should be limited to no more than 1/6th to 1/10th of your diet. This is a general principle, not a rigid absolute rule.

Grains can be eaten as whole grain bread, whole grain waffles, whole grain cooked cereal, granola, cold cereal, or muffins, etc. Again, depending on your health goals and activity level, the serving size of grains should be adjusted accordingly.

The majority (70% or higher) of the meal should be fresh/raw fruit, and the rest of nuts, seeds, beans and/or grains. For milk on cereal, it is best to use soymilk, rice milk, 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 2:30 p.m. 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 fruits. Vegetables are leaves, stems, or roots, whereas fruits are 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 people 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 usually eat 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 use with our vegetable or fruit salads are often made with nuts and seeds or beans. (See basic salad dressing recipe).