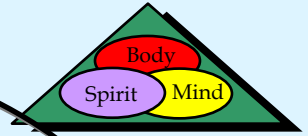


# Super Meal Model



## The 5 “Live” Foods that Heal:



- 1. Vegetables, Some Fruits; Some Herbs & Plant Foods**  
(“Super” foods<sup>1</sup> of all colors, e.g. green, red, orange, purple, yellow, etc. esp. Brussel sprouts, broccoli, spinach, stringbeans, beets, greens, grasses, onions, etc.)
- 2. Lean Protein**  
(e.g. Fish; legumes, nuts & seeds; Omega-3 eggs, organic/lean meat; organic soy)
- 3. Monounsaturated Fats, Omega-3 EFAs**  
(e.g. Extra virgin olive oil, hazelnuts, almonds, Brazil nuts, cashews, avocados, sesame seeds, pumpkin seeds; Omega 3 EFAs: flaxseed oil (ALA), fish oil (EPA, DHA); CLA; Omega 6 EFAs: borage oil, sunflower oil, evening primrose oil)
- 4. Pure Liquids**  
(e.g. Filtered water, pure water from raw juices, vegetables and fruits; herbal tea, green/white tea; organic juices; **no tap water**)
- 5. (Some) Organic Whole Grains**  
(e.g. Oats, barley, quinoa, amaranth, sprouted grains, rice germ/bran, organic brown rice)

## The 5 “Dead” Foods that Kill:



### The 5 “Dead” Foods:

- 1. Refined Sugar** (All foods made with sugar, syrup, fructose, sucralose, sorbitol, aspartame; soda, diet soda; bottled fruit juices, cakes, pies, donuts, etc)
- 2. Refined Flour/Starches** (All refined carbs and foods made with white flour, white bread, pasta, pizza, rice, potatoes, macaroni, baked goods, snacks, processed foods, etc.)
- 3. Trans Fat (Hydrogenated Oil)** (e.g. Margarine, snacks, fried foods)
- 4. Saturated Fat** (e.g. Conventional animal meat/fat, dairy (cow’s milk/cheese))
- 5. Drugs** (incl. alcohol, tobacco, caffeine, over-the-counter, prescription drugs)

## Super Meal Plate

