**Meal 1 (Pre-Workout)**

Before workout:

Glass of warm water + spoon of Lemon Juice + spoon of raw honey + spoon of apple cider vinegar + dash of cinnamon

Half of PROBAR or slice of Ezekiel bread with organic peanut butter and fruit spread.

**WORKOUT**

During workout drink water mixed with Rule One Amino Acids and Vitamin C

**Meal 2 (Post Workout)**

0.5 cup of cooked oatmeal mixed with UMP powder + chopped banana or grapes or strawberries (your pick) + unsweetened apple sauce. Water

Or 0.5 cup of cottage cheese + fruit

**Meal 3 (Lunch)**

Veggie burger or chicken breast or steak fillet with multi veggies salad (fresh, organic, non cooked veggies) + Kombucha

**Meal 4 (Afternoon)**

Soup (chicken noodle, black bean, beet soup)

http://www.wholefoodsmarket.com/recipes/soup

**Meal 5 (Evening)**

Green Juice (make your own) or use Amazing Grass supplement add one droplet of iodine with kelp

Brazilian Nuts, Walnuts, Almonds – ¼ cup

**Before bed**

Glass of water

Mix 5 spoons of raw honey with 1 spoon of Himalayan Pink Salt – take a drop and place under tongue.