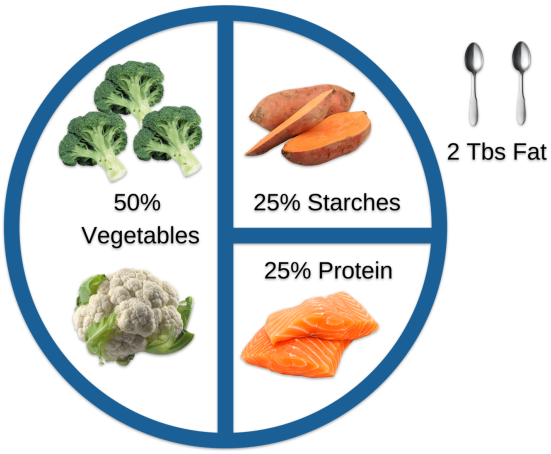
INTEGRATIVE HEALTH PRACTITIONER




# WEIGHT MAINTENANCE DIET

## Breakfast

- **2 scoops Daily Nutritional Support powder**
- **1-2 cup of berries** (frozen)
- **1+ cup of greens** (spinach, etc. or use 1 TBSP Daily Fruit & Vegetable blend)
- **1 TBSP of healthy fat** (coconut cream, chia seeds, flax, etc.)
- **16-20oz of spring water (May use 6 oz unsweetened nut milk** (carrageenan, xanthan gum free)
- **Blend and drink over 60-minutes** (can wait to drink until warm if needed for digestion)

## Lunch

- **2+ cups of vegetables** (raw or cooked)
- **1 cup of root vegetables** (sweet potato, yams, plantains, beets…)
- **1/2-1 cup of protein** (vegan or paleo)
- **2 TBSP of healthy fat** (olive olive or avocado)
- **Add lemon juice & spices as desired** (oregano, cayenne, parsley, rosemary, etc.)

## Dinner

- **2+ cups of vegetables** (raw or cooked)
- **1/2-1 cup of root vegetables** (add 1 more cup of vegetables or use sprouts or 1/2 avocado if needed)
- **1/2-1 cup of protein** (vegan or paleo)
- **1-2 TBSP of healthy fat** (olive olive or avocado)
- **Add lemon juice & spices as desired** (oregano, cayenne, parsley, rosemary, etc.)



* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.