

PROGRAM DEPRESSION

Breakfast

Smoked salmon, rice cakes, green tea

Organic oatmeal, milk, soymilk, or goat's milk, 3 Tbsp. Fresh ground flaxmeal

Hot brown rice cereal w/cinnamon, green tea

Organic cottage cheese with flax oil, organic fruit or raw nuts (almonds, walnuts), green tea.

Organic yogurt (no sugar), 1 Tbsp. flax oil or 3 Tbsp. ground flaxmeal,
½ cup organic berries.

Poached organic omega-3 eggs or three egg omelet, sweet potatoes w/rosemary,
½ cup black beans.

Lunch and Dinner

Season sardines in water (green and white label), green salad.

Flank steak, baked potato, green salad with flax oil dressing.

Broiled red snapper, steamed broccoli, baked yams.

Large mixed green salad w/ oil and lemon juice, small can of tuna, chopped yellow and sweet red pepper.

Broiled red snapper, steamed broccoli, green beans or other vegetable.

Beef, lentil and vegetable soup, (celery, carrots, onion, cabbage).

Chicken salad made with sugar-free mayonnaise, roasted vegetables, spinach salad.

1 cup cottage cheese or yogurt, 1 tablespoon flax oil, 1 tablespoon natural preserves.

4 ounces wood-smoked or broiled salmon, brown rice Vermicelli pasta (Pastariso brand), tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables.

1 chicken breast with rosemary, ½ cup black eyed peas, roasted onions or garlic, spinach salad.

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Broiled chicken breast, grilled vegetables, 1 fruit.

Salmon burger patties made with 6 oz. chopped salmon, onions, dill, an egg, and ¼ cup ground sesame seeds, and sautéed in skillet with 1 Tbsp. butter.

Gourmet salmon salad made with 1 can salmon, 2 tsp. sliced scallions, 1 tsp. sliced radishes, 2 tsp. rice vinegar, 1 tsp. flax oil, 1 tsp. soy sauce, and ¼ tsp. minced ginger root all placed atop a green salad

Snacks

Protein shakes with freshly ground flaxseeds added, handful of raw almonds, hazelnuts, walnuts, brazil nuts, or sesame seeds, an organic apple, pear, or grapes, sugar-free yogurt, rice cakes with nut butter, lean hormone free meat with mustard, hard boiled egg

Avoid

Sugar, Nutrasweet, caffeine, refined or processed foods, allergenic foods, heavy metals, solvents (cleaning materials, formaldehyde, toluene, benzene), pesticides, herbicides, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, alcohol

Suggestions And Goals

Get plenty of outdoor exercise. Food allergies can cause depression and should be checked for through a blood test, and/or an elimination diet. Also check for heavy metals through a hair analysis. Hypothyroidism and hypoglycemia can also be causes and/or aggravating factors. Also check for yeast overgrowth and other digestive problems. Beware of some prescription drugs which may cause depression such as antihistamines, anti-hypertensives, anti-inflammatory agents, birth-control pills, corticosteroids, tranquilizers, and sedatives.