

# **PROGRAM HIV**

## **Breakfast**

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

Hot brown rice cereal w/cinnamon, green tea.

8 oz. Sugar free yogurt with one Tbsp. flaxseed oil, 1 organic hard boiled egg, 1 fruit

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

2-3 poached organic omega-3 eggs or three egg omelet, sweet potatoes w/rosemary,  
1/2 cup black beans.

Protein shake (designer protein) with ground flaxmeal and/or all-1 powder added

## **Lunch and Dinner**

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

Swordfish steak, grilled onions, green salad with flax oil dressing.

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.

Flank steak or any meat, green beans with sliced almonds, green salad with flax dressing.

Broiled mackerel, 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.

## **Snacks**

Fresh coconut, roasted garlic or almond butter on rice cake or celery, 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, 1 whole grain muffin with 1 tsp. No sugar added jam, guacamole and fat-free chips, fresh or dried organic fruit of any kind, 2 oz. Cheese, lean hormone free meat with mustard, hard boiled egg.

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## **Quick-N-Easy**

Chef's Salad

Protein shakes

Chinese Steamed Broccoli and Chicken With Garlic Sauce

## **Anytime**

Garlic, organic produce and hormone free meat and dairy, beans, nuts and seeds, herbal teas: green tea, chamomile tea, lemon balm tea.

## **Beverages**

Green drinks: Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)

Herbal Teas: Chia Tea, Chamomile, Green Tea with Cinnamon Stick

## **Avoid**

**Sugar, alcohol,** processed and refined foods, hydrogenated oils, safflower, sunflower, corn oils, soft drinks

## **Suggestions And Goals**

Drink at least 8 glasses of filtered water per day, engage in activities which will help keep a positive mental attitude such as meditation, deep breathing, visualization, yoga, and prayer, get lots of sleep, and exercise regularly (walking, tai chi, stretching).

Optimal nutrition is an extraordinarily important thing for keeping HIV positive patients well. I have had a very rewarding practice working with AIDS patients, and they like no other patient have a metabolism that demands optimal intake of all nutrients.

Studies show that both forms of carnitine are of benefit for HIV patients. 6 grams per day of carnitine has been shown to deliver benefit to those with AIDS in as little as 14 days. AIDS patients who take the drug AZT (zidovudine) must take carnitine. AZT depletes carnitine, causing a serious shortage in cellular energy. The symptoms of AIDS-- muscle weakness, loss of lean tissue, fatigue, immune deterioration-- mimic the symptoms of carnitine depletion.