

# **PROGRAM IMMUNE ENHANCING**

## **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.

Whey Protein shake with flaxseed oil 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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## **Beverages**

Green drinks: Fresh mixed green vegetable juice (low in carrot and fruit juice), Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)

## **Herbal Teas**

Echinacea, Red Clover, Green tea, Chamomile, Lemon balm

Drink at least 8 glasses of filtered water per day.

## **Avoid**

**Sugar, alcohol**, processed and refined foods, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, stress, jobs and people you don't like, going too long without a vacation

## **Laughter**

Very important for healthy immune function. Recommended comedy CDs: "I Am Telling You for the Last Time" (Jerry Seinfeld), "Stand-Up Comic" (Woody Allen—available only on cassette) and "Greatest Bits" (Richard Jeni.) Also rent the movie *The Party* with Peter Sellers.