

1 My breakfast

Hot drink/coffee

OR

Meat or protein

OR

Soup

- Energizing coffee
- Energizing non-coffee

- Crockpot chicken
- Leftovers from the night before
- Meat/fish and avocado combos

- Chicken soup
- Beef soup

2 My daily supplements

Supplement	Upon Rising	With Breakfast	With Dinner	Before Bed
"Sludge" <ul style="list-style-type: none"> • MCT oil • Psyllium • Bentonite or diatomaceous earth 	2 tsp ¼ tsp ½ tsp Combine all three in 6 oz water, shake vigorously a few times and consume rapidly. Follow with a tall glass of water.			
B complex		1-2		
Magnesium citrate		1-3	1-3	1-3 as needed to keep stools soft, formed and easy to pass
Probiotic or similar high potency probiotic			1 packet or 2 capsules	
Omega-3 oils		2-3		

3 My morning walk is from _____ a.m. to _____ a.m. on the following days of the week (hint: The ideal answer here would be seven days a week!)

- Monday
- Wednesday
- Friday
- Sunday
- Tuesday
- Thursday
- Saturday

My shopping list

SUPPLEMENTS

- High quality B complex
- Omega-3 fatty acids
- MCT oil, psyllium and diatomaceous earth
- Multi-strain probiotic
- Magnesium citramate

FOODS

Monthly shopping

- | | | |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <input type="checkbox"/> Olive oil or avocado oil | <input type="checkbox"/> Tomato paste | <input type="checkbox"/> Herbal tea / green tea / any full bodied non-fruity tea |
| <input type="checkbox"/> Coconut butter | <input type="checkbox"/> Himalayan sea salt | <input type="checkbox"/> Organic cocoa powder |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Paprika | <input type="checkbox"/> Organic raw cacao powder |
| <input type="checkbox"/> MCT oil | <input type="checkbox"/> Basil | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Collagen powder | <input type="checkbox"/> Garlic | <input type="checkbox"/> Hemp seeds |
| <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Pumpkin seeds |
| <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Organic beef bone broth / Organic beef bone broth powder | <input type="checkbox"/> Vanilla powder | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Organic coffee beans / Organic instant coffee | <input type="checkbox"/> _____ |

Monthly shopping

- | | | |
|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Grass-fed butter or ghee | <input type="checkbox"/> Avocados | from the refrigerator section if possible) |
| <input type="checkbox"/> Mixed salad greens | <input type="checkbox"/> Lemons | <input type="checkbox"/> Sparkling water or some other form of unsweetened flavored / unflavored waters for some variety in drink options |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Fresh garlic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Organic goat cheese or other forms of organic cheese if you are not sensitive to dairy products | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Frozen or fresh green beans | <input type="checkbox"/> Pistachios / walnuts / macadamia nuts / pecans (organic and purchased | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Asparagus | | |
| <input type="checkbox"/> Organic chicken, beef / wild-caught salmon or trout | | |
| <input type="checkbox"/> Prosciutto | | |
| <input type="checkbox"/> Kippers or sardines | | |

Note: This document is not medical advice. Jacqui Fleury, ND, does not prescribe the use of any technique or strategy as a form of treatment for physical or mental problems without the advice of a physician or healthcare professional, either directly or indirectly. The intent of this exercise is to provide general help in your quest for emotional and/or physical well-being, only.