

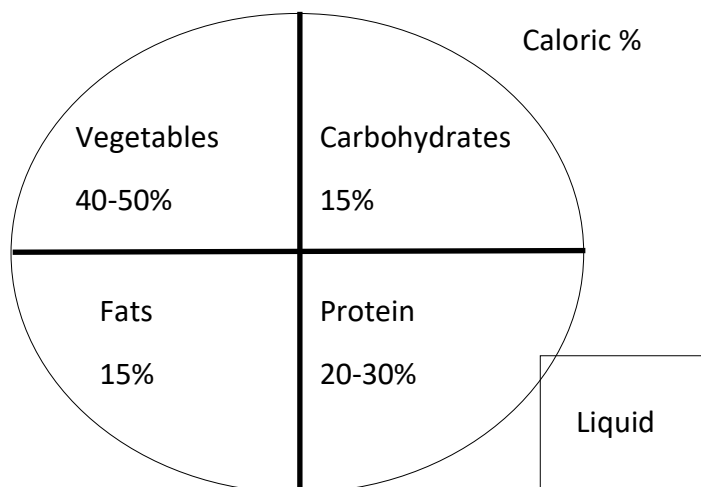


GENESIS 7

NOURISH THE BODY

PROPER NUTRITION

SUPER MEAL PLATE



BODY COMPOSITION

Water = 55%	Mineral = 5%
Protein = 20%	Carbohydrates = 2%
Fats = 15%	Vitamins = 1%

INSTRUCTIONS

1. Eat smaller meals (350-700 calories per meal)
2. Eat more frequently (4-6 times a day)

VEGETABLES

☐ Leafy greens
☐ Starchy veggies
☐ Non starchy veggies
☐ Root veggies
☐ Beans and peas
☐ Seed veggies
☐ Other

PROTEIN

☐ Grass fed, organ meats
☐ Eggs, poultry
☐ Wild caught fish
☐ Organic dairy
☐ Veggies, legumes
☐ Nuts and seeds
☐ Other

HEALTHY FATS

☐ Monounsaturated fats
☐ Polyunsaturated fats
☐ Healthy oils
☐ Avocado
☐ Full fat dairy products
☐ Omega 3, 6 and 9
☐ Other

CARBOHYDRATES

☐ Vegetables
☐ Fruits
☐ Legumes
☐ Avocado
☐ Unrefined flour
☐ Low sugar sweets
☐ Other

DIETARY SUPPLEMENTS

☐ Natural Vitamins
 ☐ Multi-Minerals
 ☐ Antioxidants
 ☐ Fiber
 ☐ Probiotics
 ☐ EFAs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VEGETABLES							
PROTEIN							
HEALTHY FATS							
CARBS							