

BREAKFAST

The Rule: NEVER SKIP BREAKFAST or RUSH THROUGH BREAKFAST.

Why: 1) Your metabolism starts to slow down when you customarily “skip” breakfast. 2) You will start the day off with indigestion when you eat breakfast too FAST. It should take you 30-45 mins to eat your breakfast

DRINKS

The Rule: Drink 4 ounces of any drink you crave in the morning. Anything you drink after breakfast can only be WATER.

Why: 1) You will consume 1,200 fewer calories a day. 2) Your brain gets the “FIX” it needs in the morning until you can transition in to just drinking something healthy in the A.M 3) Your metabolism is “Fast” in the morning so most of the bad calories are consumed without having to exercise and burn them off.

SWEETNER

The Rule: Use natural BEES HONEY as your “SUGAR SUBSTITUTE” for all drinks and foods you wish to sweeten. www.lower6app.com

Why: NATURAL BEES HONEY is the only natural sweetener that contains fiber, is a low glycemic index food, (lower your risk of developing Diabetes), and adding just a few drops to your drink(s) or food(s) provide a lot of flavor. If you hate the taste of water, then adding a few drops or a teaspoon of Natural Bees Honey will add some flavor to the water.

| <u>NEED A GOOD SUGAR SUBSTITUTE OR SWEETNER?</u> | | | |
|--|--|---|--|
| <u>Low glycemic:</u> | <u>Low to moderate glycemic:</u> | <u>Moderate to high glycemic:</u> | <u>High glycemic:</u> |
| <ul style="list-style-type: none">*barley*black beans*cashews*cherries*grapefruit*green leafy vegetables*kidney beans*lentils*milk*peanuts*pears*plums*soybeans*strawberries*wild rice | <ul style="list-style-type: none">*All-Bran*apples*brown rice*carrots*garbanzo beans•RAW HONEY*kidney beans*navy beans*oranges*peas*peaches*pears*pinto beans | <ul style="list-style-type: none">*figs*mangos*potatoes (sweet and white)*pita bread*oat bran*oat bread*white rice*Pineapple*brown rice*kidney beans*shredded wheat | <ul style="list-style-type: none">*beets*cakes*dates*Pies•REFINED SUGARS*pretzels*refined durum wheat pasta*jelly beans*parsnips*sweet corn*white bread |

Rice, Pasta and Bread

The Rule: Do not eat Rice, Pasta or Bread on the same day. Pick your days when you will eat bread, but not rice and/or pasta. For example, eat bread on Mondays, Rice on Tuesdays and Pasta on Fridays.

Why: 1) Use the lower 6 app to find the best breads, rice or pastas available. 2) Never overload your metabolism with carbohydrates in a 24-hour time period. 3) You would have to jog one hour every day to burn off all the Carbs consumed and stored when rice, bread and pasta are consumed on the same day. www.lower6app.com

Food Preparation

The Rule: Foods, even the same food, are best prepared either BOILED, BAKED but avoid eating FRIED FOODS.

Why: 1) Frying the same food, increases the glycemic index of that food. 2) Fried food is more of a challenge for your body to digest.

| <u>BAKED FOODS ARE BETTER THAN FRIED FOODS.</u> | | | |
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2 Snacks a day. 1 healthy snack at 10am and another healthy snack at 3pm

Rule: Eat a green salad or fruit salad as one, (10 am or 3 pm), or both, (10am and 3 pm), of your snacks. The second snack, if not another salad, should be only a handful of a healthy food. (Peanuts, kale, yogurt etc.....).

Why: 1) Decrease your lunch time and dinner time cravings with small healthy snacks. 2) Enjoy the social interactions of Breakfast, Lunch and Dinner without thinking about healthy eating. 3) Bring back the joy of eating and stop punishing yourself by stating “I can only eat salad”. 4) You are eating “healthy snacks” outside the social hours of Breakfast, Lunch and Dinner.

FLAVORS

Use the Lower 6 App to find flavors or foods which you enjoy eating but that are either 1-2 flames, (Low to medium), (Glycemic Index/Glycemic Load). www.lower6app.com

Here are just a few examples of flavors, (Strawberry, Chocolate, Vanilla), or foods, (Rice, Bread, Pasta, drink, pizza, pancake), with which the phone app can help you make better food choices.

3 SONGS

Pick three songs you absolutely LOVE. Start walking at a normal pace to the first song. When the first song ends then walk at a slightly faster pace, but not a jog to the second song. When the second song ends then walk at a normal pace to the third song.

Why: Exercising in slow to fast and slow to fast INTERVALS, burns twice the amount of body fat in ½ the amount of time you exercise. As your endurance with walking to the three songs improve then add 4, 5 or as many songs as your endurance level permits. Also try different activities such as biking, hiking, weight training, dancing etc....but with the same routine of training in slow to fast, slow to fast intervals.

The Last Chart Standing

The ONLY chart you will ever need for the rest of your life



| | Minimal Activity | Moderate Activity | Maximum Activity |
|----------------------------|------------------|-------------------|------------------|
| Heart (major muscle) | FAT | Protein | Carbs |
| Muscles (major muscles) | Carbs | FAT | Protein |



Food Groups

Finally remember that consuming plant based foods in their Natural Form is your best chance of EATING your way to HEALTH. Eat more natural and less processed foods.

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| <u>PLANT BASED FOODS ARE BEST FOR OUR OVERALL HEALTH IF WE WANT TO "LOWER" OUR RISK OF DISEASE</u> | | | |
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FOODS ARE BEST CONSUMED IN THEIR NATURAL FORM.

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