

The 'Plan A' Diet™

Food Pyramid



Additional Tips:

- Avoid all dairy, all oils, highly processed foods, and refined flour/grains
- Tune into your hunger. Eat when hungry, stop when satisfied (avoid feeling stuffed)
- Make exercise a routine part of your week – ideally 4 to 5 days
- Get 10-20 minutes of unprotected sunshine several times per week (avoid burning)
- Get enough uninterrupted sleep each night
- Manage stress in healthy ways - prayer, support, exercise, breathing, planned fun
- Take a B-12 supplement weekly

‘Thank you for making me so wonderfully complex! It’s amazing to think about. Your workmanship is marvelous – and how well I know it.’ Ps 39:14 (TLB)