

Custodian Guardian Daily Nourishment

Daily must have, is drinkable water. Water is cool, filtered, drink a glass (0.2 l) 7 times (morning, breakfast, early day-snack, lunch, late day snack, dinner, night). A total of 1.4 l



The 7 glasses of water may be supplemented with other water based drinks: Ground Coffee, Cocoa powder, Green-Tea, Black Tea, Herbal Teas. These may be served hot or cold. Vegetable juices are good. No Fruit juice, no lemonade! Diets' biggest No! is **Fructose** and **artificial sweeteners!**



Every weekday needs to have a theme: example Day 1: Vegetables; Day 2: Poultry; Day 3: Mammal; midweek: Reptile; Day 5: Seafood; weekend: Nuts, Seeds; Fun Day: Insects.

There are 5 meals a day: breakfast, early day snack, lunch, late day snack, dinner! Before every feed you worship, 'Thank You prayer'!

Breakfast includes, water, coffee, bread, honey, fruit, herbs, spices,..

Early day snack includes, Water, herbal tea, egg, bread, margarine, herbs, spices, grated cheese, onion,..

Lunch includes, water, coffee, is to include Salad,..

Late day snack includes, water, tea, berries, nuts, yogurt,..

Dinner includes, water, coffee or cocoa, vegetables, day theme,..

7 Foods that should be eaten daily: Fungi (mushroom), Grains (barley, lentil, millet, maize, oats, quinoa, rice, rye, sorghum, wheat), Hot Chillies, Onions (brown, chives, garlic, green, leek, red, spring), Parsley, Sweet Capsicum, Vegetables (asparagus, beans, broccoli, carrots, cauliflower, sprouts,..). Diet No No's: Manufactured food, Genetic modified food..



When feeding **avoid** unhealthy Nourishment: Alcohol, artificial sweetener, Fructose (glucose, sugar), Genetic modified food (GM), Manufactured-food,... Greasy, salty, sweet fast food. Carbonated drink containing: Alcohol, Caffeine, Kola, sodium, sweetener!



Celebrate: Nourishment Day 07.3.7, Good health Day 12.1.7