

Basic Sunrider Meal Plan

80% live food, 20% cooked

Sunrider's Basic Foods: 72 whole, live, concentrated herbal foods

NuPlus/VitaShake – 12 foods – Nourishes at the cellular level – Basic Nutrition!

Quinary – 50 foods – Nourishes the 5 Life Support Systems – Balancing Systems

Calli – 7 foods – Nourishes the 5 Cleansing Organs-liver, colon, kidney, lungs, skin

Fortune Delight – Nourishes Digestive system cleansing/hydrating/sports/energy

SunnyDew – Blood sugar balancing-feeds pancreas, very nourishing, heals topically

SunBar – Meal replacement, snack power bar, 1/day for 15 days great gut health

Besure and drink 2 cups liquid – it swells!

All for less than 1-hour minimum wage – Great food budget savings!

Upon Rising: *Calli:* Steep 1 bag 5-10 min. 6-8 cups water, (do not reuse bag-you pick up the weaknesses) **keep for poltices, plants, and animals**) For convience, make 1 bag in 8 c coffeemaker
Fortune Delight: Add 1 pkg. to Calli or drink thru day separately in 1-quart water
SunnyDew: Add drops/squirt

BREAKFAST: **The Basics** -*Enjoy the “72 Food Power Drink”* plus **SunBar** (opt)
Add all the above Basic foods to 2 cups of Calli and Blend-Enjoy hot or cold.

Thru Morning: **Calli/Fortune Delight:** 2-3 cups - Be refreshed and energized!
Keep the nourishing of the cleansing organs going thru the day.

LUNCH: *Vitalite SunBar* - “meal in a bar”
Fortune / Calli - separately or together
Eat some fruit or a salad

Thru Afternoon: *Calli/Fortune Delight* - 2-3 cups - Continue to be refreshed & energized, and gentle detoxing.

DINNER: *72 Food Power Drink* or a *VitaShake*
Huge salad with seeds
Some baked or cooked food
Ideal is to eat the dinner meal at noon!

Goal: 80% raw (fresh) food and 20% cooked

For serious regeneration & extra weight loss: *72 Food Power Drink-3 Xs/day*