

# HIGH ENERGY LOW STRESS DIET

## **BEFORE BREAKFAST:**

10 minutes brisk exercise, deep breathing, shower (if desired) starting warm, finishing cool.

## **BREAKEAST: (choice of)**

1. Fresh fruit (unsweetened), wheat germ muffin and health drink if desired.
2. Eggnog or large glass of unsweetened juice with raw egg and (if desired) envelope of unflavored gelatin, spoonful of wheat germ, rice polishings or brewer's yeast.
3. Grapefruit (unsweetened), bowl of cooked millet with tablespoonful wheat germ and rice polishings added before serving, health drink

## **MID-MORNING:**

If desired: broth, vegetable or fruit juice with brewer's yeast, fresh fruit (apple, orange, grapes, etc.) or raw vegetable sticks (carrot, celery, cucumber, etc.)

## **LUNCH:**

Large raw salad (grated or liquefied if necessary), or any combination of: lettuce (bib, leaf, chinese, butter, but not head), endive, escarole, romaine, dandelion greens, chard, beet or turnip tops, kale, comfrey, celery, cucumber, bean sprouts, green or wax beans, peas, radishes, onions, leeks, okra, cabbage (green, savoy or red), broccoli, cauliflower, red or green peppers, asparagus, avocado, parsley, watercress, kohlrabi, grated parsnips, beets, turnips, carrots, sliced mushrooms, or other raw vegetable.

If more is needed, then your choice of:

Bowl of homemade soup (not creamed or thickened), and one or two pieces rye crispbread with butter, or:

Small helping of baked potato, corn, steamed brown rice, cooked millet or squash.

Dessert not recommended, however, unsweetened fresh fruit may be taken.

## **LUNCH BOX SUGGESTIONS:**

Instead of sandwiches and cookies take sliced cold meats, eggs, cheese and raw carrots, cucumbers, celery, radishes, or other raw vegetables and/or tossed salad, coleslaw, cold cooked vegetables, etc., in plastic containers with snap lids. One wheat germ muffin, fresh fruit and thermos of fruit or tomato juice or juiced vegetables, soup or health drink

## **MID-AFTERNOON:**

If desired: fresh fruit, fruit or vegetable juice (with brewer's yeast if desired).



**DINNER:**

Start meal with raw salad. Follow with two or three cooked vegetables such as mushrooms, tomatoes, peas, green or wax beans, green peppers, artichokes, brussels sprouts, okra, carrots, cabbage, beets, swiss chard, rutabagas, turnips and tops, eggplant onions, broccoli, zucchini, beet tops, summer squash, cauliflower, asparagus, leeks or any other vegetable (no potatoes, squash, parsnips or corn).

Have a serving of lean meat, fish or fowl (no pork, fats, cured or fried meats).

If desired finish meal with fresh unsweetened fruit, a few raw nuts or half a grapefruit.

**EVENING:**

Avoid snacking after dinner. Be content with a health drink. If you must eat then limit this to fresh fruit.

**HEALTH DRINKS:**

Vegetable broth, dandelion or other coffee substitute, herb teas.

**SUGGESTIONS:**

1. Do not eat beyond your needs.
2. Be sure to thoroughly masticate (chew) your food.
3. Miss meals if in pain, emotionally upset, not hungry, chilled, overheated and during acute illness.
4. Do not eat citrus fruits when eating starches or sugars.
5. Do not eat sugars or starches when eating protein.
6. Do not sweetened fruits or cereals — learn to enjoy them without sugar.
7. Never use sugar — if you MUST sweeten, use honey.
8. Do not get into the habit of eating the same foods every day — vary your menus.
9. Include only the foods indicated. Do not eat extras. Use only unrefined, unadulterated, unprocessed foods as fresh as possible. No candy, ice cream, cakes, cookies, soft drinks, syrups, pies, wheat products, or fried foods.
10. Use no aluminum cookware in connection with food preparation.
11. Eliminate aluminum baking powders — get yours at the health food store.
12. Raw foods may be substituted for cooked foods, but not the reverse; and at least HALF of what you eat should be raw.
13. It is best not to drink liquids with meals. Health drinks are suggested to enable you to break the tea and coffee habit with less difficulty.
14. Use only sea salt and VERY sparingly.
15. Do not use margarine — butter or extra-virgin olive oil is best.
16. Use very little water when cooking vegetables, and undercook slightly to retain color and flavor; do not use salt; season afterwards if necessary.