

OPTIMUM ENERGY PROGRAMME
ROUTINE FOR RADIANT LIVING – DAILY REGIME

On waking 6:00 am:

- Hot water and lemon or 1Tbl apple cider vinegar
- 30 minutes meditation – use stereo headphones and binaural hemisynch
- 10 minutes day planning
- Breathing / Exercise/Relaxation for a total of 30 minutes
- 1 x tot Kefir

Breakfast

Choose one

- Smoothie
- Spanish omlette/scrambled eggs with grilled tomato's
- Avocado, sprouts, cottage cheese, boiled egg, cucumber, tomato;
- Kefir/yoghurt with grated carrot and granny smith apple and a handful of berries, high protein super foods,
- Bullet Proof Coffee – Woolworths Organic Coffee with 1TBL grass fed butter and 1TBL MCT oil/coconut oil;

Lunch:

Choose one

- Large portion of baked, steamed or grilled vegetables and salads with white or brown basmati rice, quinoa, millet or sweet potato only, no other carbohydrates. No potatoes. Add Dahl, chickpeas or tofu for protein
- Vegetables / Salad with Humus, goat's milk cheese, tofu/veg protein
- Grass fed, organic red meat or fish for protein with lots of vegetables
- Vegetables / Salad with Turkey/chicken/veg protein

Supper:

Choose one

- Preferably eat animal protein at lunch time and vegetarian at supper to allow for ease of digestion, and assimilation. Better sleep;
- Always have a fresh, raw, mixed salad including seed sprouts, plus any of the following:
 - Whole grain (brown rice, millet, oats, etc) with salad and veggies or
 - Fish, organic animal or Veg protein, oil dressing/pesto with a salad/veg only

Bed Time:

1 tot Kefir

1Tbl Hemp Oil

10 x Chlorella

