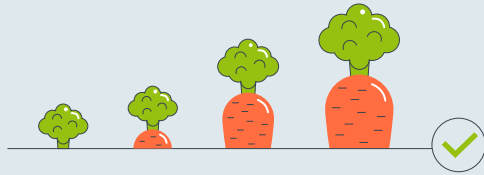


1 THE MORE PLANTS, THE BETTER



- EAT:**
- as many plant-based meals as possible
 - rainbow of colors: green, red, orange, yellow and white veggies, fruits and berries
 - whole plants, not processed

2 CHECK YOUR FOOD SOURCES



- CHOOSE:**
- organically grown produce
 - hormone-free meat and poultry
 - wild fish and seafood
 - local, seasonal and farm-grown food

3 STAY AWAY FROM PROCESSED FOODS



Processed foods are created for addictive consumption, and are full of harmful artificial ingredients and added sugar

4 AVOID SWEETS AND PASTRY



- SAY NO TO:**
- all obvious sweets and deserts
 - hidden sugar in sauces and condiments, processed and fast foods
 - wheat products: bread, cookies, pastas, etc.

5 ADD OLIVE OIL



Use cold-pressed olive oil instead of store-bought dressings, sauces and condiments. Olive oil contains healthy fats and anti-oxidants

6 EAT EARLY IN THE DAY

Frontload your day, i.e. make breakfast the heaviest meal

7 CONSIDER INTERMITTENT FASTING

Fasting activates our survival circuit that serves to keep us alive and healthy for longer

8 FALL IN LOVE WITH WATER



- replace soda, sugary drinks and coffee with water
- start your day with a glass of water
- keep some water on your desk and take sips each hour

EXAMPLES:

- don't eat 1 day a week
- don't eat for 18 or 16 hours each day

9 CONSUME COFFEE AND WINE IN MODERATION

It's ok to have

- 1 or 2 espresso shots a day
- 1 or 2 glasses of wine per weekend

10 DECIDE ON DAIRY

If you go for dairy, choose organic. But we recommend you::

- replace dairy with plant milk
- try soy products

