

Essential #1

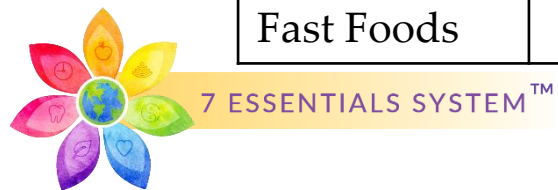
Let Food Be Your Medicine Scorecard

Essential #1 Let Food Be Your Medicine		1 Understand It	2 Believe It	3 Tried It	4 Working On It	5 My Habit
Avoid	Sugar					
	GMO					
	Commercial & Charred Meat					
	Commercial Dairy					
	Tap & Bottled Water					
	Toxic Oils					
	Processed & Fast Foods					
Enjoy	Cruciferous Vegetables					
	Leafy Greens					
	Green Apples & Lemons					
	Nuts & Seeds					
	Healthy Oils					
	Healthy Meat					
	Fermented Food					
	Blending & Juicing					



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AVOID	My Plan To Eliminate These Foods
Sugar	
GMO Foods	
Commercial Meats	
Commercial Dairy	
Tap & Bottled Water	
Toxic Oils	
Processed & Fast Foods	



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ENJOY	My Plan To Enjoy These Foods
Cruciferous Vegetables	
Leafy Greens	
Green Apples & Lemons	
Nuts & Seeds	
Healthy Oils	
Healthy Meat	
Fermented Food	



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Examples of Specific Action Items

- Post a reminder on your fridge “You either feed your body or feed the cancer.”
- Become conscious of the amount of Carbs and sugars you are eating in a day. Become familiar with My Fitness Pal app.
- Purchase 3 types of organic Cruciferous Vegetables and incorporate them in menu for the week.
- Purchase 3 of the top organic Green Leafy Vegetables and incorporate them in your menu for the week.
- Learn to soak your nuts before eating them. Soak a cup of organic almonds overnight. Drain the next morning. Let air dry or dehydrate. Enjoy these as a snack throughout the day.
- Grind 5 teaspoons of flax seeds in the morning. Add them to your smoothie or sprinkle on your salads and veggies.
- If you have a high powered blender, experiment with some blending recipes. You can find a few of my [favorites on my web site](#)
- Start your morning with a large glass of water and the juice of an organic lemon. You can also add 1 tsp. of baking soda to really alkalize your body. Wait at least 30 minutes before eating anything.
- Make your salad dressings with extra-virgin, cold-pressed olive oil and lemon juice.
- Find out where you can purchase grass fed, antibiotic and hormone free meats and eggs.
- Purchase Kefir and Kombucha. Stick with those that have the lowest sugars. GT’s Kombucha has 2 grams of sugar per ½ bottle.
- Drink half your weight in ounces of water. Write it down here so you will remember how much to drink every day.
 - My weight _____ divided by 2 = _____ ounces I commit to drinking every day
- I am slowly converting my kitchen to a healthy living kitchen with The Pantry Swap.
- Commit to trying the sample 7 Day Anti-Cancer Menu. It’s OK if I don’t follow it 100%. Simply incorporating 1 or 2 of those meals per day can make a huge difference in your health.
- Write down how you feel about your attachment to your former way of eating. There is often resistance here because of the “comfort” aspect of certain foods. However, visualize that how your food intake will negatively impact unhealthy cells and positively impact your healthy cells. Remember – Feed and nourish your body and starve the cancer!

