

### Tim's "Phase One: Essential" Meal Plan\*

Instructions: Eat every 2.5 – 3 hours and sip a minimum of 1 gallon of filtered water per day.							
Meal:	<u>Wake Up</u>	<u>Breakfast</u>	<u>Snack #1</u>	<u>Lunch</u>	<u>Snack #2</u>	<u>Dinner</u>	<u>Bedtime</u>
Supplement:	1T. Cod Liver Oil 1 Probiotics	1-5 drops Lugol's Solution 2 Vitamin D3 5000IU 1 scoop Superfoods		1 Digest Gold		1 Digest Gold	1 Probiotics 2-3 Magnesium Citrate Magnesium Oil
Food:	Glass of lemon water	Protein Shake  Or  See the LLT Recipe Guide for more breakfast ideas.	1 handful nuts or seeds 1 fruit  Or  See the LLT Recipe Guide for more snack ideas.	4 oz chicken 4 cups of salad ½ cup quinoa  Or  See the LLT Recipe Guide for more lunch ideas.	1T. Almond Butter 1 slice Gluten Free Bread  Or  See the LLT Recipe Guide for more snack ideas.	5 oz fish 4 cups steamed veggies ½ cup brown rice  Or  See the LLT Recipe Guide for more dinner ideas.	
Notes:	<ul style="list-style-type: none"> <li>Squeeze ½ lemon into a large glass of filtered water as soon as you get up.</li> <li>Wait 15 minutes, then take the probiotics and fish oil on an empty stomach.</li> </ul>	<ul style="list-style-type: none"> <li>Mix the Lugol's Solution and Superfoods in water or shake.</li> <li>Cook eggs in extra virgin coconut oil. If you're hardcore drink the eggs!</li> </ul>		<ul style="list-style-type: none"> <li>Boil several chicken breasts and keep them in the fridge. Cut them in slices and place on top of the salad.</li> <li>You can add a light dressing if needed. Make the LLT Lemon Dressing for best results.</li> <li>See the LiveLikeTim Shopping Guide for suggestions on which vegetables are eaten raw.</li> </ul>		<ul style="list-style-type: none"> <li>Bake your fish at 350 degrees until flaky.</li> <li>Lightly steam your veggies for 3-5 minutes.</li> <li>Use Himalayan rock salt, turmeric, cumin, mild curry seasoning, or cloves for flavor.</li> <li>See the LiveLikeTim Shopping Guide for suggestions on which vegetables are best cooked.</li> </ul>	<ul style="list-style-type: none"> <li>Rub magnesium oil on 25% of your body, especially on sore or tight muscles.</li> </ul>

\*Tim's "Phase One: Essential" Meal Plan is for reference only and the accuracy of this information is not guaranteed. Use this information at your own risk! These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. This represents how Tim implemented the Phase One: Critical Meal Plan suggestions for his body only. Everyone is different and you may require a more personalized routine as directed by a qualified health professional. Tim is not a medical doctor or licensed health professional.