

EVERYDAY SCHEDULE



MEDITATION /YOGA

5:00 AM TO 6:30 AM



BREAKFAST

8:30 AM TO 9:30 AM



SNACKS

4:00 PM TO 5:00 PM



JUCIES/LIQUIDS

6:30 AM TO 7:30 AM



LUNCH

12:00 PM TO 1:30 PM



DINNER

7:00 PM TO 8:00PM

SLEEP TIGHT WITH A GLASS OF MILK