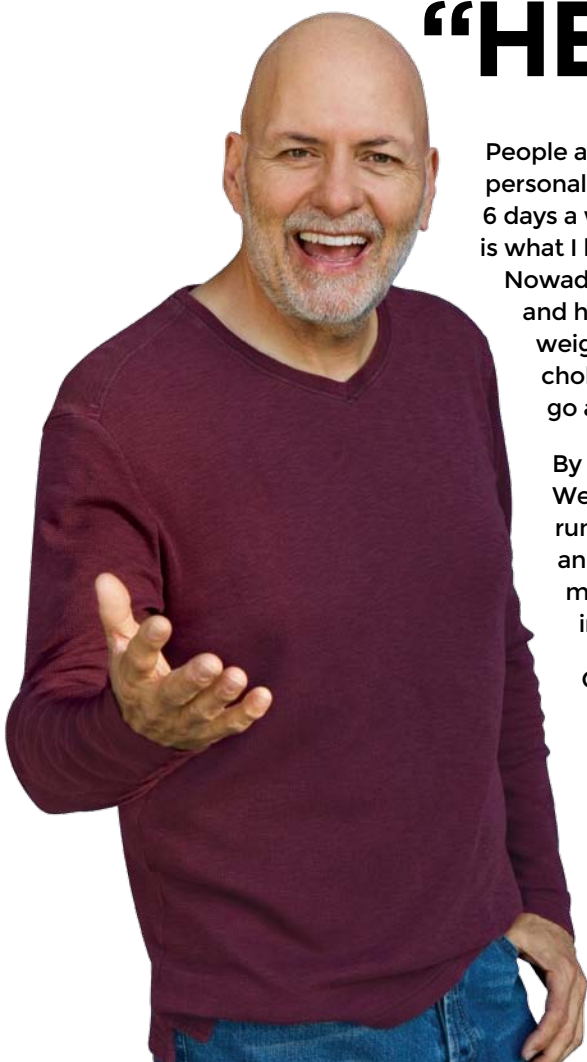


WHAT DOES THE “HERBDOC” EAT?



People always ask me, “What Do You Eat?” So this year, I decided to tell you my personal food program, which is EXACTLY what I eat Monday through Saturday, or 6 days a week. On the weekend, one day, who knows. Usually I eat the same, which is what I love, but I also may eat out and when I do, I find the best restaurant food.

Nowadays, there are some pretty good restaurants popping up, serving cleaner and healthier food, and GREAT salads. But, if you want to lose or normalize your weight, reduce your fat, build muscle, normalize your blood sugar, drop your cholesterol to 150, let go of all your disease and illness and GET HEALTHY, then go ahead, eat what I eat. What the HerbDoc eats!

By the way, I also exercise six days a week with an intense workout Monday, Wednesday and Friday that includes 50 minutes of aerobic fast walking and running (20-minute fast walk, 20-minute run, 10-minute fast walk) and about an hour or more of strengthening exercise with kettle bells, free weights, machines, cross-fit, medicine balls, jump rope, and just some great fun and intense play.

On Tuesday, Thursday and Saturday, I do the same 50-minute walk run, and then about 20 minutes of strengthening. Lately, I have been doing a lot of abdominal exercise because I LOVE working my abs. Remember with moving, FUN is FUNdamental, so MAKE IT FUN, and KEEP IT FUN, or you will quit.

As far as food, keep it organic, highest-quality, fresh, mostly raw, vegan and really basic and simple. Be able to recognize the original plant in everything you eat; this way you know it hasn’t been messed with too much. Messing with food DESTROYS NUTRITION. It’s that simple. Do this and you will see a MIRACLE in your life in only a month or two!

Monday, Wednesday & Friday More Intense Exercise Days

Tuesday, Thursday & Saturday Lighter Exercise Days

WAKE-UP DRINK	3-oz fresh juice and 3-oz water with ½ teaspoon of HerbalMucil Plus 75 Calories	3-oz fresh juice and 3-oz water with ½ teaspoon of HerbalMucil Plus 75 Calories
BREAK-FAST	(One hour BEFORE my exercise) DR. SCHULZE’S SUPERMEAL or “ LOADED ” SUPERFOOD PLUS DRINK plus ½ Vitality “SHOT” 250 Calories	(30 minutes AFTER my exercise) DR. SCHULZE’S SUPERMEAL or “ LOADED ” SUPERFOOD PLUS DRINK 250 Calories
LUNCH	(One hour AFTER my exercise) DOC’S “LOADED” OATMEAL 400 Calories	(When I am hungry) FRUIT AND NUT SALAD 260 Calories SUPERFOOD BAR 140 Calories
DINNER	DOC’S RAW SALAD 450 Calories DOC’S SUPER SOUP 125 Calories	DOC’S RAW SALAD 450 Calories DOC’S SUPER SOUP 125 Calories
TOTAL CALORIES	1,300 Calories	1,300 Calories



“LOADED” SUPERFOOD PLUS DRINK 250 Calories

- 2-oz fruit juice
- 12-oz water or herbal tea (no caffeine)
- ½ banana
- 4 blueberries
- 2 strawberries
- 2 raspberries
- 2 blackberries
- 2 tsp sunflower seeds
- 4 almonds
- 2 walnuts
- 1 tsp flax seeds
- 1 tsp chia seeds
- 1 tsp HerbalMucil Plus
- ½ tsp Super-C Plus
- 2 Tbsp SuperFood Plus

It’s obviously best if all the ingredients are organic. You can add other nuts, seeds, berries, greens, herbs, fruit and any nutrient-dense, organic, raw food that you like, but this may increase the calorie count and glycemic load.



DOC’S “LOADED” OATMEAL 400 Calories (with non-dairy yogurt)

- ½ cup organic steel-cut oats
- ½ banana
- 2 strawberries
- 4 blueberries
- 2 blackberries
- 1 tsp flax seeds (whole)
- 2 tsp sunflower seeds (whole)
- 4 almonds (chopped)
- 2 walnuts (chopped)
- ½ tsp organic cinnamon
- ½ tsp Super-C Plus
- Optional: 1 cup organic soy or coconut unsweetened yogurt

Mix ½ cup of steel-cut oats and 2½ cups of water in a saucepan. Bring to a boil. Simmer for 15–20 minutes. Add more water, if desired. Add fruit, nuts, seeds, cinnamon and Super-C Plus when serving.



DOC’S RAW SALAD 370–450 Calories

- Any seasonal greens (kale, collard greens, romaine, arugula, baby spring mix, cabbage, etc)
- Grated beets and carrots
- ½ pear (chopped), mango or any fruit you like
- Raw, dried olives chopped, tomatoes, celery, red pepper
- Raw broccoli, cauliflower, cucumber, sliced mushrooms
- 2 Tbsp chopped nuts (raw walnuts, pistachios or raw peanuts)
- ¼ cup crumbled dehydrated kale chips
- ½ cup Doc’s dressings (See page 5 in Catalog online www.herbdoc.com/Catalog)



DOC’S SUPER SOUP 125 Calories (per bowl)

Place in a pot:
½ cup adzuki beans
½ cup lentils

Add water three inches above beans. Cook in pressure cooker for 30 minutes. When cool, open and add chopped vegetables.

- 1 onion
- 6 to 20 cloves of garlic
- 2 carrots
- 1 stalk celery
- ½ cauliflower
- 2 cups chopped kale
- 2 cups chopped chard
- 6 brussel sprouts
- 2 cups broccoli
- 2 cups assorted mushrooms (shitake, mitaki, chanterelles, portobello)

Add more water. Cook for another 15 minutes in pressure cooker. Makes 8 bowls of soup.