

A healthy  
meal plan  
by



# Secret Garden

When you rise up; sit up and deep breathe for about 5 minutes and clear your mind

First thing to drink can be your choice of coconut water, grapefruit juice or a nice green juice...Choose one and drink away

Oatmeal with blueberries and maple is a great choice to break fast in the morn

Lunch time; have yourself a nice light salad — arugula, red onions, capers and kiwi, with a light dressing of your choice; I like olive oil with roasted garlic and vinegar as my dressing but the choice is always yours

For dinner have yourself a bigger salad — add some lentils, chickpeas and avocado, and don't forget that throughout the day you ought to hydrate yourself with lots of alkaline water! I like to add chlorophyll to my water at all times...It cleanses our system inside and out

🌸 Rise and repeat 🌸

This my dear friends is a great and simple vegan way to eat and live...

Much love,  
Joy

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