



FIGHT CANCER AND BOOST IMMUNE SYSTEM

— NUTRITION GUIDE —

3604 North McColl Rd, McAllen, TX, 78501, 956-6273106

ADOPT THE 8's FOR A HEALTHIER YOU



Positive Mindset

Use at least 8 minutes to start your day engaging in, singing/listening to classical music, reading inspirational quotes, prayer, positive thoughts or self talks.



Hydration

Drink at least 8 cups (8oz) water daily.



Nutrition

Follow my 4+4 Diet Plan.



Intermittent Fasting

Consume all your meals within 8 hours daily (for example, 8:00 AM – 4:00 PM, 9:00AM- 5:00 PM). Fast 16 hours daily.



Mood stabilization

with 8 minutes of sunlight daily.



Physical Activity

Eight repetitions of 5 minutes interval exercise routine daily: 4 minutes moderate intensity, 1 minute cool down (example 4 minutes speed walking and one minute normal pace walking, repeat this 8 times).



Disconnect

Use at least 8 minutes to end your day with thoughts of gratitude, forgive those who may have wrong you.



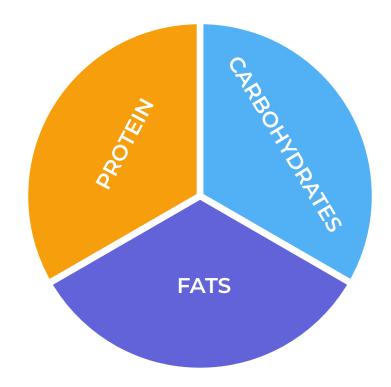
Recharge

Aim to obtain 8 hours of restful sleep daily, try to be in bed before 11:00PM.

FOUR + FOUR NUTRITION PLAN:



MACRONUTRIENTS:



ENERGY PROVIDING FOODS THAT THE BODY NEEDS IN LARGE QUANTITY

G - Food group (GOOD, GO, GREEN)

PROTEINS

Legumes black beans garbanzo beans (chickpeas)

navy beans kidney beans pinto beans

lima beans lentils red beans

soybeans split peas

tofu nuts tempeh seeds

Others

CARBOHYDRATES

Wild rice Brown rice Quinoa

Whole wheat pasta Sweet potato Rye

Barley

Bulgur wheat

Potato Legumes Vegetables

Fruits

FATS

Avocado Seeds Olive Nuts

MICRONUTRIENTS

Vitamins and Minerals.

S - FOOD GROUP

("STOP or SICKNESS" GROUP)

The foods should be removed from diet or if used, try to keep at 10% of plate or time.

Fried foods Meats

Fish

Cheese Eggs Sugar

Coffee White rice White flour Oil

FIGHT CANCER AND BOOST IMMUNE SYSTEM

Disease	Food or Nutrient	Function
Cancer		They are rich in antioxidant vitamins, fiber and phytochemicals that help prevent the development of cancers.
	Fruits (oranges, lemons, grapefruit, pineapples, plums, berries, guavas, kiwis, mangoes, and apple)	According to the current scientific data, lemons and cranberries are among the most effective fruits in decreasing the proliferation of cancer cells, followed by apples, berries, and grapes, then grapefruits and bananas.
		Bear in mind that most commercial dried cranberries are sweetened with table sugar and therefore are not as healthy as fresh cranberries or unsweetened dried cranberries. One of the references if needed.
	Vegetables (red beet, carrots, tomatoes, sweet peppers, eggplant, onion, garlic, cabbage, cauliflower, radishes, and spinach)	They contain provitamin A, vitamin C, and antioxidant phytochemicals that protect against cancer development and growth. Cruciferous vegetables (Kale, cabbage, Brussels sprouts, and broccoli sprouts) contain chemical components such as sulphoraphane and Indol-3-carbinol which have anti-carcinogenic properties.
	Whole grains (rye, wheat germ)	They contain phytates that have anti-cancer properties. High fiber content promotes intestinal motility. Also helps retain harmful substances in the gut and excreted with feces.
	Olive Oil	Contains antioxidants and monounsaturated fatty acids. Studies have shown to reduce the risk of breast cancer.
	Legumes (Soy, tofu)	They contain fiber and anti-carcinogenic phytochemicals that help prevent cancer.

CANCER AND IMMUNE STRENGTHENING

• Anti-oxidant whole juice: 1/2 beet, 2 carrot, 2 cups berries, 2 cups kale, 2 cups spinach, 2 apples, 2tbs lemon juice, ½ grapefruit, (2cups daily).

Breakfast

- Day 1. Antioxidant yogurt: ¼ small beet, ½ small carrot, 1 ripe banana, 1 cup kale, 1 cup spinach leaves, ¼ cup rolled oats, ½ small green apple, ¾ cup nut milk, 2 Tbs chai, 1Tbs flax seed.
- Day 2. Mushroom kale frittata, ½ grape fruit
- Day 3. Breakfast quinoa bowl with mix berries.
- Day 4. Fruit bowl with 2 tablespoon chia and 1 tablespoon flax seeds
- Day 5. Smoothie: $\frac{3}{4}$ cup chopped cabbage, $\frac{3}{4}$ cup chopped kale, 1 cup spinach, 2 stalks celery, 1 medium green apple, $\frac{1}{2}$ ripe banana, $\frac{1}{2}$ 1 cup ice or water (16 oz).
- Day 6. Mushroom & Spinach tacos (2 corn tortillas or one whole wheat tortilla and one apple or pear
- Day 7. Avocado black bean toast and ½ grape fruit.
- Day 8. Make It Yourself.

Lunch

- Day 1. Roasted Vegetable Delight, 1 pear.
- Day 2. Oat walnut balls, brown rice and steamed broccoli and cauliflower.
- Day 3. Bean chili with baked sweet potato, raw salad with nuts and flax seed.
- Day 4. Mashed cauliflower and white beans with lentil patties
- Day 5. Baked Falafel with pita-pocket, lettuce and tomatoes.
- Day 6. Eggplant Zucchini baked with Meatless Balls, with salad (leafy greens, tomatoes, carrots and bell pepper).
- Day 7. Make It Yourself.

Dinner

- Day 1. Kale-white bean soup, 2oz mixed nut.
- Day 2. Eggplant roll-up, mixed green, red bell pepper.
- Day 3. Hummus, pita chips, fruits bowl.
- Day 4. Chickpea Curry with baked sweet potato.
- Day 5. Pasta Primavera and an apple.
- Day 6. Vegetable soup (cabbage, broccoli, carrot, red bell pepper, lentil), fruit bowl.
- Day 7. Make it yourself.

