

# Vitamin D

## DEFICIENCY

1. *Bone Density loss*
2. *Fatigue*
3. *Bone and Joint Pain*
4. *Mood Changes*
5. *Muscle cramps*

## RECOMMENDED SUPPLEMENTS

1. *Pure encapsulation D3*
2. *NOW foods chewable vitamin D3*
3. *Throne Vitamin D/K2*

## LUNCH/ DINNER

1. *Sauteed garlic mushrooms*
2. *Baked cheddar eggs and potatoes*
3. *Soybeans rice*
4. *Oatmeal*

## SNACKS

1. *Egg topped avocado toast*
2. *Yogurt berry parfaits*
3. *Creamy mushrooms*

## SALADS

1. *Veggie nicoise salad*
2. *Watermelon salad*
3. *Spinach salad*
4. *Kale and tomato salad*

