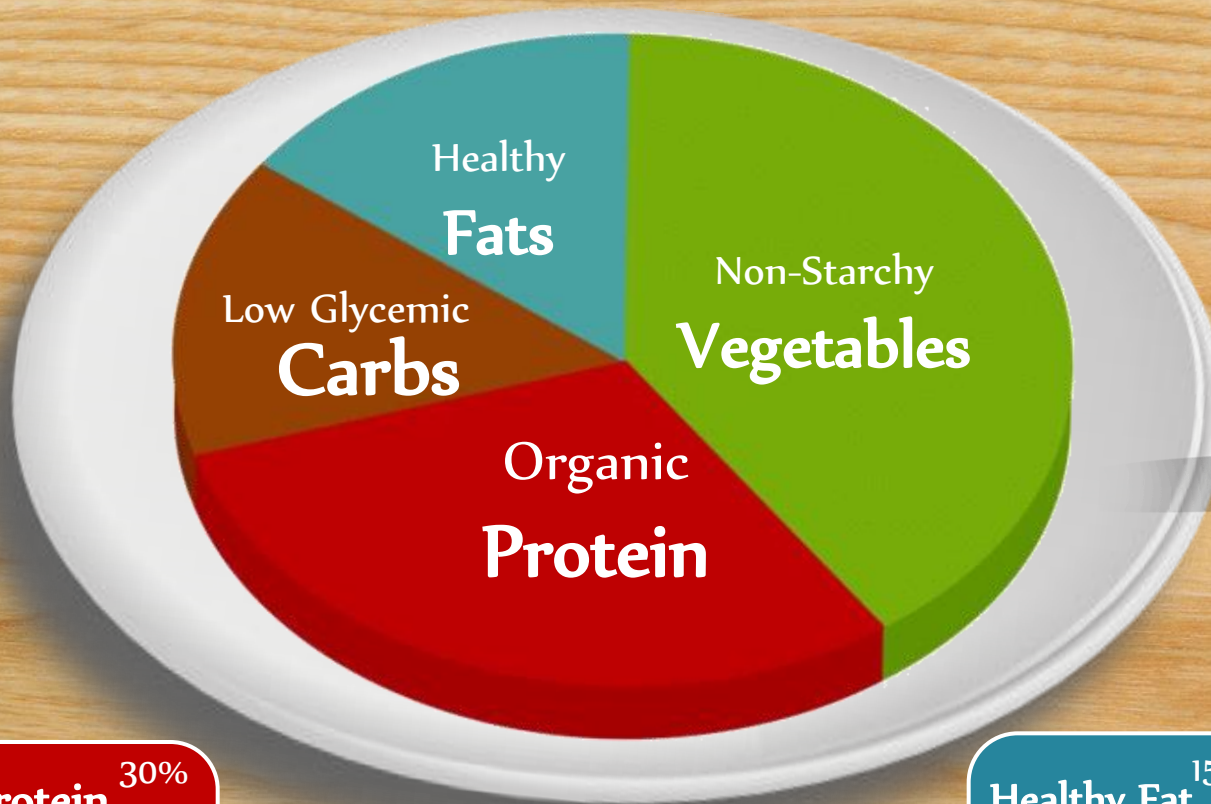


How My Plate Should Look...



1/2 body weight in ounces of clean water daily.

Vegetables 40%

Leafy Greens
Cruciferous
• Broccoli
• Cauliflower
• Brussel Sprouts
Zucchini
Asparagus

Protein 30%

Meat (organic grass-fed)
Wild Caught Fish
Raw Cheese
Pastured
• Turkey
• Chicken



REVOLUTION
CHIROPRACTIC

Healthy Fat 15%

Avocado
Coconut Oil/Milk
Raw Dairy (Butter)
Raw Nuts
Raw Seeds
• Chia
• Pumpkin
• Flax Seeds

Carbs 15%

Fruit
Sweet Potatoes/Yams
Beans
Wild Rice
Sprouted Grains
Quinoa