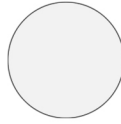


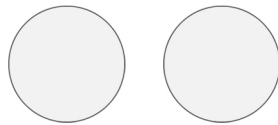
The Positive Nutrition Pyramid

For more info, see *Nourish & Glow: The 10 Day Plan* page 92

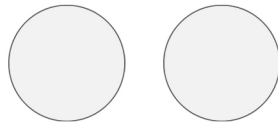
DAY: MON | TUES | WEDS | THURS | FRI | SAT | SUN



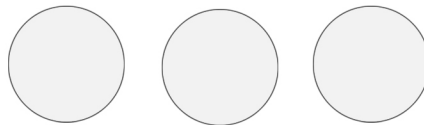
NUTS & SEEDS



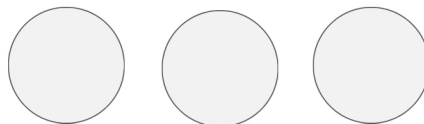
HEALTHY FATS



COMPLEX CARBOHYDRATES



PROTEIN



FRESH FRUIT



VEGETABLES (AIM FOR 3 TO BE GREEN)



FLUID / WATER

NOTES: _____
