

IDEAS FOR SNACKS

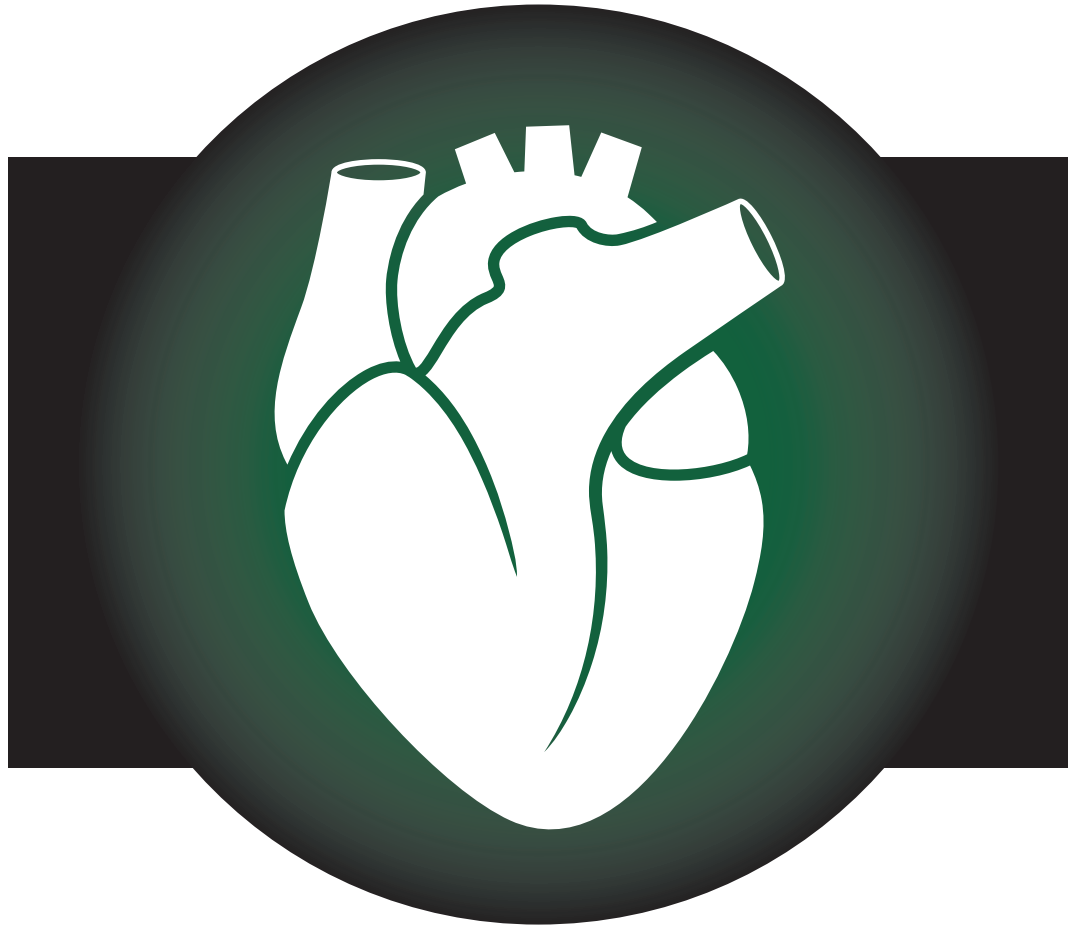
- Hummus with whole wheat pita, rice crackers, fresh raw vegetables
- Bean dip (for example, made with white beans and sundried tomatoes) served same as hummus
- Nut butter on celery stalks
- Cream cheese on celery stalks
- Guacamole and tortilla chips
- Cheese and crackers
- Baba ghanoush and pita
- Pico de gallo and tortilla chips
- Berries drizzled with half and half or mixed in yogurt

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

CARDIOVASCULAR



SUPPORT GUIDE

Created by



NUTRITIONAL FRONTIERS

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THE SUPPLEMENTS

CARDIOVASCULAR

CARDIO STACK

4 caps per day in divided doses with food

CIRCUCORE

2 capsules daily

POWER FUEL

Mix 1 scoop daily in water or before a workout or physical activity such as walking, running, ect.

OMEGA 3D

1 capsule with food, 1-3 times daily

ENERCOQIO

1 chewable wafer daily with each meal

THE FOOD

VEGETARIAN DIET

Any diet should focus on reducing or eliminating: refined sugar and flour, partially hydrogenated oils, too many Omega 6 and Omega 9 fatty acids, and packaged products containing artificial colors, flavors, preservatives, and chemicals. Lack of produce (fresh fruit and vegetables) is a serious contributor to chronic and acute disease and we should all be increasing our intake of fruits and veggies.

Some vitamins are absent in plant foods so exclusive plant eaters should get these vitamins from fortified foods or vitamin supplements: Vitamin B12, Vitamin D, Iron, Calcium, Omega 3 Fatty Acids.

People following a vegetarian diet should become informed about the principles of good nutrition. These include choosing foods high in fiber, complex carbohydrates, vitamins and minerals, and knowing which foods are best to eat organic, when possible (see "The Dirty Dozen" at www.ewg.org).



Oatmeal with Berries



Buckwheat Pancakes with Berries



Vegetarian Chili



Asian Vegetable Stir Fry



Fresh Salad with Veggie Toppings



Vegetarian Wheat Pasta



Cheese and Crackers with Tomato

IDEAS FOR BREAKFAST

- Protein smoothie (fruit, yogurt- dairy or non-dairy, protein powder, greens powder, nut butter, etc.)
- Oatmeal with cinnamon, ground flaxseed, berries, and milk (dairy or non-dairy)
- Millet, teff, or amaranth make excellent hot breakfast cereals and could be served same as oatmeal (cook easily in rice cooker)
- Whole grain toast with nut butter (peanut, almond, sunflower seed, or cashew nut butter)
- Homemade buckwheat pancakes with real maple syrup
- Homemade granola
- Lox or whitefish, tomatoes, onions, on whole grain crackers

IDEAS FOR LUNCH

- Fresh salad with mixed greens and a variety of toppings such as: toasted pine nuts, walnuts, pecans, cranberries, raisins, scallions, raw vegetables, sunflower seeds, soy nuts, artichoke hearts, feta cheese, grilled salmon etc.
- Asian-style stir fry with onions, cabbage, broccoli, cauliflower, any other veggie, soy sauce, and tofu, aduki beans or kidney beans- served over rice or noodles.
- Indian-style curry with a variety of vegetables, chick peas or lentils, curry powder. Serve with basmati rice
- Thai-style curry with a variety of vegetables, tofu or beans, coconut milk. Serve with rice or rice noodles.
- Vegetarian chili with cornbread
- Vegetarian split pea soup with barley, crostini, or rice
- Sandwich with cheese, alfalfa sprouts, lettuce, tomato on wholegrain bread or pita or gluten-free bread

IDEAS FOR DINNER

- Skewered, marinated veggies cooked on the grill, served with quinoa and a side of stewed beans
- Diced veggies, sautéed with cumin, oregano and thyme. Serve with black beans and corn or wheat tortillas.
- Falafel with cucumbers, tomatoes, and tahini in a pita or over rice
- Lentil soup with salad and whole grain bread
- Roasted, marinated root veggies (sweet potato, white potato, parsnip, turnip, rutabaga, beets, carrots with side of stewed chick peas and wild rice.
- Tempeh stir-fried with veggies
- Butternut squash soup, potato latkes, and 4-bean salad
- Sushi
- Polenta, roasted acorn squash, stewed red beans
- Pesto with whole wheat pasta and fresh tomatoes