



**MammAlive™**  
HEALTHY BREAST SOLUTIONS

**14-Day Dietary Routine**

From (date) \_\_\_\_\_ to \_\_\_\_\_ Name: \_\_\_\_\_

Daily Food (Check Daily)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Vegetarian Diet														
Organic Food : fill in what %														
Raw Food : 50% or more														
Broccoli Sprouts (3x weekly)														
Mung Bean Sprouts (3x weekly)														
Red Clover Sprouts (3x weekly)														
Dandelion in season (3x weekly)														
Vegetable Juice: 2 or more														
Cabbage: 1/3, juiced or raw														
Tomato Products (2x weekly)														
Fruits: 2 or more														
Citrus Juice: organic (3x weekly)														
Vegetables: 4 or more servings														
Brassica Family: 1 cup														
Onion: 1														
Garlic: 2 cloves, raw is better														
Sea Vegetables: 1/3 cup														
Shitaki Mushrooms (2x weekly)														
Low Salt/High Potassium														
< 15 % saturated fat/ tot. calor.														
Flaxseed Oil: 2 or more tbsp														
Olive Oil for cooking, low heat														
Fiber: 30 g														
Whole Grains: 1 cup														
Beans: 1-2 cups daily														
Flaxseeds: 2-4 tbsp, ground														
Pumpkin Seeds: 2 tbsp, raw														
Wheat Bran: 1 tbsp														
Protein: 30-60 g daily														
Tofu: ½ cup														
Soy Milk: 1 cup														
Miso: 1 tbsp (3x weekly)														
Citrus Peel: 1 tsp organic grated														
Turmeric: 1-2 tsp powder														
Rosemary, Sage, Ginger														
Water: 8 glasses filtered														
Alcoholic Drinks: < 2 /week														
Coffee: none														
Sugar: none														
Canned or Processed Food: none														
Dairy: none														