

## The Healthy Breast Diet

### On Rising

Powdered greens in water (i.e. 1-3 tsp. Greens +, Pure Synergy, Barley Green, spirulina etc.) or 1-3 ounces of wheatgrass juice followed by 2 glasses filtered or spring water, with a little lemon or lime juice added plus a pinch of cayenne pepper

### Breakfast

½ - 1 cup whole grain cereal (use barley, oatmeal, buckwheat, quinoa, millet meal, amaranth, brown rice) with 2-3 tbsp. freshly ground flaxseeds, 1 tbsp. wheat bran (if tolerated), small amount of stevia or chicory root powder if desired, plus 1/2-1 cup organic (Eden) soy milk or fruit smoothie with organic fermented soy or Vega protein powder and ground flaxseed

### Snack

2 cups fresh vegetable juice (carrot, beet, kale, cabbage, parsley, garlic, ginger, apple) with 1/2 tsp. dulse powder and 1 tsp. ground flaxseed or 1-2 pieces organic fruit, especially, cherries, apple, pear, kiwi, banana, orange, tangerine, berries  
2 glasses filtered or spring water or herbal tea (green tea, licorice, red clover, Pau d'arco, barbed scullcap)

### Lunch

1-2 cups salad with cabbage (eaten at the beginning of the meal)  
¾ cup vegetables (at least 50% raw, including 1/2 cup Brassicas)  
1/2 cup mung bean, red clover, sunflower or broccoli sprouts (in salad or in bean and rice dish)  
1-2 tbsp. flaxseed oil, as salad dressing, and over beans and grain  
1/2-1 cup beans, with onion, garlic, turmeric (hummus, bean dips or soup, or bean/grain dish)  
1/2 cup whole grain (rice, millet, barley, quinoa, buckwheat)  
3-4 shitake mushrooms

### Snack

1-2 tablespoons raw almonds, pumpkin seeds, and/or sunflower seeds  
2 cups vegetable juice (carrot, beet, kale, cabbage, parsley, garlic, ginger, apple) with 1/2 tsp. dulse powder and 1 tsp. ground flaxseed  
2 glasses filtered or spring water or herbal tea, as above

### Dinner

green drink (as before breakfast, taken 1/2 hour before dinner)  
1 cup salad with sprouts, onions, garlic, raw sunflower/pumpkin seeds, and grated citrus peel  
1/2 cup firm organic tofu  
1/2-1 cup whole grain (wild rice, quinoa, millet, rice, barley, and buckwheat) - omit this if you are food combining or wanting to lose weight  
¾ cup vegetables, raw or lightly steamed  
1/2 cup red clover, sunflower, mung bean or broccoli sprouts  
2 tbsp. sea vegetables (hiziki, arame, wakame, mekabu, nori, dulse, kelp)  
1-2 tbsp. flaxseed oil and 1 tablespoon olive oil in salad dressing or over grain or vegetables

### Snack

2 glasses filtered or spring water or decaffeinated green tea  
1 cup Healthy Breast Drink (1 cup organic soy milk, 1 tsp. turmeric paste)