

The Healthy Breast Diet



On rising

green drink - either 1-3 tsp. Greens + , Pure Synergy, Barley Green, spirulina or other green powder in water 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

1/2 - 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 if desired, plus 1/2-1 cup organic (Eden) soymilk or fruit by itself with flaxseed

Snack

2 cups fresh vegetable juice especially carrot, beet, cabbage with 1 tsp. dulse or kelp powder or 1-2 pieces fruit, especially, cherries, apple, pear, banana, orange, grapefruit, tangerine, berries
2 glasses filtered or spring water or herbal tea (green tea, licorice, red clover, Pau d'arco, rosehip)

Lunch

1-2 cups salad with cabbage (eaten at the beginning of the meal)
3/4 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, bean soup, or bean and grain dish)
1/2-1 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 (especially carrot, beet, cabbage, dulse powder with added watercress, parsley, kale, mustard greens, garlic, ginger, sprouts, dandelion greens, or apple)
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 fresh sprouts, onions and garlic, raw sunflower or pumpkin seeds, and grated citrus peel
1/2 cup firm organic tofu
1/2-1 cup whole grains (wild rice, quinoa, millet, rice, barley, and buckwheat) - omit this if you are food combining or wanting to lose weight
3/4 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 as part of 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)