

General Daily Eating Schedule Recommendations

(This plan is better for people with **SLOW** metabolism, lethargy, glycemic problems including diabetes)

- After waking, drink 4-12 ounces of green vegetable juices.
- 40-60 minutes later, eat 6-10 ounces (1-2 cups) raw meat with raw eggs and/or 2-5 Tablespoons raw butter, raw cream, raw coconut cream, no salt added raw cheese with equal amounts of butter or avocado. One or a combination of several raw fats may be eaten at a meal such as in a sauce.
- 45-90 minutes later, drink a blended milkshake consisting of 1-4 raw eggs, 3-6 oz raw milk, 1-4 ounces raw cream and 1-2 Tablespoons unheated honey.
- At least an hour later, drink another 4-12 oz. green vegetable juice.
- At least 1 hour later, eat 6-10 oz. (1-2 cups) raw meat with raw eggs and/or 2-5 Tbsp raw butter, raw cream, raw coconut cream, no salt raw cheese with equal amounts of butter or avocado. One or a combination of several raw fats may be eaten at a meal such as in a sauce.
- 60-90 minutes later, eat 4-6 oz fruit with 3-6 oz. of either raw cream raw coconut cream raw butter or avocado you may combine any or all the above or you may drink another milkshake without fruit.
- At least 1 hour later, drink another 4-12 oz. green vegetable juice
- At least 1 hour later, eat 6-10 oz. (1-2 cups) raw meat with raw eggs and/or 2-5 Tbsp raw butter, raw cream, raw coconut cream, no salt raw cheese with equal amounts of butter or avocado. One or a combination of several raw fats may be eaten at a meal such as in a sauce.
- 45-90 minutes later, drink a blended Moisturizing Lubrication Formula.
- At least 1 hour later, drink another 4-12 oz. of green vegetable juice.

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borrowed from [Recipe for Living Without Disease](#) by Aajonus Vonderplanitz