

Nutritional Guidelines

Biggest meal should be at noon with smaller breakfast and lunch

Avoid snacks

Amount of food eaten at a meal is what can be held in 2 hands

Practice eating awareness one meal per week (eating in silence)

Eat in a settled environment (for example do not eat while driving)

Do not eat when you are upset

Always sit down to eat

Eat only when you have strong appetite

Use room temperature water ICE IS NOT NICE

Wait until one meal is digested before starting the next (2-6 hours)

All food should be cooked-reduce or eliminate raw foods

Include all 6 tastes at each meal use a churan ask about this

Drink milk separate from meals (can reduce cravings for sweets)

Suggestions

Be patient with yourself and the program

Stop self-criticism for not doing it right

Choose those things that are easiest to do first

Such a regimen will bring about excellent energy, lightness in body, superior digestion, improved appetite, greater physical strength and stamina, stronger resistance to disease, and most importantly a sense of real happiness