



My Getting Started Plan Quick Reference Sheet

1. Improve My Breakfast:

**Drink protein smoothie within 30- 45 minutes of getting up in the morning!
Additional breakfast choices I might have with my protein smoothie.**

- 2 organic eggs cooked as soft as I can tolerate (I love an omelet with a ton of veggies...salsa and feta cheese)
- Ezekiel Cinnamon Raisin Bread toasted with a little organic butter
- Steel Cut Oatmeal with almond/rice milk, Agave syrup & cinnamon

2. Improve My Snacks:

I snack every 2-3 hours. Snack choices I especially like:

- 10 raw almonds
- Peanut Butter Balls- eat 1-2 with apple slices! Recipe at website.
- 1/2 cup of Stonyfield yogurt with 1 T Leucine packed protein powder
- TLC crackers with a little Chevre Goat Cheese
- Snack and meal bars with leucine
- A cup of red, white and green Matcha tea.
- ½ c Edemame beans

3. Drink More Fluids

- 6 cups of pure water each day.
- Wisdom of the Ancients Yerba Mate' Royal Tea.
- Cranberry Cooler. Recipe at my website!
- Teccino for coffee lovers! www.teccino.com

4. Add A Few Simple Supplements

- **Craving Reduction Multi vitamin or Regular Multi Vitamin**
Take as directed on the bottle.
- **B-Complex** I typically take 2- 3 with breakfast and lunch.
- **Stress Relief Complex**-I take this at least once, and sometimes twice a day. I like to take it during the day and right before I go to sleep

To order items like the protein powders, supplements, snack bars, teas, etc. go to www.fuzzyslippersforever.com/rescueme.html