

THE BIOFIELD DIET PLAN

**Discover the healthiest
diet plan on earth!**

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The Biofield Diet Plan

The Perfect Dietary Foundation for a lifetime
Try it for 21 days and feel the difference



What a privilege it is to learn the dietary plan that can transform your life. Not only can it help you maximize the cleansing process for 21 days, it can help TRANSFORM your body, your energy and your life! Feeling great is not just a "given" any more – you have to work for it.

Certain foods can act as hidden stressors or food intolerances that play havoc with your body. Often, people may not realize that they are reacting to/are intolerant of certain foods

or food ingredients (as listed below). By taking action on the Biofield Diet, you may find you are in a TOTALLY different place in 21 days with your overall wellbeing as well as your target weight, energy levels, bloating, cravings and more.

So let's get started on YOUR 21-day BODY METABOLIC VACATION – a complete HOLIDAY from the top food stressors as well as "junk" sugars & "junk" fats! Wow – you'll be enjoying delicious, hearty meals with real foods and NO junk.

Now that's a plan for YOUR best success!

Clear the Food Stressors: It's as easy as 1-2-3!

- ① **Clear out the Top 6 Food Stressors:** Move these top food stressors (allergens/intolerant foods) out of your diet:
- Dairy
 - Eggs
 - Wheat (gluten)
 - Soy
 - Corn
 - Peanuts

- ② **Clear out "Junk" Sugars:** Kick out refined, white sugar & artificial sweeteners from your diet. Be sure to read labels to avoid these hidden sugars.
- ③ **Clear out "Junk" Fats:** "Bad" fats CAN stress your liver and up your weight. So clear out trans fat, canola oil and hydrogenated oils. (Avoid fried foods and fats/oils heated over 212 degrees F.)

The "Take Action" Points: Get on Target!

- ◆ **Eat more plant-based foods.** Include more "top choice" fruits, veggies, beans/legumes, grains, nuts and seeds in your diet.
- ◆ **Eat more starch.** Eat at least 50% of your calories daily as complex starch (grains, potatoes, beans, etc.) - the same thing that the long-lived cultures do.
- ◆ **Add a daily shake:** Add one multi-greens shake to your morning routine. Add 1 teaspoon of Premier Greens to your daily shake.
- ◆ **Nutritional Supplements:** Take your daily supplements as prescribed by your practitioner. If you have not been given a specific supplement program, then the following products are recommended for your 21-day diet experiment. Please check the label for specific dosage recommendations.
 - ✓ Quantum Greens
 - ✓ Quantum DHA
 - ✓ Coral Calcium Plus
 - ✓ Quantum Digest
 - ✓ D3 Gold
 - ✓ Quantum Adaptogen

- ◆ **Daily Super Salad:** Include one large, daily salad with at least 3 or more ingredients (such as a mound of green lettuce & baby kale topped with avocado, onion & tomato slices; Creamy Lemon Tahini dressing). A daily salad provides a big dose of soluble fiber to benefit colon health.
- ◆ **Meatless Meals:** Go "meatless" at least 5 days/week; instead, thrive on plant-based meals on these days. This helps give the digestive tract a rest and allows the body to detox more efficiently.
- ◆ **The 212 Rule:** Eat foods that have been cooked only at boiling temperature (or less). Acrylamides are carcinogenic chemicals that are formed when foods are cooked at high temperatures (over 212°F.).
- ◆ **30-Minute Mojo:** Up your mojo by going for a 30-minute walk daily. Yes - just do it!
- ◆ **The 7 pm Cutoff:** For best results, finish eating solid foods by 7 pm each day. When you stop eating solid food within 2-3 hours of bedtime, you give your digestion a rest so your body can focus on getting better sleep.

You Can Do It!

During this 3-week process, follow the Biofield Diet Plan at 100%! You need this precious time to give your overworked digestive system a break to calm down and optimize.

DON'T pick and choose from the above Take Action Points. Do it ALL! Often, the very foods you want to keep are the PROBLEM in stressing your body. Yes, you really CAN do it 100% – it's only 21 days! Stick with it and you may be able to reap ALL the amazing rewards.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TOP FOOD CHOICES

Select foods from the list below to include in your daily meals.

Top Protein Options	<ul style="list-style-type: none"> Plant-Based (unlimited): Organic pea protein, rice protein, sweet potato protein (esp. used in protein smoothies) Fish (1-2 x/wk): Cold water fish with scales. Top choices: wild-caught salmon, halibut, sole, sardines. Avoid farm-raised fish and shellfish (such as shrimp); avoid bottom feeders (such as catfish). Red Meat (1 x/month or less): lean red meat (steak, buffalo, lamb) (Must be grass fed, hormone-free) Chicken (none): If occasionally eaten, use organic only; local raised (avoid turkey, including organic) Eggs: None Dairy: None 												
Top Fat Options	<ul style="list-style-type: none"> Raw nuts & seeds. Top choices: organic almond, cashew, pecan, pine nut, sesame seeds, tahini (roasted sesame seeds), walnut (no peanuts) Veggies: Avocado (guacamole) Fermented nuts/seeds (for example, check out the recipe for Walnut Oregano Pate) 												
Top Vegetable Options	<p>Top Choices: Organic asparagus, beet, bell pepper, carrot (orange, purple, white, yellow), cucumber, broccoli, broccolini, brussel sprouts, cabbage (green & purple), fennel, jalapeno peppers, kale, lettuce (except iceberg), onions (red, white, yellow), mushrooms (top choice is crimini; avoid shitaki & portabella), parsley, red potatoes, spinach, sweet potatoes, tomatoes, zucchini</p>												
Top Grain Options	<p>(Avoid whole or refined wheat, including organic. Farro wheat, an ancient grain, is recommended.)</p> <p>Top Choices: Organic amaranth, brown rice, brown rice pasta, farro pasta, quinoa, quinoa pasta, teff</p>												
Top Bean/Legume Options	<p>Top choices: Organic garbanzo beans (hummus), pinto beans, black beans, navy beans, cannellini beans, peas</p>												
Top Fruit Options	<p>Top Choices: Organic apple, apricot, avocado, berries (blueberries, blackberries, raspberries, strawberries), black cherry, grapefruit, lemon, lime, pear, orange, peach, persimmon, plum, pomegranate, raisin (dark and green), tangerine</p>												
Top Nut & Seed Options	<p>Top Choices: Organic almond, brazil nuts, cashew, coconut, pecan, pine nut, pistachio, sesame seeds, sunflower seeds, tahini (toasted sesame seed paste), walnut (no peanuts). Ideally, all nuts & seeds should be soaked for 10 minutes in purified water first before consuming.</p>												
Top Spice Options	<p>Top Choices: Organic basil, cayenne pepper, chipotle, oregano, rosemary, thyme, turmeric</p>												
Fermented Veggie Options	<p>Homemade fermented veggies: see our easy "overnight" recipes such as Creamy Walnut Pate, fermented carrot/onions and more.</p>												
Top Sweetener Options	<p>Top Choices: Organic date sugar (which is just powdered whole dates), organic maple syrup (grade B only- which does not contain formaldehyde), raw, unpasteurized honey, organic molasses. (Avoid agave syrup and stevia.)</p>												
Oil Options	<p>Avoid all refined oils. If occasionally eaten, use only small amounts of organic olive oil, sesame oil, flax oil (No canola oil). Tahini (made from whole sesame seeds) blended with a small amount of lemon, water, spices and salt makes a delicious, creamy salad dressing – without refined oil.</p>												
The Dirty Dozen List	<p>Buying organic is the best; buying locally farmed is the next best. But conventional produce may be heavily tainted with pesticide residues. The following list shows the 12 most pesticide-contaminated, conventionally-grown fruits and vegetables (from the EWG 2016 Dirty Dozen guide). Always purchase these twelve as organic to avoid the heavy hit from pesticide residues.</p> <table border="0"> <tr> <td>1. Strawberry</td> <td>4. Peaches</td> <td>7. Cherries</td> <td>10. Sweet bell peppers</td> </tr> <tr> <td>2. Apples</td> <td>5. Celery</td> <td>8. Spinach</td> <td>11. Cherry Tomatoes</td> </tr> <tr> <td>3. Nectarines</td> <td>6. Grapes</td> <td>9. Tomatoes</td> <td>12. Cucumbers</td> </tr> </table>	1. Strawberry	4. Peaches	7. Cherries	10. Sweet bell peppers	2. Apples	5. Celery	8. Spinach	11. Cherry Tomatoes	3. Nectarines	6. Grapes	9. Tomatoes	12. Cucumbers
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Make it easy! When preparing food, fresh is best of course, but another great option is to stock your freezer with some delicious, ready-made options. Sometimes, a quick and easy option for a meal entrée is to simply load some frozen, pre-made veggie burgers

into your toaster oven and you are eating in 7 minutes flat. For smoothies, organic, frozen fruit keeps well in the freezer and is available for immediate use. Please see our resource list for delicious, organic food items and entrees.

Sample Meal Ideas

Days	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Hearty amaranth cereal with pecans, dates & maple syrup	Smoothie: Almond milk blended with raspberries, pine nuts and 1 tsp. Premier Greens	Large salad with baby greens, avocado & tomato; topped with sunflower seed/lemon dressing Brown rice with steamed veggies and hummus	Organic apple; homemade raw nut-fruit cubes	Dinner salad with greens, tomato, onion, avocado; splashed with spicy tomato avocado dressing Cooked crimini mushrooms over brown rice; drizzled with lemon tahini sauce Cooked purple carrot/broccolini side dish
Tuesday	Potato Grande (boiled red potatoes, sweet onions, scallions; topped with spicy salsa)	Smoothie: Almond milk blended with one apple, walnuts, maple syrup, 1 tsp. Premier Greens	Homemade coleslaw Bean and Veggie Stew Creamy Tomato Soup	Warmed rice tortilla topped with fermented almond spread	Pan-cooked salmon with Super Salsa garnish Cooked sweet potato cubes Dinner salad
Wednesday	Hot rice cereal Cooked red potatoes with spicy topping	Smoothie: Walnut milk blended with fresh kale, date sugar, 1 tsp. Premier Greens	Brown rice/bean wrap (brown rice tortilla layered with black beans, tomatoes, onion & avocado slices with fermented sunflower seed sauce); Broccoli soup	Organic almonds and golden raisins	Pan-cooked lamb chops Farro pasta topped with chopped onion and carrot; dinner salad
Thursday	Berry Bowl (blueberries, raspberries, blackberries), almond milk	Smoothie: Spinach, blueberries, apple, walnut, 1 tsp. Premier Greens	Veggie burgers with hot sauce Steamed mixed veggie side dish Spinach Salad with tangy tomato dressing	Rice tortilla with quacamole	Brown rice, quinoa and veggie salad Dinner salad
Friday	Sweet Potato Forte (sweet potatoes and onions with bean sauce)	Smoothie: Almond milk blended with fresh berries, 1 tsp. Premier Greens	Brown rice/ garbanzo bean salad Mushroom soup Lunch Salad (baby greens, spinach, tomatoes, parsley; walnut spice dressing)	Hummus dip with carrot sticks	Sweet Potato Stew (with beans & veggies) Dinner salad
Saturday	Hot rice cereal Mashed potatoes	Smoothie: Apple, walnut, maple syrup, 1 tsp. Premier Greens	Hearty Quinoa Chowder (quinoa, potatoes, onions, jalapeno peppers & spices) Cooked asparagus and carrots Hearty Lunch Salad (greens, veggies & spicy mango dressing)	Dried fruit/nut cubes	Pan-cooked sole with lemon dressing Brown rice and Brussel sprouts combo Dinner salad
Sunday	Breakfast tacos (rice tortilla, black beans, onion, tomato, cilantro) with avocado sauce	Smoothie: Pecan milk blended with mango, 1 tsp. Premier Greens	Quinoa pilaf Mixed veggie side dish Large Lunch Salad	Sweet cherries/pine nut smoothie	Veggie burgers with cashew gravy Mushroom/onion side dish Dinner salad

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The Biofield Essentials Kits

Biofield Essentials 3-Pack Kit or Biofield Essential 6-Pack Kit.

To get started on your 21-day Biofield Diet experience, choose either To maximize your nutritional foundation, the 3-pack Kit offers three essential sources of nutrition: healthy grasses and greens, robust minerals and essentials oils. In addition to these three nutritional sources, the 6-Pack Kit also provides live-source vitamin D3, full spectrum veg-

etarian enzymes and our best-selling, quantum quality adaptogen formula for whole body stress support.

Get started today on these essential formulas to help lock in your highest nutritional potential. See what a difference 21 days can really make in your life!

The Biofield Essentials 3 Kit



Available in powder and capsules

Quantum Greens

Quantum Greens is nature's amazing super nutrition formula for optimal health and vitality. Our prized greens blend features our pristine **organic** Power Grass-Plus Blend™ (low-temperature, air-dried young grasses) coupled with Power Greens Blend™ for optimal nutritional effect.



DHA-200™

Plant-source DHA (docosahexaenoic acid) is a quantum breakthrough in healthy omega-3 fatty acid nutrition because it is derived from micro-algae instead of fish. This makes it suitable for everyone, including vegetarians or vegans.

Feed your brain with high quality, plant-source DHA, a key Omega-3 fatty acid that is extremely important for the brain, nervous system, eyes and cardiovascular health.



Quantum Coral Calcium Plus

This pH alkalizing formula provides legendary mineral support for the bones, joints and teeth as well as promoting an optimal alkaline pH. Quantum Coral Calcium Plus features Coral MinUltra™ which contains quantum-state calcium and magnesium minerals from Sango marine coral that naturally has an impressive 2:1 ratio. It is coupled with Corio-TriBlend™, a full spectrum botanical blend, for optimal nutritional support.

The Biofield Essentials 6 Kit



Available in powder and capsules

Quantum Greens

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Feed your brain with high quality, plant-source DHA, a key Omega-3 fatty acid that is extremely important for the brain, nervous system, eyes and cardiovascular health.



Quantum Adaptogen

Quantum Adaptogen is a quantum-state, invigorating formula that promotes the entire adaptogenic process, including whole body stress support.

This product features several key, nutraceutical blends. Rhodiola Pro Blend™ features the famous botanicals: Rhodiola Rosea root, Eleuthero root, American Ginseng, Opuntia and Maca, the perfect adaptogenic blend. SynerPro Support Blend™ and CordyPro Blend™ complete the "Quantum Nutrition Effect" of this dynamic formula.



Quantum Digest

Quantum Digest contains a broad spectrum profile of vegetarian digestive enzymes that support the digestion of proteins, fats, fiber and dairy. To support digestion, this is an important formula to take after main meals. This formula offers two types of protease enzymes which facilitate the breakdown of protein. It contains lipase enzymes which promote the breakdown of fats. Amylase enzymes promote the breakdown of starch and glycogen. Invertase and lactase enzymes support digestion of carbohydrate disaccharides, including dairy. Cellulase enzymes help break down plant wall components. A complete, all-in-one digestive support formula.



Quantum Coral Calcium Plus

This pH alkalizing formula provides legendary mineral support for the bones, joints and teeth as well as promoting an optimal alkaline pH. Quantum Coral Calcium Plus features Coral MinUltra™ which contains quantum-state calcium and magnesium minerals from Sango marine coral that naturally has an impressive 2:1 ratio. It is coupled with Corio-TriBlend™, a full spectrum botanical blend, for optimal nutritional support.



D3 Gold

D3 Gold provides live-source vitamin D3 in liquid form. Vitamin D3 is a fat-soluble vitamin called the "Sunshine Vitamin" which is essential for bone growth, mineralization and absorption of calcium. It also promotes immune system and cardiovascular health. Recent studies propose ideal vitamin D3 intake should be 1,000 IU or more daily (a recommendation our liquid meets in just one drop).

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