

Daily Food Record

Date: _____

Name: Joel MacDonald

TIME

FOOD RECORD

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Wake-up routine: Lemon/I-I-H₂O; Keppra; Resveratrol(1); Coriolus(2); Green Tea Extract(2); _____

Larix(1 tsp); Flor-Essence Tea(4oz.)

NCD + Agarigold (7:00 am)

Breakfast: (Fruit):

+**Amazon Plan:** Immunibuild(2); Detoxital(2); Amazon Factor(2); Metazyme(4-6)

Breakfast: (Vegetables):

"Green Drink"

Green Tea (brewed, 8 oz.)

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NCD + Agarigold (12:00pm)

Lemon/I-I-H₂O; _____

Lunch: (Fruit):

+**Amazon Plan:** Immunibuild(2); Amazon Factor(2) and Metazyme(4-6) _____

Lunch: (Vegetables):

Green Tea (brewed, 8 oz.)

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NCD + Agarigold (5:00 pm); Coriolus(2); Green Tea Extract(2); Resveratol (1) _____

Lemon/I-I-H₂O

Dinner: (Fruit):

Dinner: (Vegetables):

+ **Amazon Plan:** Immunibuild(2); Detoxital(2); Amazon Factor(2) and Metazyme(4-6); Keppra

Green Tea (brewed, 8oz.)

End of Day Routine: Flor-essence tea (brewed) + NCD drops and Agarigold

H₂O consumption: 16oz. 16oz. 16oz. _____ _____ _____ _____

pH: _____ time: _____ weight: _____#/_____kg