

# Supplements

## 1. Whats worth taking.

a. Quality

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b. Purpose

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c. What

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1. Multi

2. Vitamin D3

3. Fishoil

# Foods

## 1. Eat Identifiable foods.

a. Don't eat foods that come with a bar code

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b. Eat organic not just for whats in it, but for whats not in it.

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c. Cave man style

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## 2. Plan out meals, or prepare ahead of time

a. Make multiple servings.

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b. Start a meal exchange group

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c. Find a recipe book that fits your goals.

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## 3. Cycle proteins and Colors.

a. Identify your 18 recipe's

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b. Follow the Rainbow

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c. Don't sneeze

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