**The Shepherd’s Healthy Eating 90-Day Wellness Plan**

(Start January 1 and end April 1)

**Sundays**

* Only a protein drink of your choice for breakfast. Small size. NOTHING BIG.
* Green or vegan salad **\*** with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Mondays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\*** with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Tuesdays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\*** with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Wednesdays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\***  with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Thursdays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\***  with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Fridays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\***  with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

**Saturdays**

* Only a protein drink of your choice for breakfast
* Green or vegan salad**\***  with very little meat of your choice for lunch
* Eat fruit that you like to keep you until your last meal for the day
* Eat a full meal of your choice for your last meal of the day before 7pm but eat very small portions\*
* Drink water frequently and any juice with less than 20 grams of sugar (keep all liquids at not more than 6 ozs. per serving)
* **If it is not listed above, don’t do it!**

\*Smaller portions make the stomach shrink. The instant you burp stop eating. Put the spoon/fork down.

**\***Prepare your own salad or buy a salad. Just don’t go overboard with anything. Discuss this plan with you doctor.

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