

Essentials	Daily	Weekly	Monthly	Annually
Major Meals	1 to 3			
Small Bites (Fruit/veggies,dips)	4+			
Caloric Intake	1,200 to 1,700			
Spring Water & Tea (fl oz)	1/2 Weight in ounces			
Plant-Based Protein				
0 to 12 Months	9 to 13 Grams			
1 to 9 Years	16 to 19 Grams			
9 to 12 Years	25 to 35 Grams			
12 to 30 Years	40 to 60 Grams			
30 Years & Up	30 to 40 Grams			
Expecting/Lactating Moms	70 Grams			
Athletic Performance over 1hr	Big range ask me			
Animal Protein (4 oz)		Age 5-30: 0 to 3 servings	Age 30-50: 0 to 3 servings	Age 50+ 0-3 Servings
Saturated Fats (PB Only)	1 Teaspoon			
Fiber (Outside of smoothie)	12-20 grams			
Legumes (36 hour soak)	1 Cup			
Whole Grain	1/2 -1 Cup			
Fruit (Servings)	Variety of 3+			
Vegetables (Servings)	6+			
Energetic Health				
Direct Sun on 80% of body	15-20 Minutes Min			
Meditation	5 to 30 Minutes			
Self Reflection (Journaling)		3 to 7 Entries		
Fitness	30 Minutes to 1 Hour			
Sleep	7 to 8 Hours			
Focused Breathing	3+ Minutes			
Grounding	15 to 60 Minutes			
Yoga or Cardio		3 to 6 Times		
Massage or Intimacy		1 to 2 Times		
Bowl Movements	1 BM Minimum			
72-Hour Water Fast			0 to 1 Cycle	4 to 6
14-28 Day Cellular Cleansing				2 to 3
45 Day Fast of All Misalignments that do not honor our highest form				1
45 Day Feast of energetic arts that create alignment with highest form				1

