



Email: solutions@phyllisreidjarvis.com

Tel: 204-229-2634

Fax: 1-801-838-5036

Website: www.PhyllisReidJarvis.com

The fifth tool: The Healthy Eating Schedule

It all comes down to us using the resources we have at our disposal, our common sense. I am sure you will agree that you and many other North Americans know for the most part what healthy eating looks like.

The following schedule will help you to achieve your health goals much faster. It shows you how often in a week you should consume certain main protein foods.

Red Meat: 1x per week
Chicken: 1-2x per week
Fish: 3x per week
Meatless: 2-3x per week

The above eating schedule places emphasis on consuming more plant based foods, while incorporating more natural food sources of omega-3 fats.

This way of eating has been proven to help you:

- **Lower blood pressure**
- **Improve blood cholesterol and other lipid levels**
- **Control weight**
- **Achieve near-normal or optimal blood sugar level.**

The benefits are too great to not give this way of eating a chance. Try it for one week and you will feel the difference; try it for a month and you will begin to see and feel the difference as well.

Excerpt from: *Solutions for Health*, by Phyllis Reid-Jarvis, RD, CDE