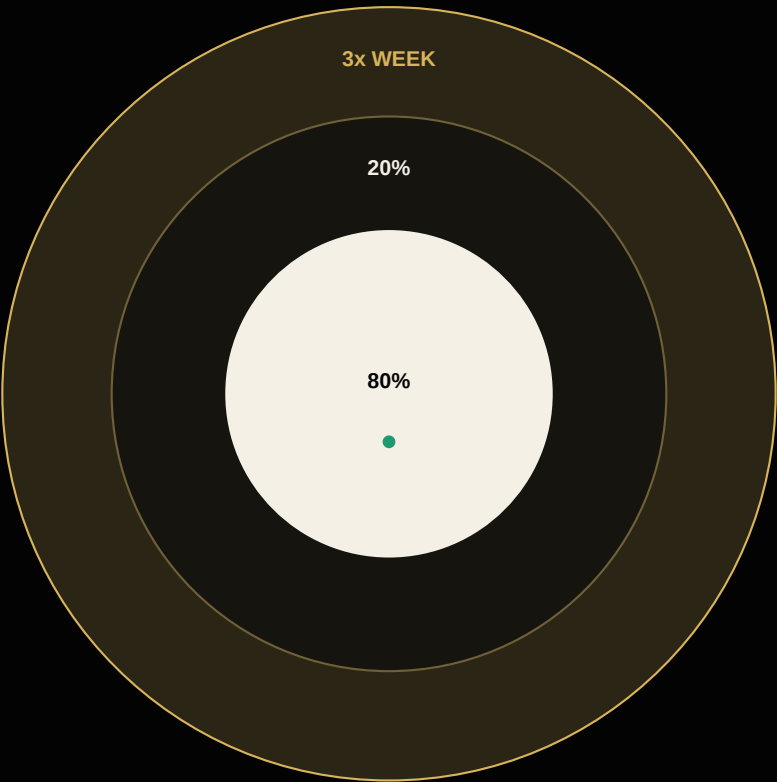


Enlightened Athletics Dietary Protocol



GLORIFY GOD - HONOR SELF

CANONICAL RING LEDGER

The preserved 80% / 20% / 3x weekly architecture

80%

- FRUIT
- OLIVE OIL
- SPROUTED ALMONDS
- WATER
- FRESH VEGETABLES: 2-3 ABOVE GROUND VEGETABLES - TO - 1 BELOW GROUND VEGETABLE

20%

- BREAD: RYE, WHOLE WHEAT, PUMPERNICKEL
- CRACKERS
- RICE
- MEAT: FISH, FOUL, LAMB
- COFFEE OR TEA (W/OUT MILK)

3x WEEK

- WHITE POTATO SKINS
- DAIRY PRODUCTS
- DESSERT
- EGG YOLKS
- SWEETENERS: BEET SUGAR, RAW HONEY, MAPLE SYRUP
- NUTS AND NUT BUTTER
- SOUP
- DRIED BEANS