

# ***Basic Sunrider Meal Plan***

**80% live food, 20% cooked**

## **Sunrider's Basic Foods: 72 whole, live, concentrated herbal foods**

*NuPlus/VitaShake* – 12 foods – Nourishes at the cellular level – Internal Energy

*Quinary* – 50 foods – Nourishes & Balances all 5 Life Support Systems

*Calli* – 5 foods – Nourishes the 5 Cleansing Organs-liver, colon, kidney, lungs, skin

*Fortune Delight* –Cleanses the digestive system/super hydrates/sports/energy

*SunnyDew* –Nourishes pancreas, anti-inflammation, topically healing

*SunBar* – High Fiber, Meal replacement, snack power bar, 1/day for 15 days great gut health. Be sure and drink 2 cups liquid – it swells!

*These are groceries. Great food budget savings!*

**Upon Rising:** *Calli:* For super convenience, use a Coffee Maker-tea bag in top, add water, push button and you have 8 cups of Calli in minutes. No coffee maker? Steep 1 bag 5-10 min. in 6-8 cups water, do not boil or microwave, or reuse the bag - you start to pick up the weaknesses) **keep for polticeses, plants, and animals)** Add Fortune Delight to Calli if you choose or keep it separate. *SunnyDew:* Add drops or squirts for delicious.

**BREAKFAST:** **Make a “72 Food Power Drink”** Add all the above Basic foods to 2 cups of Calli in a blender Enjoy hot or cold.

**Thru Morning:** **Calli/Fortune Delight:** Enjoy drinking thru the morning 2-3 cups Be refreshed and energized! Keep the nourishing of the cleansing organs going thru the day.

**LUNCH:** *Vitalite SunBar* - “meal in a bar”  
*Fortune / Calli* - separately or together  
Eat some fruit or a salad

**Thru Afternoon:** *Calli/Fortune Delight* - 2-3 cups - Continue to be refreshed & energized, and gentle detoxing.

**DINNER:** *72 Food Power Drink* or a *VitaShake*  
Huge salad with seeds  
Some baked or cooked food  
*Ideal is to eat the dinner meal at noon!*

**Goal:** 80% raw (fresh) food and 20% cooked

**For serious regeneration & extra weight loss:** *72 Food Power Drink-3 xs/day*