

Lange Diet Plan

Monday

First thing in the morning drink 12 ounces of water with 1tbs of apple cider vinegar (with the mother in it) drink this as early as possible.

Breakfast: 2 free range organic eggs sautéed in organic coconut oil with 1/2-1 cup of organic kale, and 1/2 cup of orange or red bell peppers made into omelet, sprinkle 1/4 cup of almond slivers on top and use pink Himalayan sea salt and pepper to season. Drink 1 cup of organic green tea or 1 cup of coffee, **1 Fortifeye Focus.**

Snack: 2 1/2 hours after breakfast 8-12 ounces of spring water, half cup of almonds and or walnuts and one slice of pineapple or ½ cup cranberries.

Lunch: 1/2 cup of chopped grilled chicken breast mixed in with organic lettuce, organic spinach, 1/2 cup of organic blue berries and half a cucumber sliced. Himalayan sea salt and pepper. Vinegar and or lemon for dressing. 8 ounces of spring water

Snack: 2 1/2 -3 HRS AFTER LUNCH, one 8 ounce glass of whole or 2% goat milk

Supper: **Fortifeye Super Protein** 1 scoop mixed in a shaker with one scoop of **Fortifeye Blue Green Superfood** with 12 ounces of spring water. Take **1 Fortifeye Super Omega.** Do not eat or drink anything after this until the next morning.

TUESDAY

First thing in the morning drink 12 Oz of spring water and take **2 Fortifeye Probiotics.**

Breakfast: 4-5 ounce of wild salmon (baked or sautéed in coconut oil) with 1 organic poached egg, a half cup of organic spinach poached with the egg, 1/2 cup of organic blue berries. 1 cup pf coffee or organic green tea. **1 Fortifeye Focus.**

Snack: 2 1/2 hours after breakfast, 1 ounce of goat cheese and 8- 12 ounce of spring water.

Lunch: **Fortifeye Super Protein** 1 scoop and **Fortifeye Blue Green Superfood** 1 scoop with 12 ounce of spring water.

Snack: 2 1/2- 3 hours after lunch, half cup of almonds and or walnuts, 1 slice of pineapple or ½ cup cranberries, 12 ounce of spring water.

Supper: boiled antibiotic / hormone free chicken (one breast or 2 thighs or 2 legs) 1/2 cup of Quinoa, 1 cup boiled broccoli. 12 ounce of water. **1 Fortifeye Super Omega.**

Wednesday

First thing in the morning 12 ounce of spring water with 1 TBS of apple cider vinegar (with the mother).

Breakfast: **Fortifeye Super Protein** 1 scoop and **Fortifeye Blue Green Superfood** 1 scoop with 12 ounce of spring water. **1 Fortifeye Focus**

Snack: 8 ounce glass of goat kefir or goat yogurt (can be plain or have some fruit in it) if plain then mix half cup of blueberries/ strawberries.

Lunch: lettuce wrap with small can of tuna in water, 1/2 chopped celery, Himalayan sea salt, pepper, lemon, chopped or sliced 1/2 orange or red bell pepper.

Snack: 2-3 hours after lunch, half cup of walnuts and or almonds and 12 ounce of spring water.

Supper: 5 ounce of organic tepeh (fermented soy), sautéed in coconut oil, with 1/2 cup of orange and red bell peppers, 1/2 cup of organic kale, 1/2 cup bamboo shoots and topped with slivered almonds, 12ounce of spring water. **1 Fortifeye Super Omega.**

Thursday

First thing in the morning 12 ounce of spring water with 2 **Fortifeye probiotics.**

Breakfast: 2 slices of organic turkey bacon, 2 scrambled eggs with either a half cup of broccoli or organic kale or both. 1 cup of green tea or coffee. **1 Fortifeye Focus.**

Snack: 2 1/2 hours after breakfast, sliced cucumber salad with rice vinegar, half cup of mixed organic berries. 12 ounce of spring water

Lunch: 5 ounce of sliced turkey over a bed of organic mixed greens, half chopped celery, two radishes, Himalayan sea salt, pepper, wine vinegar and or lemon. 8 ounce of spring water.

Snack: 1/2 cup of grapes and 1/2 cup of pumpkin seeds. 12 ounces of spring water.

Supper: **Fortifeye Super Protein** 1 scoop and **Fortifeye Blue Green Superfood** 1 scoop with 12 ounce of spring water. **1 Fortifeye Super Omega**

Friday

First thing in the morning 12 ounce of spring water with 1 TBS of apple cider vinegar (with the mother)

Breakfast: 3 organic egg whites with 1 yolk omelet cooked in coconut oil with 1/2 cup of organic spinach, 1 ounce of goat cheese, topped with chopped green scallions and slivered almonds. 1 cup of organic green tea.

Snack: 2 1/2 hour after breakfast, ½ cup of organic blueberries and half cup of walnuts or almonds. 12 ounces of spring water.

Lunch: Boiled antibiotic/ hormone free chicken (breast, 2 thighs or 2 legs) 1 cup of boiled or steamed broccoli. 8 ounce of spring water.

Snack: 8 ounce of whole or 2% goat milk or goat kefir (with or without fruit)

Supper: **Fortifeye Super Protein** 1 scoop with **Fortifeye Blue green superfood** 1 scoop mixed in 12 ounce of spring water. 1 **Fortifeye Super Omega**.

Saturday

First thing in the am 12 ounce of spring water with 2 **Fortifeye Probiotics**

Breakfast: 10 ounces of unflavored almond milk, 1 scoop of **Fortifeye Super Protein**, ice, 1tsp. of almond butter, 1tsp of raw Manuka honey (must have a UMF # 12 -15 or a MGO # greater than 300). 1/2 banana, 1 slice of pineapple and blend. 1 **Fortifeye Focus**.

Snack: 2 1/2 hours after breakfast, 12 ounce of spring water. 1-2 ounce of goat cheese.

Lunch: organic Miso soup with 1/2 cup of organic kale, 1/4 cup of bean sprouts, 1/4 cup of water chestnuts, 5 ounces of chopped chicken breast.

Snack: 2- 3 hours after lunch sliced raw orange and red bell peppers, a half cup of organic strawberries/cranberries. 8 ounces of spring water.

Supper: 5 ounce Wild Alaskan salmon sautéed in coconut oil or baked with organic kale/ spinach 1/2 cup, orange bell peppers, sprinkle with slivered almonds. 8-12 ounces of spring water.

Sunday

First thing in the am 12 ounce of spring water with 1 TBS of apple cider vinegar (with the mother)

Breakfast: **Fortifeye Super protein** 1 scoop with **Fortifeye Blue Green Superfood** 1 scoop in 12 ounces of spring water, 1 **Fortifeye Focus**.

Snack: 2 1/2 hours after breakfast 1 tsp. raw Manuka honey, 1 tsp of almond butter and half a banana.

Lunch: 5 ounce of tuna, ½ cup of quinoa, steamed broccoli, 1/4 cup of butternut squash, 12 ounces of spring water.

Snack: 2-3 hours after lunch, 1/2 orange, 8 ounces of whole or 2% goat milk.

Supper: Baked chicken breast, 1/2 cup of sautéed red cabbage or half cup of Saur kraut, 1/2 cup of turnip greens, a cup of organic miso soup, 12 ounce of spring water. 1 **Fortifeye Super Omega**.

Dr. Michael Lange also recommends:

1. 20 minutes of cardiovascular exercise daily (if ok with physician)
2. drink half your body weight in ounces of spring water daily
3. 20 minutes of sunshine between 12 noon and 2 pm five days a week.
4. 6-8 hours of good sleep daily.
5. If over 250 lbs. additional **Fortifeye Probiotic** right before bed
6. For additional antioxidant protection add **Fortifeye Once Daily** or **Fortifeye Advanced Complete** multivitamin.