

YOUTHFUL FACE AND BODY SYSTEM

Daily Menu for Total Effective Menu of Youthful Face Formula

First in the Morning



Lemon Water (1 cup of water, half lemon)



Chia seeds or Flaxseeds Shake or Water (1 TS of Chia seeds Or Milled Flaxseeds, 1 cup of Almond/oat Milk)

Breakfast



2 types of your selection of fruits



Smoothie (Any fruits or veggies and almond/oat milk or skimmed milk)

Or



Yogurt or Almond/Oat Milk

Morning Snack



Handful of cheese

Or

Handful of Nuts



Dry fruits

Or



Protein shake (A cup of almond/oat milk, 1 scoop Whey protein, 1 TS Milled Flaxseed, 1 Banana or 4 Strawberries and 8 Blackberries OR 1 TS of Cocoa powder, 1 tsp vanilla extract)

Lunch



A bowl of Veggie Salad with dressing (Sunflower oil or Olive oil or Almond oil, black paper, Apple cider vinegar or Wine vinegar, Mirin, Pink salt)



A bowl of Veggie Salad with dressing (Sunflower oil or Olive oil or Almond oil, black paper, garlic, Apple cider vinegar or Wine vinegar, Mirin, Pink salt)



Or



Chicken Sasami (boiled, baked, steamed, grilled) OR Turkey patty (Ground Turkey, parsley, garlic cloves, onions, black paper, sea salt)



Chirashi Sushi (A cup of Cooked rice, 3 TS Rice vinegar, 1 TS Mirin, 5 Large Shrimps, 1 scrambled Egg, Sweet peas, Shredded Seaweed)



Or



A piece of regular OR whole-grain wheat bread/bagel

Or



Miso soup (Miso, Tofu, Green onions, Wakame)



Or



Lentil Soup (Lentil, Green peas, Carrots, Onions, Tomato paste, Turkey Bacon)

Afternoon Snack



Carrot/Celery Sticks



Hummus OR Guacamole Dip

Or



Handful of Nuts



Yogurt

Or



Zucchini pasta (1 shredded Zucchini, 3 TS parmesan cheese, mini tomatoes, 1 TS olive oil, black paper, non salt all purpose season, oregano)

Dinner



Steamed Veggies



Steamed Veggies



Steamed Veggies



A portion of Salmon OR Chicken breast (grill or stir with non-salt all purpose season, black paper, oregano, cumin)

Or



Teriyaki chicken (Stir a portion of marinated chicken breast with 3 TS soy sauce, 1 TS mirin, black paper)

Or



A piece of Turkey Meatloaf (Ground turkey, Onions, Garlic cloves, Mushrooms, Bread crumbs, Eggs, Tomato sauce)

Before Bed



A cup of Aloe Vera Juice with 1 TS of Milled Flaxseed



Healthy Diet Tips

- Drink alkaline ionized water between half an ounce an ounce for every pound of bodyweight each day.
- Eat fresh and organic food
- Chew food least 10 times before swallow
- Use all natural Trivia plant sweeter if sugar is needed
- Limit carb such as rice, bread, pasta, noodle, potatoes, starch as small portion
- Limit high cholesterol such as red meat and milk
- Eat healthy grain such as brown rice, whole-grain, oat, rye, millet, farro, beans, quinoa, etc.
- Reduce salt intake and switch to the non salt all purpose season
- Limit or avoid fatty food, processed food, soda, sugary drink, alcohol, etc.
- Dinner no later than 3 hours before bed

* Everybody has a different body system and type. For someone who has chronic disease like diabetes or kidney disease has different nutrition restrictions. Please make sure to consult with your doctor for your nutrition.

* This menu was created in 2017. The nutrition guide is different now and back then. For example, I don't drink regular milk to reduce cholesterol in my diet. I used to drink plant based milk for the replacement. But I learned that plant based milk is ultra processed. This means that those products that are believed to be healthy are not healthy. So, I stopped drinking plant based milk from 2024. Since then, I only take water and milled oats and make sure to eat vegetables that are high in vitamin D for a replacement of milk. Please adjust the menu in your preference and what you found healthy for you.