

# HALLELUJAH DIET®

## Daily Dozen

Here is a list of the most important foods to include in your daily diet. Use the check boxes to help track the number of servings. Serving sizes are in parentheses.

- ..... BarleyMax (1 tsp.)
- ..... Fruits (1 medium fruit)
- ..... Berries (½ cup fresh or frozen, ¼ C dried)
- ..... Flax seeds (1 Tbsp.)
- ..... Vegetable Juice (8 oz.)
- ..... Greens (1 C leafy greens)
- Other raw vegetables (½ C serving)
- ..... Cooked vegetables (½ C serving)
- ..... Avocado (½ fruit serving)
- ..... Tree Nuts & Seeds (¼ C, 2 Tbsp. nut butter)
- ..... Beans (½ C cooked, ¼ C hummus / bean dip, 1 C fresh peas)
- ..... Organic Whole Grains (½ C hot cereal, cooked rice, pasta, 1 tortilla, ½ bagel, 1 slice of bread)
- ..... Beverages (12 oz. high quality liquid, in addition to vegetable juice and water included in foods)
- ..... Exercise (150 minutes moderate activity OR 75 minutes vigorous activity OR 30 min HIIT per week)

If you are still hungry, eat more fruits, nuts, beans and whole grains.

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