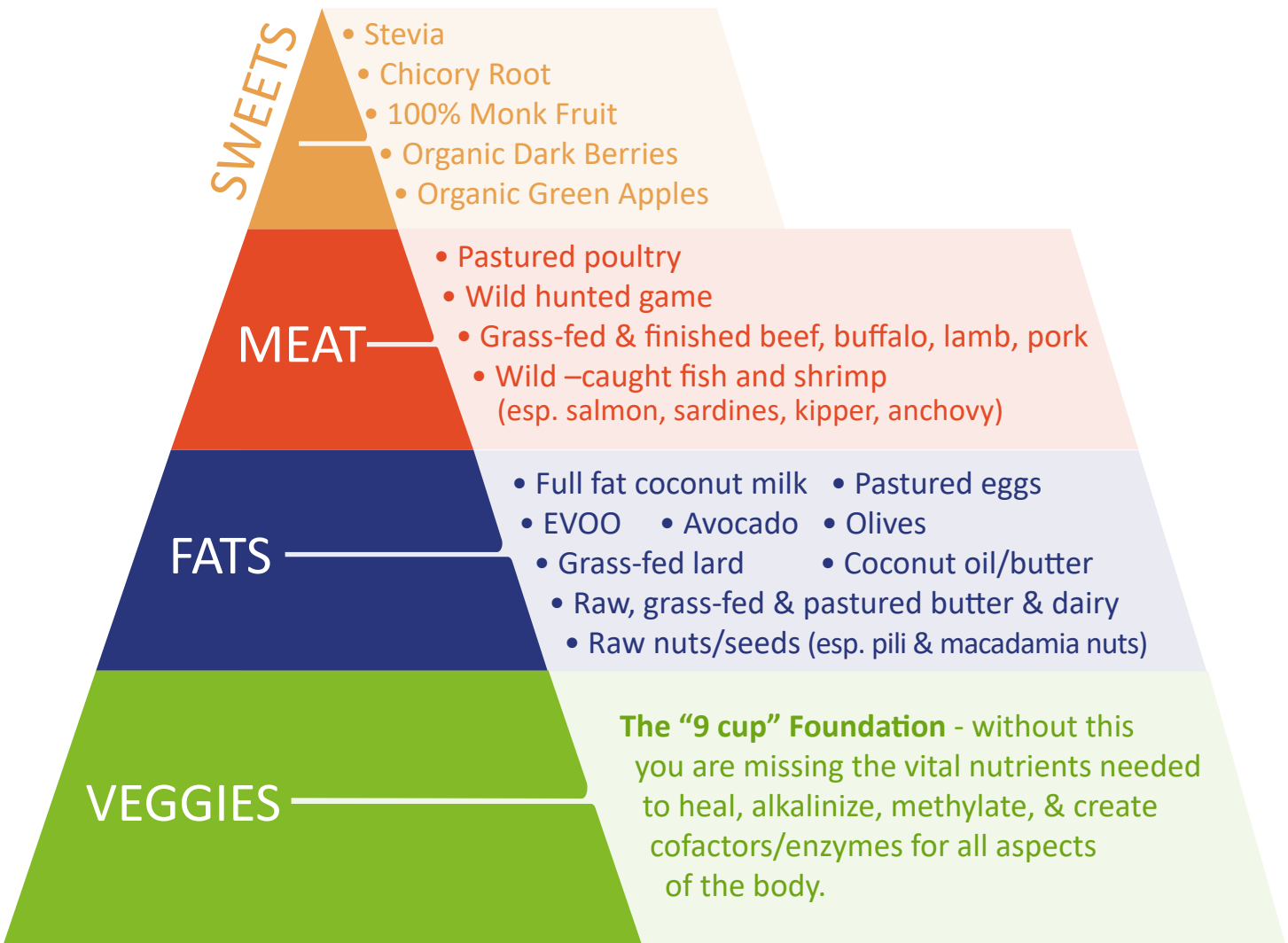


METABOLIC FLEXIBILITY - FOOD PYRAMID



3 cups leafy greens: spinach, chard, kale, collards, bok choy, romaine, arugula, etc.
3 cups colorful veggies: onions, garlic, leeks, mushrooms, asparagus, beets, artichokes, etc.
3 cups cruciferous veggies: broccoli, cauliflower, Brussels sprouts, collards, cabbage, kale, etc.
Also, Spices & Herbs: turmeric, garlic, onions, cinnamon, basil, thyme, oregano, coriander, cumin, cayenne, mint, etc.

**Thanks to Dr. Terry Wahl's for coining the 9-cup foundation*