

You've probably heard the term, "everything is energy." What you think and how you feel creates a specific frequency.


Those frequencies either attract negative or positive things into your life.

Our mission is simple but powerful: to help you elevate YOUR unique frequency.

Whether you are looking to stop the endless worry, feel less stress, create happier days, or just want to FEEL GOOD NOW, this is the perfect choice.

**Introducing the
Sip to Dip
5 Day Experience!**

It's time to create momentum in your body AND your mind. Because when both are in alignment, nothing but GOOD is on the horizon.



SIP TO DIP | 5 DAY EXPERIENCE

Introduction

Here's what you'll notice on this reset:



- Less bloating and better digestion



- More natural energy and focus



- More happiness and a sense of calm



- Better sleep

Did you know there are actually **FOUR** types of stress that are keeping you from feeling good now?

This is exactly what we target during this program.

The **FOUR** types are:

- Emotional stress
- Physical stress
- Cognitive load
- Environmental stressors

If you find relief in even just one of these areas, you'll notice a significant transformation in your overall well-being. After the Sip to Dip 5 Day Experience, **YOU WILL** experience this profound shift and embrace a more focused, stress-less life.

So glad you're here!

FREQUENCY CHARGED NUTRITION

Required

Rise 5 Sticks

7 organic mushrooms + 10,000% of your Vitamin B12.

This nootropic drink helps improve gut health, decrease appetite & inflammation, speed up fat burning, and improve mood, focus, and energy.

Mix in 8-12oz of water. Add ice if wanted.



Optional

Sync

Multiple supplements in one. A sleep supplement that also has a full daily serving of Collagen, is melatonin free, and has CBD & CBN. CBN is a strain of CBD responsible for sleep and relaxation. The Collagen helps with hair, skin, nails, joints & inflammation. It also has GABA which helps slow down your thoughts so you can fall asleep, and aids in brain restoration while you sleep.

Getting good sleep is essential for every process in your body - metabolism & fat burning being one of them. If you don't sleep enough, your cortisol spikes and causes cravings + issues burning fat as effectively as you would if you slept enough. It also hurts your immune function, gut health, and every facet of your well being.

Source

Contains super concentrated sources of essential trace minerals like magnesium, potassium, iron, calcium & zinc to fill nutrient gaps & help your body, brain & gut function at its optimal level.

Increases nutrient absorption, immunity, and improves skin. It has Black Fulvic Acid which binds to toxins & heavy metals to remove them and acts like a daily detox. It alkalizes your water, is packed with antioxidants, and improves bone health.

Mix 2 full droppers of Source into your Rise drink.

THE PLAN

frequency.

DAY 1

DAY 2-4

DAY 5

WAKE UP

ALL DAY: DO NOT eat anything with added sugar, processed sugar, or sugar substitutes. Remove this from your diet.

DRINK 8 oz Water with a whole lemon squeezed in

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7-9AM

Eat Protein, Carb & Vegetable

Drink: Rise & 1 Dropper Source 8 oz water

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Drink: Rise & 1 Dropper Source 8 oz water

Eat Protein, Fat

Drink: Rise & 1 Dropper Source 8 oz water

12-2PM

Eat Protein, Fat
DRINK: 16 oz water before 4 pm

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3-4PM

DRINK: 8 oz of water
Add In: Brisk 30-Minute Walk
SNACK Hand full organic almonds and 1 serving of berries

DRINK: 8 oz of water
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SNACK Hand full organic almonds and 1 serving of berries

DRINK: 8 oz of water
Add In: Brisk 30-Minute Walk
SNACK Hand full organic almonds and 1 serving of berries

5-7PM

Eat Protein, Vegetable, Fat
Drink 8 oz of water with meal

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Drink 8 oz of water with meal

Eat Protein, Vegetable, Fat
Drink 8 oz of water with meal

BEFORE BED

DRINK: Before bed, drink 8oz of warm water w/ 1 Dropper Source + Fresh ginger & a slice of lemon (including the rind), which soothes the gut.

Optional for optimal sleep 1 hour before bed 1 Sync Stick

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WHAT TO EAT & HOW MUCH

GREEN VEGGIES ARE OK TO SNACK ON ALL DAY

Proteins



- Chicken Breast
- Ground Chicken
- Turkey Breast
- 90% + Ground Turkey
- Cod
- Tilapia
- Halibut
- Orange Roughy
- 95% + Ground Beef

Veggies



- Asparagus
- Bean Sprouts
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Onions
- Green Beans (no sodium)
- Green Lettuce
- Mushrooms
- Mustard Greens
- Onion
- Peppers, green & red
- Spinach or Kale
- Squash, summer
- String beans
- Swiss chard
- Tomatoes
- Turnip greens
- Zucchini
- Spaghetti Squash

Carbs



- Sweet Potato
- Red Potato
- Oatmeal
- Peas
- Carrots
- Brown Rice
- Quinoa
- Black Beans
- Navy Beans
- Lima Beans
- Chickpeas
- Lentils
- Kidney Beans
- Pinto Beans
- Pumpkin

Fatty Proteins

(Max 1 Per Day)

- Salmon
- 2-3 Eggs
- T-Bone Steak
- NY Strip Steak
- Top Sirloin Steak
- Hanger Steak



Alternative Proteins



(Max 1 Per Day)

- 0% Plain Greek Yogurt
- Nonfat Cottage Cheese
- 1 Scoop 100 Calorie Whey Protein (look for one with 1-2 g carbs, 20+ grams protein, little or no sodium)
- Liquid Egg Whites
- Low Sodium Tuna

Fats



- Avocado
- Avocado Oil
- Olive Oil
- Coconut Oil
- Flaxseed Oil
- Sesame Oil
- Hemp Oil
- Walnut Oil
- Grape Seed Oil
- Unsalted Raw Almonds

(No added sugar)

- Peanut Butter
- Almond Butter
- Cashew Butter
- Sunflower Butter

Fruits



- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Guava
- Honeydew
- Muskmelon
- Orange
- Peach
- Plum
- Raspberries
- Strawberries
- Watermelon

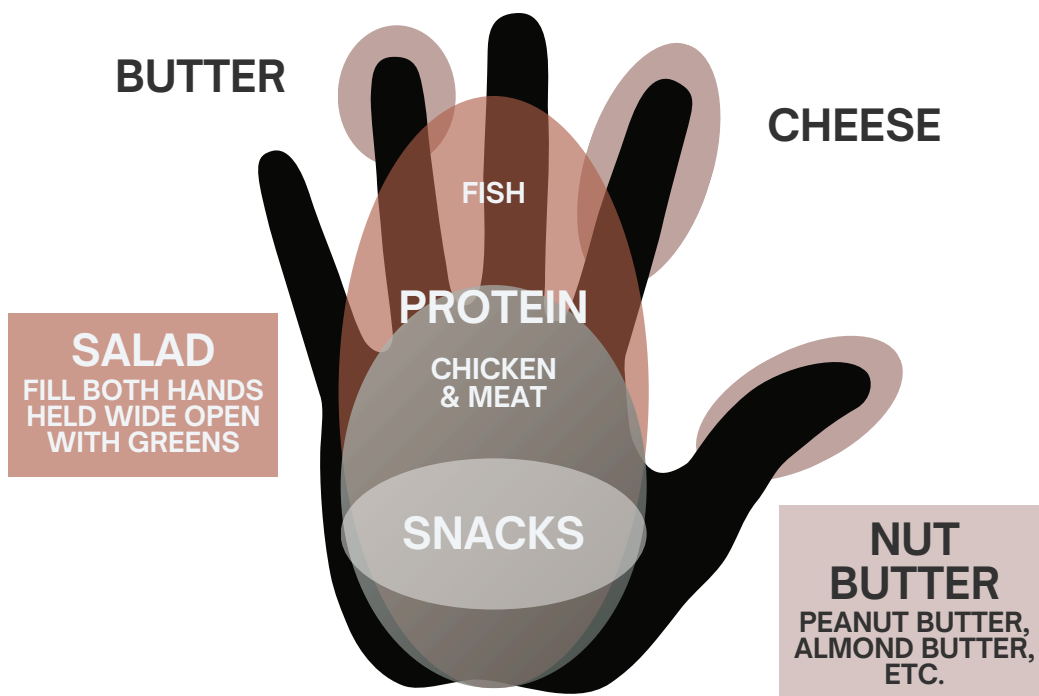
Beverages



- Sparkling Water
- Water
- Rise + Source
- Water w/ Lemon
- Peppermint Tea at night

HANDY PORTION

SIZED EXAMPLES



CHOOSE A PORTION THE SIZE OF YOUR FIST

STARCH
PASTA, RICE OR
POTATOES



**FRUITS AND
VEGGIES**

SIP TO DIP | 5 DAY EXPERIENCE

Wake Up

8 Ounces of Water with a Whole Lemon Squeezed In

Ingredients:

- 1 whole lemon
- 8 ounces of room temperature water

Instructions:

- Start with a fresh, whole lemon.
- Cut the lemon in half.
- Squeeze the juice from both halves into an 8-ounce glass of room temperature water. Use a lemon squeezer to extract as much juice as possible.
- Stir the lemon juice and water mixture well.
- Drink this first thing in the morning on an empty stomach.

Why We Do It:

Drinking 8 ounces of water with a whole lemon squeezed in first thing in the morning is a simple yet powerful habit with numerous health benefits.

Here's why this practice is an essential part of our 5 Day Sip to Dip Experience:

- **Hydration Kickstart:** After a night of sleep, our bodies are naturally dehydrated. Starting your day with a glass of lemon water helps rehydrate your body and jumpstart your metabolism.
- **Boosts Digestion:** Lemon juice stimulates the production of digestive juices and bile, which aids in digestion and helps prevent digestive issues like bloating and heartburn.
- **Alkalizes the Body:** Despite being acidic in nature, lemon juice has an alkalizing effect on the body. This helps balance your body's pH levels, creating an environment that supports overall health and wellness.
- **Detoxification:** Lemon water acts as a gentle detoxifier, helping to flush out toxins from the liver and kidneys. This cleansing effect supports better organ function and overall detoxification processes in the body.
- **Vitamin C Boost:** Lemons are rich in vitamin C, a powerful antioxidant that boosts the immune system, reduces inflammation, and promotes healthy, radiant skin.
- **Enhances Nutrient Absorption:** The acidity of lemon juice enhances your body's ability to absorb essential nutrients from the foods you eat throughout the day.

Incorporating this simple drink into your morning routine sets a positive tone for the day, encouraging mindful eating and hydration. It's a small step that can lead to significant improvements in your overall health and well-being. Enjoy your refreshing lemon water as you begin your journey with the 5 Day Sip to Dip Experience!

FREQUENCY CHARGED NUTRITION

Protein / Carb / Veg

Veggie Omelette with Sweet Potato Hash

Ingredients:

- 2 eggs (protein)
- 1/2 cup diced bell peppers (vegetable)
- 1/2 cup diced spinach (vegetable)
- 1 medium sweet potato, diced (starch carb)
- Avocado oil spray, salt, pepper, garlic powder (to taste)

Instructions:

- 1.Heat pan with avocado oil spray. Add diced sweet potato, season with salt, pepper, and garlic powder. Cook until tender.
- 2.In another pan, heat olive oil and sauté bell peppers and spinach until tender. Add beaten eggs and cook until set.
- 3.Serve veggie omelette with sweet potato hash on the side.

Egg Muffins with Spinach and Tomatoes

Ingredients:

- 4 eggs (protein)
- 1/2 cup diced tomatoes (vegetable)
- 1/2 cup chopped spinach (vegetable)
- Olive oil, salt, pepper (to taste)

Instructions:

- 1.Preheat oven to 350°F (175°C). Grease a muffin tin with olive oil.
- 2.In a bowl, beat eggs and mix in diced tomatoes and chopped spinach. Season with salt and pepper.
- 3.Pour egg mixture into muffin tin cups and bake for 20-25 minutes or until eggs are set.
4. Eat your portion size with a side of Ezekiel bread or oats for the Starch Carb.

FREQUENCY CHARGED NUTRITION

Protein / Carb / Veg

Chicken Sausage and Veggie Skillet with Sweet Potatoes

Ingredients:

- 2 chicken sausages, sliced (protein)
- 1/2 cup diced zucchini (vegetable)
- 1/2 cup diced tomatoes (vegetable)
- 1/2 cup diced sweet potatoes (starch carb)
- Olive oil, salt, pepper, Italian seasoning (to taste)

Instructions:

- 1.Heat olive oil in a skillet. Add diced sweet potatoes and cook until they start to soften, about 5-7 minutes.
- 2.Add sliced chicken sausages and cook until browned.
- 3.Add diced zucchini and tomatoes. Season with salt, pepper, and Italian seasoning. Cook until all veggies are tender.
- 4.Serve hot.

Quinoa Breakfast Bowl

Ingredients:

- 1 cup cooked quinoa (starch carb)
- 1/2 cup diced bell peppers (vegetable)
- 1/2 cup black beans (protein)
- Olive oil, salt, pepper, cumin (to taste)

Instructions:

- 1.In a skillet, heat olive oil and sauté bell peppers until tender.
- 2.Add cooked quinoa and black beans.
- 3.Season with salt, pepper, and cumin.
- 4.Cook until heated through.

FREQUENCY CHARGED NUTRITION

Protein / Carb / Veg

Savory Oatmeal with Spinach and Mushrooms

Ingredients:

- 1 cup oatmeal (starch carb)
- 1/2 cup sliced mushrooms (vegetable)
- 1/2 cup chopped spinach (vegetable)
- 1/2 cup chickpeas (protein)
- Olive oil, salt, pepper (to taste)

Instructions:

1. Cook oatmeal according to package instructions.
2. In a skillet, heat olive oil and sauté mushrooms and spinach until tender.
3. Add chickpeas and cook until heated through.
4. Mix sautéed vegetables and chickpeas into the cooked oatmeal.
5. Season with salt and pepper.

Black Bean and Red Potato Hash

Ingredients:

- 1 cup diced red potatoes (starch carb)
- 1/2 cup black beans (protein)
- 1/2 cup diced zucchini (vegetable)
- 1/2 cup diced tomatoes (vegetable)
- Olive oil, salt, pepper, paprika (to taste)

Instructions:

1. Heat olive oil in a skillet. Add diced red potatoes and cook until tender.
2. Add zucchini, tomatoes, and black beans.
3. Season with salt, pepper, and paprika.
4. Cook until vegetables are tender and beans are heated through.

FREQUENCY CHARGED NUTRITION

Protein / Carb / Veg

Red Potato and Bell Pepper Egg Bake

Ingredients:

- 4 eggs (protein)
- 1/2 cup diced red potatoes (starch carb)
- 1/2 cup diced bell peppers (vegetable)
- 1/4 cup diced onions (vegetable)
- Olive oil, salt, pepper, Italian seasoning (to taste)

Instructions:

1. Preheat oven to 375°F (190°C). Grease a baking dish with olive oil.
2. In a skillet, heat olive oil and sauté diced red potatoes, bell peppers, and onions until tender.
3. In a bowl, beat the eggs and season with salt, pepper, and Italian seasoning.
4. Spread the sautéed vegetables evenly in the baking dish and pour the beaten eggs over them.
5. Bake for 20-25 minutes, or until eggs are set and lightly browned on top.

Egg and Spinach Breakfast Wrap

Ingredients:

- 2 eggs (protein)
- 1/2 cup chopped spinach (vegetable)
- Whole grain wrap (starch carb)
- Olive oil, salt, pepper, garlic powder (to taste)

Instructions:

1. In a skillet, heat olive oil and sauté spinach until wilted. Add cooked lentils and quinoa, seasoning with salt, pepper, and garlic powder.
2. Warm the wrap and fill with the lentil, quinoa, and spinach mixture. Serve hot.

FREQUENCY CHARGED NUTRITION

Protein / Carb / Veg

Savory Breakfast Plate: Eggs, Chicken Sausage, Vegetables, and Brown Rice Hot Cereal

Ingredients:

- 2 eggs (protein)
- 1 chicken sausage, sliced (protein)
- 1/2 cup diced bell peppers (vegetable)
- 1/2 cup spinach, chopped (vegetable)
- 1/2 cup brown rice hot cereal (starch carb)
- 1 cup water (for cereal)
- Olive oil
- Salt and pepper (to taste)

Instructions:

1. Prepare the Brown Rice Hot Cereal:

- In a small saucepan, bring 1 cup of water to a boil.
- Stir in the brown rice hot cereal, reduce the heat to low, and simmer for about 5-7 minutes, stirring occasionally, until the cereal is thick and creamy.
- Season with a pinch of salt.

2. Cook the Chicken Sausage:

- Heat a small amount of olive oil in a skillet over medium heat.
- Add the sliced chicken sausage and cook until browned and heated through, about 5 minutes. Remove from the skillet and set aside.

3. Sauté the Vegetables:

In the same skillet, add a bit more olive oil if needed.

Add the diced bell peppers and cook for 3-4 minutes until they start to soften.

Add the chopped spinach and cook for another 2 minutes until wilted.

Season the vegetables with salt and pepper to taste. Remove from the skillet and set aside.

4. Cook the Eggs:

- In the same skillet, crack the eggs and cook them to your liking (scrambled, over-easy, etc.). Season with salt and pepper.

5. Serve & Enjoy:

FREQUENCY CHARGED NUTRITION

Protein / Fat

Grilled Chicken Salad

Ingredients:

Grilled chicken breast (protein)
Avocado (fat)
Mixed greens, spinach, and kale (green vegetables)
Olive oil, lemon juice, salt, and pepper (seasoning)

Instructions:

Grill the chicken breast and slice it.
Toss the mixed greens, spinach, and kale with olive oil, lemon juice, salt, and pepper.
Top with sliced avocado and grilled chicken.

Turkey and Avocado Lettuce Wraps

Ingredients:

Ground turkey (protein)
Avocado (fat)
Romaine lettuce leaves (green vegetable)
Salt, pepper, garlic powder, and cumin (seasoning)

Instructions:

Cook the ground turkey with salt, pepper, garlic powder, and cumin.
Spoon the turkey mixture into romaine lettuce leaves.
Top with avocado slices.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Salmon with Avocado Pesto

Ingredients:

Salmon fillet (protein)

Avocado (fat)

Basil, garlic, lemon juice, and spinach (green vegetables)

Olive oil, salt, and pepper (seasoning)

Instructions:

Bake or grill the salmon fillet, seasoned with olive oil, salt, and pepper.

Make avocado pesto by blending avocado, basil, garlic, lemon juice, spinach, and olive oil.

Top the salmon with avocado pesto.

Steak with Avocado Chimichurri

Ingredients:

NY strip steak (protein)

Avocado (fat)

Cilantro, parsley, garlic, and green onions (green vegetables)

Olive oil, red wine vinegar, salt, and pepper (seasoning)

Instructions:

Grill the NY strip steak to your desired doneness.

Make avocado chimichurri by blending avocado, cilantro, parsley, garlic, green onions, olive oil, red wine vinegar, salt, and pepper.

Serve the steak topped with avocado chimichurri.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Egg White Scramble with Spinach and Avocado

Ingredients:

Liquid egg whites (protein)
Avocado (fat)
Spinach (green vegetables)
Olive oil, salt, and pepper (seasoning)

Instructions:

Sauté spinach in olive oil until wilted.
Add liquid egg whites and cook until set.
Serve topped with avocado slices.

Tuna and Avocado Salad

Ingredients:

Low sodium tuna (protein)
Avocado (fat)
Cucumber, celery, and green onions (green vegetables)
Olive oil, lemon juice, salt, and pepper (seasoning)

Instructions:

Mix tuna with diced avocado, cucumber, celery, and green onions.
Dress with olive oil, lemon juice, salt, and pepper.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Cottage Cheese and Avocado Dip

Ingredients:

Nonfat cottage cheese (protein)

Avocado (fat)

Spinach, garlic, and green onions (green vegetables)

Lemon juice, salt, and pepper (seasoning)

Instructions:

Blend cottage cheese, avocado, spinach, garlic, green onions, lemon juice, salt, and pepper until smooth.

Serve as a dip or spread to dip celery, cucumbers, green peppers etc.

T-Bone Steak with Avocado and Spinach Salad

Ingredients:

T-Bone steak (protein)

Avocado (fat)

Spinach, cucumber, and green onions (green vegetables)

Olive oil, salt, and pepper (seasoning)

Instructions:

Grill the T-Bone steak to your desired doneness.

Toss spinach, cucumber, and green onions with olive oil, salt, and pepper.

Serve steak alongside the salad with avocado slices on top.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Tilapia with Almond Butter Sauce

Ingredients:

Tilapia fillet (protein)

Almond butter (fat)

Lemon juice, garlic, salt, and pepper (seasoning)

Instructions:

Season tilapia fillet with salt, pepper, and lemon juice.

Bake the tilapia in the oven until fully cooked.

In a small pan, heat almond butter with minced garlic until smooth.

Drizzle the almond butter sauce over the cooked tilapia and serve.

Scrambled Eggs with Ghee

Ingredients:

2-3 eggs (protein)

Ghee (fat)

Salt and pepper (seasoning)

Instructions:

Beat the eggs in a bowl and season with salt and pepper.

Heat ghee in a skillet.

Pour the beaten eggs into the skillet and scramble until fully cooked.

Serve hot.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Halibut with Avocado and Asparagus

Ingredients:

Halibut fillet (protein)

Avocado (fat)

Asparagus and green beans (green vegetables)

Olive oil, lemon juice, salt, and pepper (seasoning)

Instructions:

Bake or grill halibut fillet, seasoned with olive oil, lemon juice, salt, and pepper.

Sauté asparagus and green beans in olive oil.

Serve halibut with avocado slices on top and veggies on the side.

Beef Stir-Fry with Coconut Oil and Bell Peppers

Ingredients:

95%+ ground beef (protein)

Coconut oil (fat)

Bell peppers (green vegetable)

Onion, garlic, soy sauce, and pepper (seasoning)

Instructions:

Heat coconut oil in a skillet and sauté minced garlic and chopped onion.

Add ground beef and cook until browned.

Add sliced bell peppers and stir-fry until tender.

Season with soy sauce and pepper.

FREQUENCY CHARGED NUTRITION

Protein / Fat

Cottage Cheese with Sunflower Butter

Ingredients:

Nonfat cottage cheese (protein)
Sunflower butter (fat)

Instructions:

Place cottage cheese in a bowl.
Add a dollop of sunflower butter on top.
Mix well and enjoy.

Chicken Breast Stir-Fry with Olive Oil and Broccoli

Ingredients:

Chicken breast (protein)
Olive oil (fat)
Broccoli (green vegetable)
Coconut Aminos, garlic, and pepper (seasoning)

Instructions:

Slice the turkey breast into thin strips.
Heat olive oil in a skillet and sauté minced garlic.
Add turkey strips and cook until browned.
Add broccoli florets and stir-fry until tender.
Season with coconut aminos sauce and pepper.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Ground Turkey Stuffed Peppers

Ingredients:

90%+ ground turkey (protein)
Bell peppers (vegetable)
Olive oil (fat)
Onion, garlic, salt, and pepper (seasoning)

Instructions:

Cut the tops off the bell peppers and remove the seeds.
Sauté ground turkey with chopped onion and garlic in olive oil until fully cooked.
Stuff the peppers with the turkey mixture and bake at 375°F (190°C) for 25-30 minutes.

Salmon with Asparagus and Avocado Oil

Ingredients:

Salmon fillet (protein)
Asparagus (vegetable)
Avocado oil (fat)
Lemon, dill, salt, and pepper (seasoning)

Instructions:

Season the salmon fillet with lemon juice, dill, salt, and pepper.
Grill or bake the salmon until fully cooked.
Sauté the asparagus in avocado oil.
Serve the salmon with asparagus on the side.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Turkey Breast and Zucchini Noodles

Ingredients:

Turkey breast (protein)

Zucchini (vegetable)

Olive oil (fat)

Garlic, basil, salt, and pepper (seasoning)

Instructions:

Season the turkey breast with garlic, basil, salt, and pepper.

Grill or bake the turkey until fully cooked.

Use a spiralizer to make zucchini noodles and sauté them in olive oil.

Serve the turkey breast with zucchini noodles.

Cod with Cabbage and Coconut Oil

Ingredients:

Cod fillet (protein)

Cabbage (vegetable)

Coconut oil (fat)

Garlic, salt, and pepper (seasoning)

Instructions:

Season the cod fillet with garlic, salt, and pepper.

Bake or grill the cod until fully cooked.

Sauté shredded cabbage in coconut oil until tender.

Serve the cod with cabbage.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Tilapia with Green Beans and Almond Butter Sauce

Ingredients:

Tilapia fillet (protein)

Green beans (vegetable)

Almond butter (fat)

Lemon, garlic, salt, and pepper (seasoning)

Instructions:

Season the tilapia fillet with lemon juice, garlic, salt, and pepper.

Bake or grill the tilapia until fully cooked.

Steam the green beans.

Drizzle almond butter sauce over the tilapia and green beans.

Ground Chicken and Cauliflower Stir-Fry

Ingredients:

Ground chicken (protein)

Cauliflower (vegetable)

Sesame oil (fat)

Coconut Aminos, garlic, ginger, salt, and pepper (seasoning)

Instructions:

Sauté ground chicken with garlic and ginger in sesame oil until fully cooked.

Add cauliflower florets and coconut aminos, and cook until tender.

Season with salt and pepper to taste.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Turkey and Swiss Chard Wraps

Ingredients:

Turkey breast slices (protein)
Swiss chard leaves (vegetable)
Avocado (fat)
Mustard, salt, and pepper (seasoning)

Instructions:

Lay turkey breast slices on Swiss chard leaves.
Add avocado slices and a dollop of mustard.
Roll the Swiss chard leaves into wraps.
Season with salt and pepper to taste.

Beef and Mushroom Stir-Fry

Ingredients:

95%+ ground beef (protein)
Mushrooms (vegetable)
Olive oil (fat)
Garlic, soy sauce, salt, and pepper (seasoning)

Instructions:

Sauté ground beef with garlic in olive oil until fully cooked.
Add sliced mushrooms and soy sauce, and cook until tender.
Season with salt and pepper to taste.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Cottage Cheese with Celery and Peanut Butter

Ingredients:

Nonfat cottage cheese (protein)
Celery sticks (vegetable)
Peanut butter (fat)
Salt and pepper (seasoning)

Instructions:

Serve nonfat cottage cheese with celery sticks.
Dip celery sticks in peanut butter.
Season cottage cheese with salt and pepper to taste.

Chicken Sausage and Green Bean Skillet

Ingredients:

Chicken sausage (protein)
Green beans (vegetable)
Olive oil (fat)
Garlic, salt, and pepper (seasoning)

Instructions:

Sauté sliced chicken sausage in olive oil until browned.
Add green beans and garlic, and cook until tender.
Season with salt and pepper to taste.

FREQUENCY CHARGED NUTRITION

Protein, Vegetable, Fat

Egg and Mushroom Omelette with Hemp Oil

Ingredients:

Eggs (protein)

Mushrooms (vegetable)

Hemp oil (fat)

Salt and pepper (seasoning)

Instructions:

Whisk the eggs and season with salt and pepper.

Sauté sliced mushrooms in hemp oil until tender.

Pour eggs over mushrooms and cook until set.

Fold the omelette and serve hot.

Grilled Chicken with Spinach and Cashew Butter Sauce

Ingredients:

Chicken breast (protein)

Spinach (vegetable)

Cashew butter (fat)

Garlic, salt, and pepper (seasoning)

Instructions:

Grill the chicken breast seasoned with garlic, salt, and pepper.

Sauté spinach in a non-stick pan.

Drizzle cashew butter sauce over the chicken and spinach.

HIGH-FREQUENCY, LOW-GLYCEMIC SNACK

Almonds and Berries

Why This Snack?

In our 5-Day Sip to Dip Experience program, we emphasize the importance of high-frequency, low-glycemic snacks to support your overall wellness. One of the best snack combinations you can have is a handful of organic almonds paired with a serving of berries.

Here's why:

High-Frequency Foods:

Organic Almonds: Almonds are a powerhouse of nutrients. They provide healthy fats, protein, fiber, magnesium, and vitamin E. The healthy fats in almonds are crucial for maintaining good heart health and helping your body absorb fat-soluble vitamins. Almonds also have a high-frequency energy, which means they contribute positively to your body's energy field.

Berries: Berries like blueberries, strawberries, raspberries, and blackberries are not only delicious but also packed with antioxidants, vitamins, and fiber. They have a high water content and are low in calories, making them an excellent choice for a nutrient-dense snack. Their high-frequency energy supports your body's vibrational balance, promoting overall wellness.

Low-Glycemic Impact:

Blood Sugar Stability: Both almonds and berries have a low glycemic index, which means they have a minimal impact on your blood sugar levels. This helps in preventing energy crashes and keeps you feeling full and satisfied for longer periods.

Insulin Sensitivity: Consuming low-glycemic foods helps in improving insulin sensitivity, which is crucial for maintaining healthy blood sugar levels and preventing metabolic diseases.



frequency.

HIGH-FREQUENCY, LOW-GLYCEMIC SNACK

Almonds and Berries

Alternative High-Frequency, Low-Glycemic Fat and Fruit Combinations

Walnuts and Apple Slices

Walnuts: Rich in omega-3 fatty acids, protein, and fiber, walnuts support brain health and reduce inflammation.

Apple Slices: Apples are a good source of fiber, particularly pectin, which helps regulate blood sugar levels.

Avocado and Tomato Slices

Avocado: Packed with monounsaturated fats, fiber, and potassium, avocados support heart health and provide a creamy texture.

Tomato Slices: Tomatoes are high in antioxidants like lycopene, which have numerous health benefits, including reduced risk of chronic diseases.

Cashews and Pear Slices

Cashews: Cashews are rich in healthy fats, protein, and minerals such as magnesium and zinc, promoting bone health and energy production.

Pear Slices: Pears are a great source of fiber and vitamin C, supporting digestive health and boosting the immune system.

Pumpkin Seeds and Kiwi Slices

Pumpkin Seeds: Also known as pepitas, these seeds are high in magnesium, zinc, and healthy fats, which support muscle function and immune health.

Kiwi Slices: Kiwis are loaded with vitamin C, vitamin K, and fiber, aiding digestion and boosting immune function.

Brazil Nuts and Pomegranate Seeds

Brazil Nuts: Extremely rich in selenium, Brazil nuts support thyroid function and immune health.

Pomegranate Seeds: These seeds are high in antioxidants and vitamins, which support heart health and reduce inflammation.

Incorporating High-Frequency Snacks: Integrating these high-frequency, low-glycemic snacks into your daily routine helps maintain energy levels, supports metabolic health, and enhances your overall well-being. By choosing nutrient-dense foods, you are nourishing your body at a cellular level and promoting optimal health.

Feel free to experiment with these combinations to keep your snacking interesting and varied while ensuring you're getting the best nutritional benefits.

BEFORE BED BEVERAGE

Source, Ginger, & Lemon Water

Ingredients:

8 oz of warm water
1 dropper of Source
1 slice of fresh ginger (including the rind)
1 slice of lemon (including the rind)

Instructions:

Prepare the Ingredients: Slice a piece of fresh ginger and a lemon, ensuring to include the rind for both.
Warm the Water: Heat 8 oz of water until it is warm, but not boiling.
Combine Ingredients: Add the slice of ginger and lemon to the warm water.
Add Source: Using a dropper, add one dropper full of Source to the mixture.
Stir and Enjoy: Stir the drink well and sip slowly before bed.

Why This Bedtime Beverage?

Soothes the Gut:

Ginger: Fresh ginger is well-known for its digestive benefits. It helps in reducing nausea, soothing the stomach, and aiding in digestion. The natural anti-inflammatory properties of ginger also contribute to overall gut health.

Lemon: Lemon adds a refreshing taste and is rich in vitamin C, which helps boost the immune system. The acidity of lemon juice helps in balancing stomach acids, promoting better digestion.

Enhances Nutrient Absorption: Source: The inclusion of Source in this drink provides a potent dose of trace minerals and fulvic acid. Fulvic acid enhances the absorption of nutrients from the food you consume, ensuring your body gets the maximum benefit from your diet. It also helps in detoxification by binding to toxins and heavy metals, aiding in their removal from the body.

Detoxifies and Balances pH:

Warm Water: Drinking warm water helps to flush out toxins and supports the body's natural detoxification processes. It also helps in maintaining hydration levels, which is essential for all bodily functions.

Lemon: Lemon has alkalizing properties, which help balance the body's pH levels. This is crucial for maintaining a healthy internal environment, reducing the risk of inflammation and disease.

Promotes Relaxation and Better Sleep:

Ginger: The soothing properties of ginger can help relax the digestive system, promoting a sense of calm and aiding in better sleep.

Source: The minerals in Source support overall well-being and can help reduce stress levels, promoting relaxation before bed.

Supports Hormonal Balance:

The combination of ginger, lemon, and Source helps in regulating hormones by supporting the endocrine system. Proper digestion and nutrient absorption are crucial for hormone production and balance.

In Summary:

Drinking this warm beverage before bed not only helps soothe your gut but also enhances nutrient absorption, detoxifies your body, balances pH levels, and promotes relaxation. Incorporating this simple yet powerful drink into your nightly routine can significantly improve your overall health and well-being, preparing your body for restorative sleep and the rejuvenation that comes with it.