

Regaining

Eden



Are you...

At (or below) your ideal weight AND at an optimal level of fitness

15 pounds overweight or less OR not overweight but need to become more fit

Over 15 pounds overweight

Follow these guidelines...

Platinum

- 3 meals a day, nothing between meals
- No processed foods (e.g. refined sugar, white flour, harmful oils, etc.)

EXERCISE

Walk at least 5 miles a day, 4 days a week

Gold

- Raw food 2 days a week
- Nothing after 6 pm

EXERCISE

Walk 3 - 5 miles a day, 4 days a week

Silver

- 3 cooked meals a week; one of those meals must be in the morning
- All other meals: Raw
- Fast: Friday 2pm to Sabbath 2pm

EXERCISE

Walk 1 - 3 miles a day, 5 days a week