



MammAlive™
HEALTHY BREAST SOLUTIONS

The Healthy Breast Diet

by Sat Dharam Kaur ND

On Rising

green drink - either 1-3 tsp. Greens + , Wheatgrass, Barley Green, Spirulina or other green powder in water or 1-3 ounces of wheatgrass juice followed by 2 glasses filtered or spring water, with a little lemon or lime juice added plus a pinch of cayenne pepper

Breakfast

½ - 1 cup whole grain cereal (use barley, oatmeal, buckwheat, quinoa, millet meal, amaranth, brown rice) with 2-3 tbsp. freshly ground flaxseeds, chia seeds, ½ tsp cinnamon, 1 tbsp. wheat bran (if tolerated), small amount of Stevia or chicory root or xylitol if desired, goji berries, other berries, plus 1/2-1 cup soymilk or fruit by itself or protein shake with vegetables

Snack

2 cups fresh vegetable juice especially carrot, beet, kale, cabbage with 1 tsp. dulse or kelp powder or 1-2 pieces fruit, especially, cherries, apple, pear, orange, tangerine, berries, pomegranate
2 glasses filtered or spring water or herbal tea (matcha green tea, licorice, chamomile, rosemary, Greek sage, red clover, lemonbalm, fenugreek, Pau d'Arco, peppermint, dandelion, rosehip, chai, Holy basil)

Lunch

1-2 cups salad with cabbage (eaten at the beginning of the meal)
¾ cup vegetables (at least 50% raw, including 1/2 cup Brassicas)
1/2 cup mung bean, red clover, sunflower or broccoli sprouts (in salad or in bean and rice dish)
1-2 tbsp. flaxseed oil, as salad dressing, and over beans and grain
1/2-1 cup beans, with onion and garlic (hummus, bean dips, bean soup, or bean and grain dish)
1/2 cup whole grain (brown rice, millet, barley, quinoa, buckwheat) omit to lose weight
3-4 shitake mushrooms

Snack

1-2 tablespoons raw almonds, walnuts, Brazil nuts, pumpkin seeds, and/or sunflower seeds, goji berries
2 cups vegetable juice (especially carrot, beet, cabbage, dulse powder with added watercress, parsley, kale, mustard greens, garlic, ginger, sprouts, dandelion greens, or apple)
2 glasses filtered or spring water or herbal tea, as above

Dinner

Green drink (as before breakfast, taken 1/2 hour before dinner)
1 cup salad with onions, garlic, raw sunflower or pumpkin seeds, walnuts, citrus peel, lettuce, rosemary, pomegranate seeds
1/2 cup firm organic tofu
1/2 whole grains (wild rice, quinoa, millet, rice, barley, and buckwheat) - omit to lose weight
¾ cup vegetables, raw or lightly steamed
1/2 cup red clover, sunflower, mung bean or broccoli sprouts
2 tbsp. sea vegetables (hijiki, arame, wakame, nori, dulse, kelp)
1-2 tbsp. flaxseed oil and 1 tablespoon olive oil as part of salad dressing or over grain or vegetables

Snack

2 glasses filtered or spring water or decaffeinated green tea
1 cup Healthy Breast Drink (1 cup soy milk, 1 tsp. turmeric paste, 1 tsp pomegranate seed oil)

14-Day Dietary Checklist

From (date) _____ to _____

Daily Food (Check Daily)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Vegetarian Diet														
Organic Food : fill in what %														
Raw Food : 50% or more														
Broccoli Sprouts (3 x weekly)														
Mung Bean Sprouts (3 x weekly)														
Red Clover Sprouts (3 x weekly)														
Dandelion in season (3 x weekly)														
Vegetable Juice: 2-13 glasses														
Cabbage: 1/3, juiced, raw or fermented														
Tomato Products, sauce is best (2 x weekly)														
Fruits: 4 or more														
Pomegranate: 1 daily in season														
Pomegranate Juice: use peel + whole fruit														
Citrus Juice: organic (3x weekly)														
Vegetables: 4 or more servings														
Brassica Family: 1 cup														
Onion: 1														
Garlic: 2 cloves, raw is better														
Watercress														
Sea Vegetables: 1/3 cup														
Shitaki and Oyster Mushrooms (5 x weekly)														
Low Salt/High Potassium														
< 15 % saturated fat/ tot. calories														
Flaxseed Oil: 2 or more tbsp, unheated														
Olive Oil for cooking, low heat														
Fiber: 45 g														
Whole Grains: 1 cup														
Beans: 1-2 cups daily														
Flaxseeds: 2-4 tbsp, freshly ground														
Pumpkin Seeds: 2 tbsp, raw														
Wheat Bran: 1 tbsp														
Protein: 30-40 g daily														
Organic Tofu: ½ cup														
Organic Soy Milk: 1 cup														
Miso: 1 tbsp (3 x weekly)														
Citrus Peel: 1 tsp organic grated														
Turmeric: 2 tsp powder														
Rosemary, Sage, Thyme, Ginger, Dried Parsley														
Yogi Tea/Chai: 2 cups														
Goji berries														
Alcoholic Drinks: 0 or < 2 /week														
Coffee: none														
Sugar: none														
Canned or Processed Food: none														
Dairy: none														

For support in reducing risk factors for breast cancer, we invite you to enroll in the Healthy Breast Foundations Program, either online or in person. Upcoming courses are listed here <http://mammalive.net/upcoming-courses/>

You may also schedule a consultation with Sat Dharam Kaur ND satdharamkaur@gmail.com or call 519 372-9212 or contact one of our health practitioners listed here <http://mammalive.net/community/>