SAMPLE FULL BOARD WELLNESS 2023 (SEMI-LIQUID / SOLID options)



*Please note that these are just examples and are subject to change

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|--|--|--|--|
| 9:30 BREAKFAST INFUSION | Longevity Herbal Infusion and Alkaline Water |
| 11:00 SUPER SHAKE (vegetable drink, fruit, vegetable protein and superfoods) | Ener-Gee Booster | Vitale | Elixir of Life | Healing Smoothie | Tropical Mint | Anti-Oxi Cleanser | Pure Health |
| 13:00 LUNCH STARTER | Longevity Salad or Soup (vegetables, beans/lentils) |
| 13:00 - LUNCH MAIN COURSE | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option | Assorted vegetables + Animal protein (chicken, turkey, etc) OR Vegetarian option |
| 15:00 INFUSION | Longevity Herbal Infusion and Alkaline Water |
| 18:30 - DINNER STARTER | Longevity Soup (water, vegetables, beans/lentils) |
| 18:30 - DINNER MAIN COURSE | Assorted vegetables + Fish OR Vegetarian option |
| 21:00 INFUSION | Longevity Herbal Infusion and Alkaline Water |