

# LET'S PLAN THE NEXT 10 DAYS

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# R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

## Module 4

## TODAY WE WILL BE CREATING A PLAN FOR THE NEXT 10 DAYS FOR BREAKFAST, LUNCH AND DINNER. LET US REVIEW THE RULES:

- Fat, Fiber, Protein in every meal
- Whole Foods** [No Refined Sugar, No Refined Carbs]
- Remove all added Chemicals - Preservatives, Flavorings, COLORS, Artificial Sweeteners.**
- Optional: Include one of the GBOMBS [Greens, Berries, Onions or Garlic, Mushrooms, Berries, Seeds] in each meal*
- Optional: Remove Salicylates / Glutamates / Amines*



### **REMEMBER:**

- If you are choosing to eliminate Salicylates / Glutamates / Amines even partially, make a list of foods you want to avoid, and what you will use instead.
- The Quick and Easy list of Salicylate / Amine / Glutamate Elimination is in the pdf in the previous lesson. (Module 3 Lesson 2).

AVOID	SUBSTITUTE

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1				
2				
3				
4				

5				
6				
7				
8				
9				
10				

***Come back again and again to this worksheet. At different times, you may be having different restrictions. You will likely always want to focus on:***

- Whole foods,
- LOW IN SUGAR AND REFINED CARBS,
- FAT + FIBER + PROTEIN
- NO ADDED SYNTHETIC PRESERVATIVES, COLORS, FLAVORS OR SWEETENERS

**But maybe not always salicylates or glutamates or amines.**



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