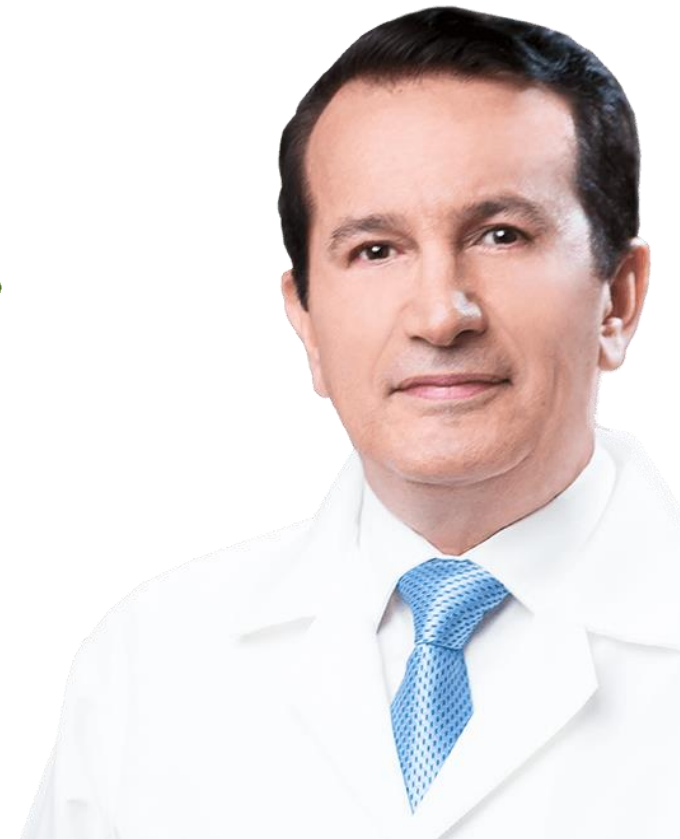
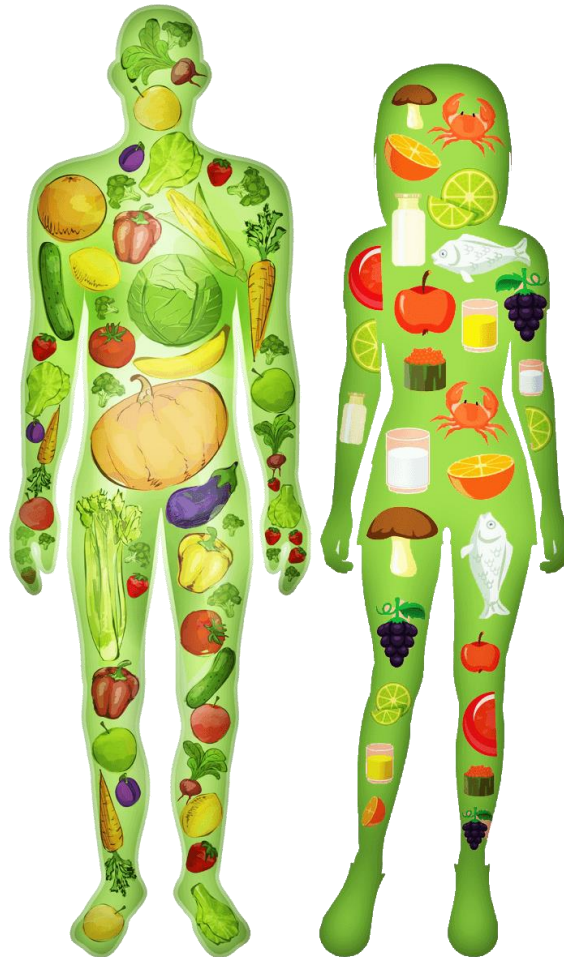


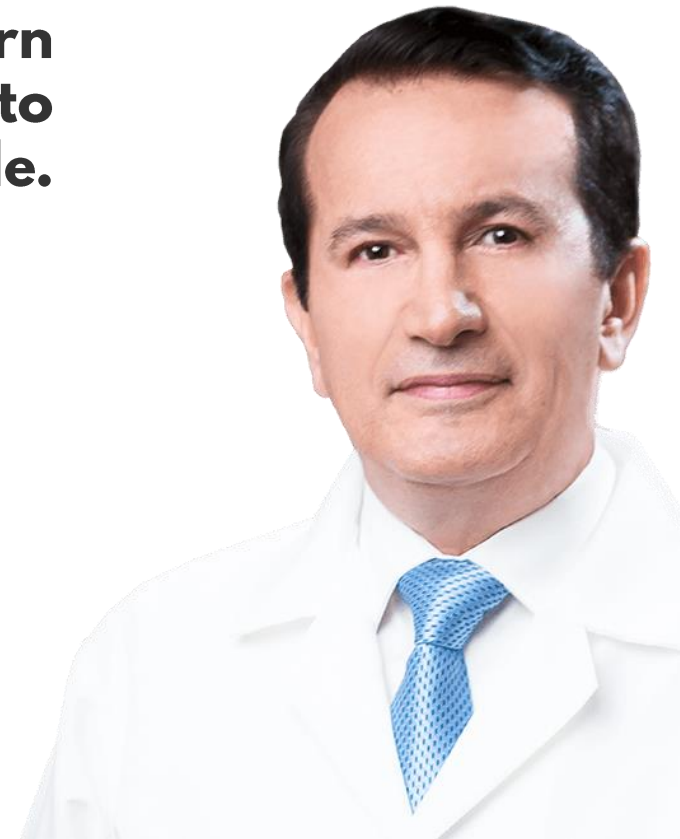
DR. GOSH'S MENU



INTRODUCTION

**In this Menu you will learn
everything you need to
maintain a healthy lifestyle.**

Best — *Dr. Gosh*



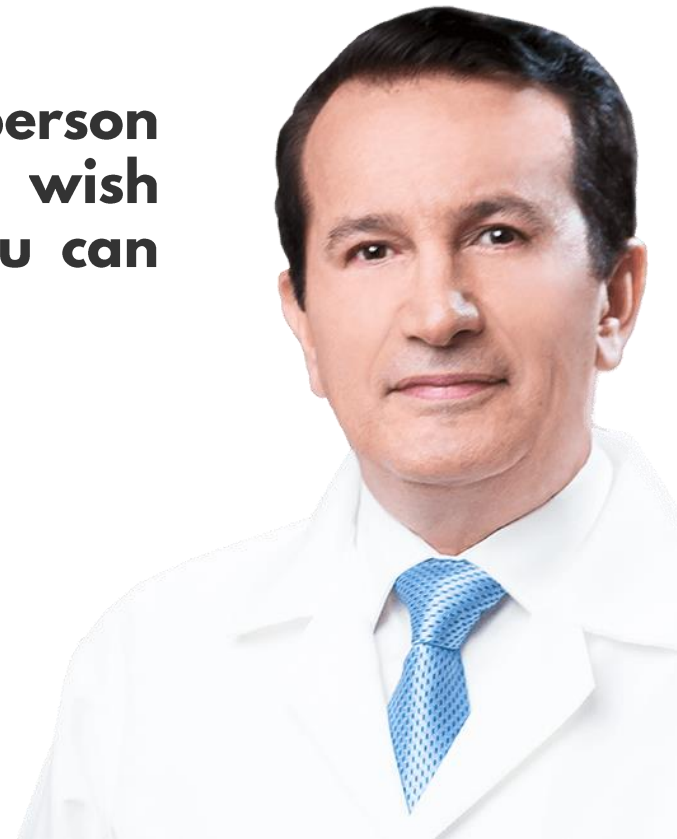
DR. GOSH

Dr. Gosh is a specialist in Natural Medicine and Nutrition that for more than 30 years has helped millions of people in Latin America, Europe and the United States to improve their health naturally.

If you wish to make a consultation in person or by phone with Dr. Gosh, or if you wish to schedule an event or interview, you can call us at [+1\(954\)639-6658**](tel:+19546396658)**

To learn more about Dr. Gosh [click here**](#)**

Connect



YOUR NUTRITION

Every day you have the opportunity to eat healthy...



...healthy options are available wherever you go...

YOU CAN ALWAYS DO IT

...even if it's salads and water at a fast food place...



...you always have the option to choose healthy.

YOU CAN ALWAYS DO IT

In addition, you can always carry prepared meals...



Containers



Cutlery



Lunchbox



Ice

...and healthy snacks like fruits and almonds.

ARE YOU IN CONTROL?

Do you control your food or are you controlled by it?



The only person who eats for you every day is you.

SMALL CHANGES

The key to your nutrition is in the small changes...



Sodas



Sparkling Water



Processed Juices



Fruit & Water



White Bread



Whole Grain Bread



Candy



Dried Fruits

SMALL CHANGES

The key to your nutrition is in the small changes...



Ice Cream



Fruit Salad



Tostones



Rice Cakes



French Fries



Vegetables



Cake



Seeds & Fruits

SMALL CHANGES

The key to your nutrition is in the small changes...



Chips



Seeds & Nuts



Ketchup



Tomato & Lime



Cookies



Bananas



Milkshakes



Green Juices

YOUR NUTRITION

Your nutrition is divided in carbohydrates, proteins and fats:



Carbohydrates



Proteins



& Fats

Most foods have all these properties.

FOR EXAMPLE



An avocado has...

9 grams of carbohydrates

2 grams of protein and

15 grams of fat

**Because of its 15 grams of fat we
consider it primarily as a source of healthy fats.**

YOUR NUTRITION

Your body needs carbohydrates, proteins and fats...



...for an excellent health!

CARBOHYDRATES ARE



Sugars



Starches



& Fibers

...in fruits, grains and vegetables.

THERE ARE 2 TYPES



Simple Carbohydrates



& Complex Carbohydrates

SIMPLE CARBS

Simple carbs are the sugars and white flours...



- **They're full of bad sugars**
- **They're low in nutrition**
- **& they make you gain weight**

Simple Carbs

COMPLEX CARBS

Complex carbs are the fruits, grains and vegetables...



- **They have healthy sugars**
- **They're high in nutrition**
- **& they don't affect your weight**

Complex Carbs

AVOID SUGARS

Simple carbs are full of bad sugars, chemicals and toxins...



**Whether it's in liquids or flours,
avoid all processed sugars, including
"Aspartame" and "High Fructose Corn Syrup"**



27g
7 tsp



41g
10 tsp



42g
10 1/2 tsp



32g
8 tsp



62g
15 1/2 tsp

REDUCE SODIUM

Excess sodium/salt also affects your health...



Excess sodium makes your body retain fluids and it makes your heart and vital organs work with difficulty.

MAKE SMALL CHANGES

The key to your nutrition is in the small changes...



Water for example, has 0 sugars, 0 calories and is filled with minerals good for your health!

TAKE CONTROL

Buy food that's low in sugar and sodium, or without sugar or sodium. And sweeten, salt and flavor it yourself with:



**Raw Honey, Fruits
& Dried Fruits**



**Iodized
Sea Salt**



**& Natural
Ingredients**

Next are the carbs that I recommend!

FRUITS



Blackberries



Raspberries



Strawberries



Blueberries



Cranberries



Kiwis



Oranges



Mandarins



Lemons

FRUITS



Apples



Pears



Peaches



Plums



Mangoes



Bananas



Papaya



Cantaloupe



Guavas

FRUITS



Coconut



Pineapple



Watermelon



Grapes



Raisins



Dried Fruits

GRAINS



Brown Rice



Whole Grain Pasta



Whole Grain Bread



Oatmeal



Quinoa



Buckwheat



Lentils



Beans



Chickpeas

VEGETABLES



Kale



Spinach



Broccoli



Cucumbers



Celery



Cauliflower



Avocados



Tomatoes



Asparagus

VEGETABLES



Carrots



Lettuce



Cabbage



Green Beans



Peas



Sweet Potato



Potatoes



Radishes



Beets

VEGETABLES



Olives



Mushrooms



Watercress



Parsley



Garlic



Onions

NOTES VEGETABLES

Salads: Don't add dressings or sauces to your salads. Add lemon, olive oil, spices, seeds and fruits.



Green Juices: Blend vegetables to make your green juices. Add water and cucumber as base and then other veggies.



OTHER CARBS

Cereals: Buy low-sugar cereals or prepare your own with oatmeal, fruits, seeds and unsweetened or low-sugar almond milk, oat milk or greek yogurt.



Dairy: Minimizes consumption of dairy such as milk, cheese and creams as they have a lot of sugars and sodium. Drink unsweetened almond/oat milk containing Calcium and Vitamin D.

PROTEINS

Proteins are essential for the development and recovery of your body and mind.



Next are the proteins that I recommend!

MEATS



Chicken



Salmon



Tuna



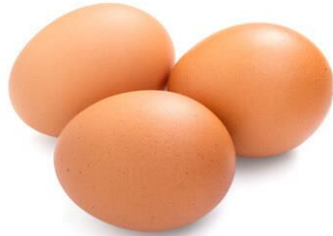
Turkey



Sardines

Avoid red and pork meats since they're very acidic and contain unhealthy fats. For canned meats, buy them in water and not in oil.

OTHER PROTEINS



Eggs



Greek Yogurt



Almonds



Lentils



Beans



Quinoa



Hemp Seeds



Sunflower Seeds



Pumpkin Seeds

OTHER PROTEINS

In general, you'll want to avoid protein powders, protein milkshakes, protein bars, etc (processed proteins).



These products are usually full of sugars, chemicals and are too heavy for your organs and unnecessary for your health. It's much better to prep healthy meals and snacks!

FATS

Just because they're fats doesn't mean that they're bad for you or that they fatten you. Healthy fats are essential for your health.



Next are the fats that I recommend!

OILS

Olive oil is excellent for your meals, but not for cooking. When heated it loses its properties and it can be bad for you.



Olive Oil



Avocado Oil



Coconut Oil

**For cooking use avocado oil
or coconut oil in small quantities.**

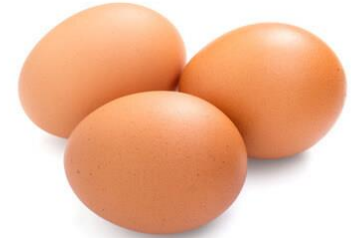
OTHER FATS



Avocados



Olives



Eggs



Salmon



Chia



Flaxseeds



Sunflower Seeds



Pumpkin Seeds



Sesame Seeds

OTHER FATS



Peanuts



Almonds



Cashews



Pecans



Walnuts



Brazil Nuts



Macadamias



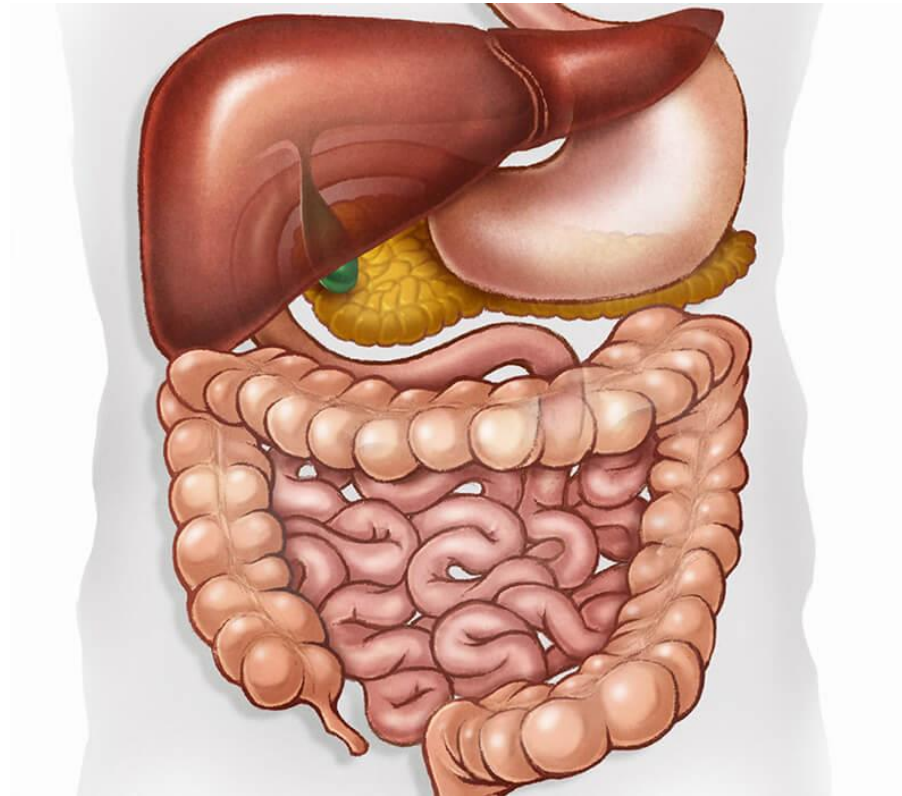
Pistachios



**Peanut Butter or
Almond Butter**

DETOXES

Your nutrition depends on what your body can digest...



...a body with toxins blocks the absorption of nutrients, causes you to gain weight and affects your health.

THERE ARE TOXINS IN FOOD



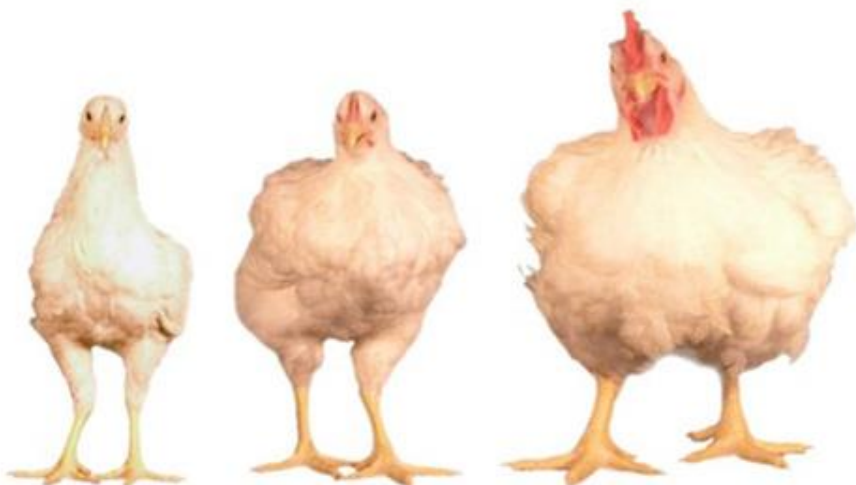
IN CHEMICALS



1957

1978

2005



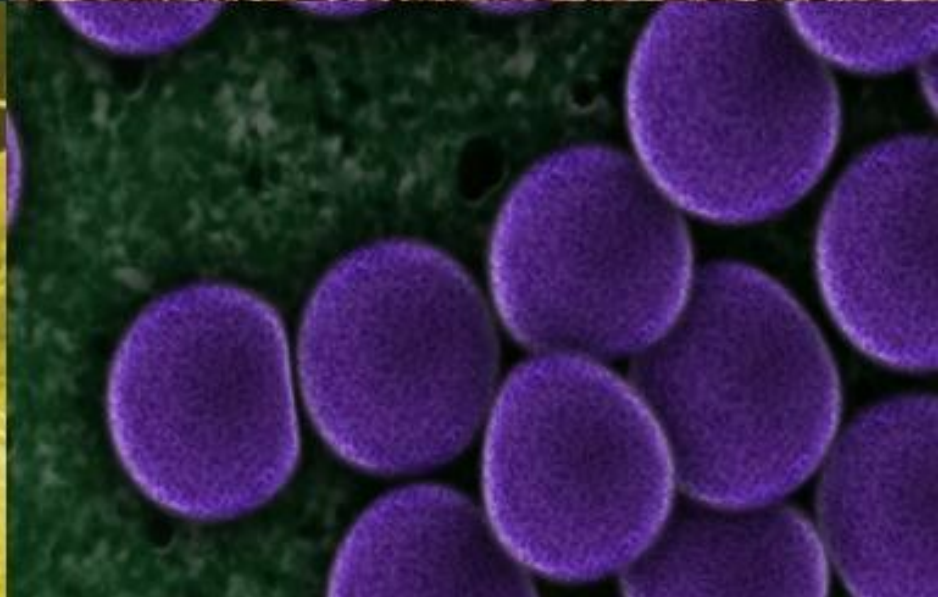
IN DAILY PRODUCTS



IN THE ENVIRONMENT

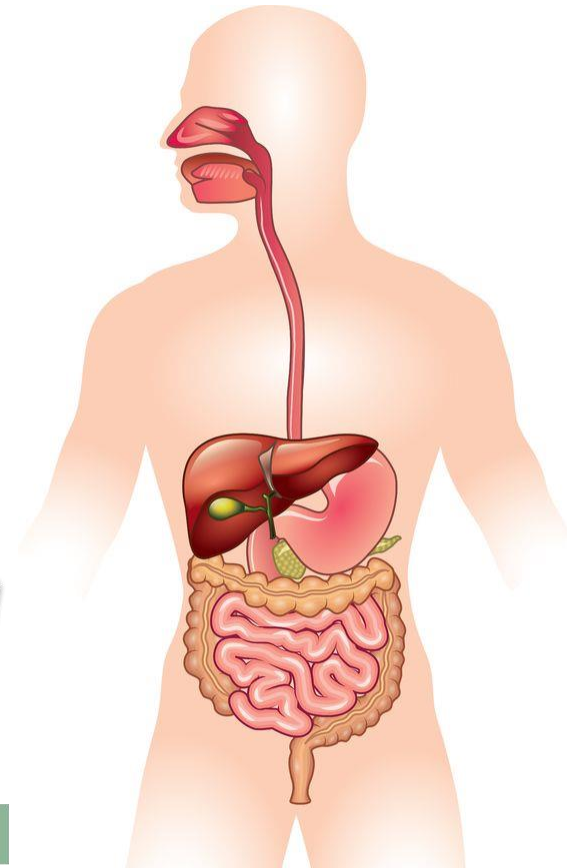


ACCUMULATED IN YOUR BODY



DETOX REGULARLY

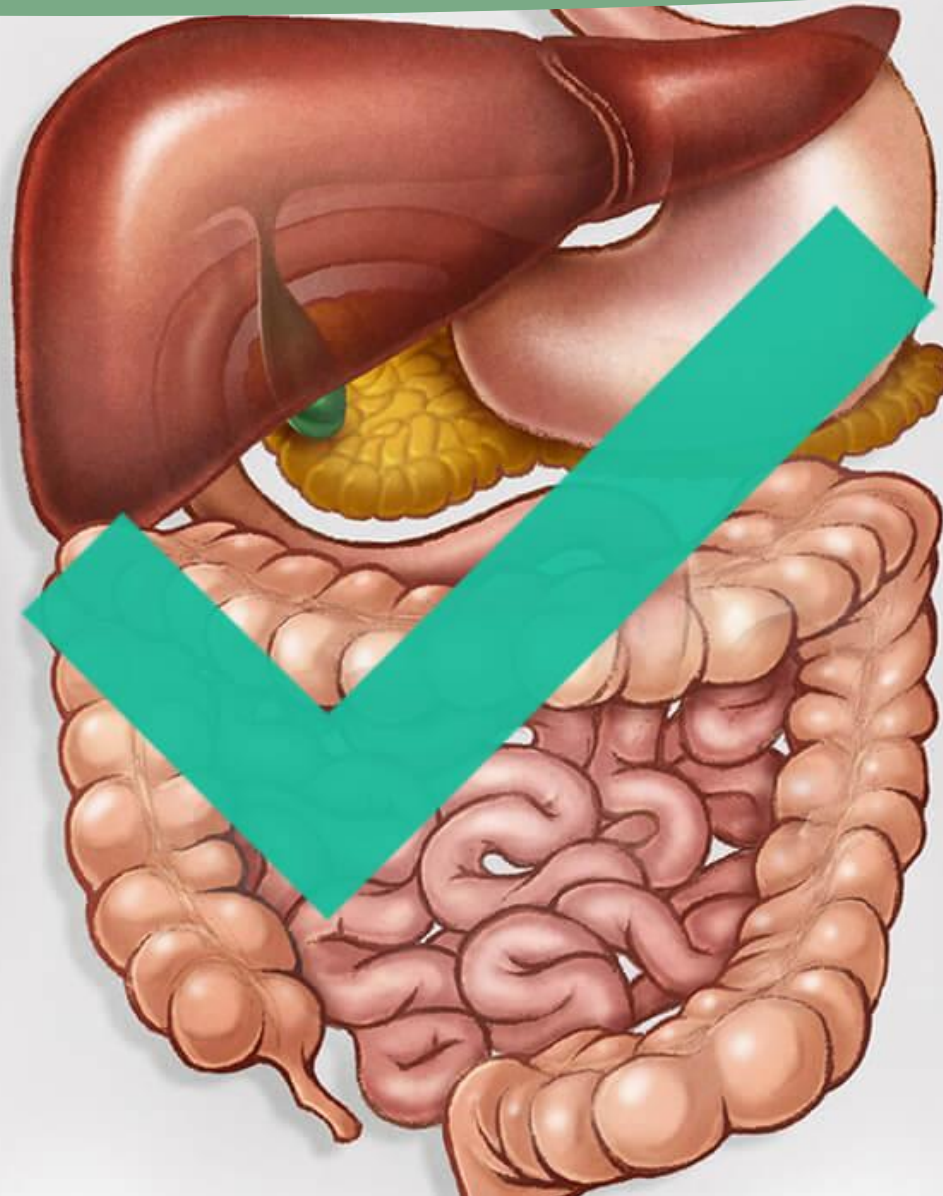
Detox and strengthen your immune system...



9-DAY
DETOX

Learn more about the [Body TuneUp™ 9-day detox here](#)

FOR AN EXCELLENT HEALTH



& MAINTAIN AN ACTIVE LIFE

Don't forget to maintain an active lifestyle...



Look for activities that you like that you can easily integrate into your daily life. Activities like sports, the gym, walks and classes.

ADDITIONAL HELP

Next you'll find additional tools to help you reach your health goals!



YOUR NUTRITIONAL LIST

An easy way to eat healthy is with the help of a list that reminds you of what to eat and what to buy:

CARBOHYDRATES	PROTEINS	FATS
BLACKBERRIES	CHICKEN	OLIVE OIL
BLUEBERRIES	SALMON	AVOCADO OIL
MANDARINS	TUNA	COCONUT OIL
LEMONS	TURKEY	AVOCADOS
BANANAS	SARDINES	OLIVES
PEARS	EGGS	GROUND CHIA/FLAXSEEDS
DRIED FRUITS	GREEK YOGURT	PUMPKIN SEEDS
QUINOA	ALMONDS	PEANUTS
BROWN RICE	LENTILS	ALMONDS
LENTILS	HEMP SEEDS	PEANUT BUTTER
KALE, BROCCOLI, TOMATOES, CELERY	SUNFLOWER SEEDS	ALMOND BUTTER

Additionally, a healthy list helps you save time buying groceries and saves you money by avoiding the bad food.

You can download and create your list for free [here](#)

BREAKFASTS EXAMPLES

Example foods for your Breakfasts:

CARBOHYDRATES	PROTEINS	FATS
FRUIT	EGGS	AVOCADO, OLIVES
GREEN JUICE	GREEK YOGURT	PEANUT BUTTER
OATMEAL, FRUIT & GREEK YOGURT	TUNA	ALMOND BUTTER
OATMEAL, FRUIT & ALMOND MILK	TURKEY	CHIA, FLAXSEEDS & OTHER SEEDS
WHOLE GRAIN BREAD, RICE CAKE	SALMON	ALMONDS, PEANUTS, PECANS, ETC



Carbohydrates



Proteins



Fats

You can download these examples for free [here](#)

LUNCHES EXAMPLES

Example foods for your Lunches:

CARBOHYDRATES	PROTEINS	FATS
GREEN JUICE	CHICKEN	OLIVE OIL
VEGETABLE SALAD	SALMON	AVOCADO
BROWN RICE, QUINOA, PASTA	TUNA	OLIVES
LENTILS, BEANS, CHICKPEAS	TURKEY	SEEDS
SWEET POTATO	SARDINES	OLIVE OIL



Carbohydrates



Proteins



Fats

You can download these examples for free [here](#)

DINNERS EXAMPLES

Example foods for your Dinners:

CARBOHYDRATES	PROTEINS	FATS
VEGETABLE CREAM	EGGS	AVOCADO
VEGETABLE SALAD	TURKEY	OLIVES
OATMEAL & ALMOND MILK	SALMON	PEANUT BUTTER
SWEET POTATO	SARDINES	ALMOND BUTTER
LENTILS	GREEK YOGURT	ALMONDS & OTHER SEEDS



Carbohydrates



Proteins



Fats

You can download these examples for free [here](#)

SNACKS EXAMPLES

Example foods between Breakfasts, Lunches & Dinners:

CARBOHYDRATES	PROTEINS	FATS
APPLE, PEAR	ALMONDS	ALMONDS
BANANA, MANDARIN	PEANUTS	PEANUTS
OTHER FRUITS	WALNUTS	WALNUTS
DRIED FRUITS	PEACANS	PEACANS
CARROTS, CELERY, CUCUMBER	PISTACHIOS & OTHER SEEDS	PISTACHIOS & OTHER SEEDS



Carbohydrates



Proteins



Fats

You can download these examples for free [here](#)

FOOD SERVINGS

Use medium-sized dishes to avoid overeating and save additional food for later or for your lunchboxes.



Eat until you're satisfied and vary your foods to receive all the nutrients that your body needs!

TO YOUR SUCCESS

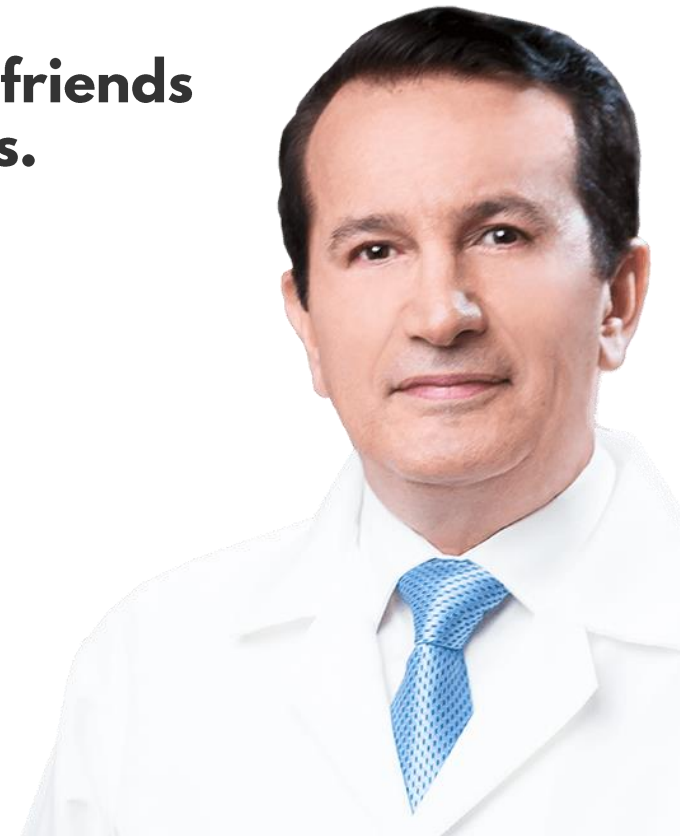
I hope that you have found this Menu helpful and that it continues to serve you in your daily life.

I invite you to share it with family and friends to help more people improve their lives.

[Click here to share on Facebook](#)

Best — *Dr. Gosh*

Connect



INTERVIEWS



DR. GOSH'S PRODUCTS



Weight Loss Combo™



Hormonal Tea™



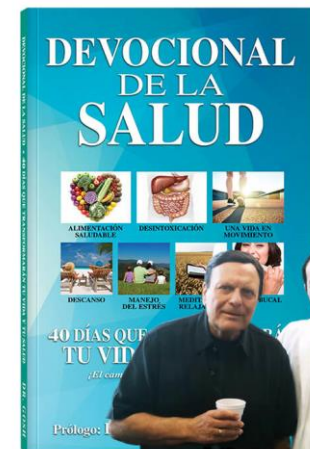
Sexual Tea™



Diabetes Tea™



Energetic Tea™



Devocional



15% ON YOUR NEXT ORDER



15% OFF EXTRA ON YOUR NEXT ORDER

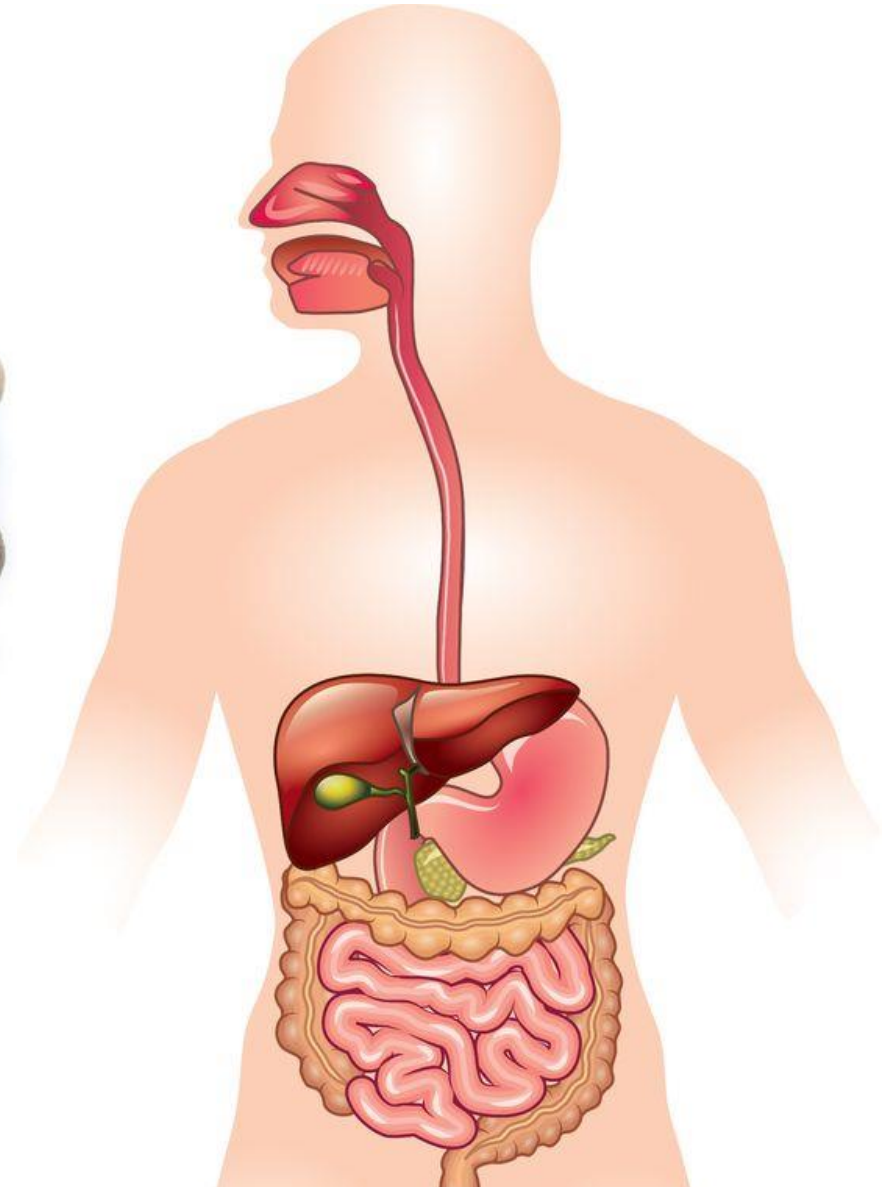
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HEALTHY

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START TODAY



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