



# MIXED SYNTHESIZER

META TYPE *Healthy Eating Plan*

## CONTENTS

<u>Section</u>	<u>Page</u>
INTRODUCTION TO DR. ELIZABETH DANE'S META-TYPES	6
HOW TO USE YOUR <b>MIXED SYNTHESIZER</b> FOOD MENU & EATING PLAN	10
<b>MIXED SYNTHESIZER</b> EATING HABITS OVERVIEW	12
<b>MIXED SYNTHESIZER</b> FOOD GROUP FORMULA	14
<b>MIXED SYNTHESIZER</b> ACID-TO-ALKALINE FOODS AND GENERAL FOOD LIST	16
<b>MIXED SYNTHESIZER</b> "BEST" TIMES TO EAT	22
<b>MIXED SYNTHESIZER</b> "ALWAYS" FOODS, "NEVER" FOODS, and "CHEAT" FOODS	24
<b>MIXED SYNTHESIZER</b> "FOOD COMBINING" GUIDELINES	30
<b>MIXED SYNTHESIZER</b> HELPFUL HINTS FOR MAKING YOUR FOOD PLAN A SUCCESS	33
<b>MIXED SYNTHESIZER</b> WEEKLY MENU	35
<b>MIXED SYNTHESIZER</b> SHOPPING LIST	38
<b>MIXED SYNTHESIZER</b> EQUIPMENT LIST	39
<b>MIXED SYNTHESIZER</b> ADVANCE FOOD PREPARATION	40
<b>MIXED SYNTHESIZER</b> DAILY MENU AND RECIPE COLLECTION	42
SOME INSPIRING <b>MIXED SYNTHESIZER</b> SUCCESS STORIES	50
THE "PENDULUM EFFECT"	57
YOUR NEXT STEPS	66
MEET DR. ELIZABETH DANE	68
DISCOVER MORE ABOUT BEING YOUR BEST SELF	70