

**TANA AMEN**  
BSN, RN*Win the fight for your health!***By Getting Your Diet  
Right**

## Typical Amen Day of Food

**6:30 am – Breakfast (Eat within one hour of waking up):**

- 16- 20 ounces of warm water with lemon and ginger upon waking
- “Brain Balancing Smoothie” made with protein, fat, ½ cup berries and lots of greens

See recipes on [www.TanaAmen.com](http://www.TanaAmen.com) or *The Omni Diet*

**10:00 am – Mid-morning snack:**

- A hard-boiled egg and a green juice or veggies with hummus
- 16 ounces of water with fresh-squeezed lemon juice

**12-12:30 pm – Lunch:**

- Left over salad w lots of chopped veggies with 2-3 ounces of lean protein (usually chicken, salmon, or shrimp) and chopped, raw almonds or walnuts
- 8-10 ounces of water with lemon

**3:30 pm – Late-afternoon snack:**

**Option 1:** Apple Cinnamon Chicken Salad and water with lemon

**Option 2:** If I’m on the run, I have another “Brain Balancing Smoothie” with ½ apple, ½ grapefruit or pear, ½ carrot, ½ cucumber, one scoop of dried greens, 10-15 grams of protein powder, and 1 Tbsp. flax or pumpkin seeds; 16 ounces water with lemon

**6:30-7:30 pm – Dinner:**

- 1½ cups shredded spaghetti squash or Shiritaki noodles topped with tomato-basil sauce containing 2-3 ounces of lean protein (shrimp or ground turkey)
- A large green salad with 1 Tbps. olive oil dressing, 1-2 cups steamed broccoli
- 1 cup of caffeine-free herbal tea with a few drops of Stevia

**Dessert: (small amounts):**

- Nutty Butter Cups
- Lemon Bars
- Dessert Smoothie

# Dr Amen Diet Recipes

**Virginia Valentine, June  
Biermann, Barbara Toohey**



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