

# CALM MIND AND BODY DIET

W h a t t o e a t ?

## High protein diet

Chicken



Eggs



Cheese



Beans



Nuts

## Less simple carbohydrates



Honey



Sugar

White bread



Sweets



## More Complex carbohydrates



Apples, oranges, pears



Vegetables

## Omega-3



Mackerel



Walnuts



Olive oil