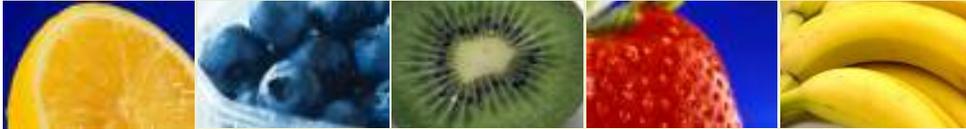


Regaining

Eden



**Are you...**

*At (or below) your ideal weight AND at an optimal level of fitness*

*15 pounds overweight or less OR not overweight but need to become more fit*

*Over 15 pounds overweight*

**Follow these guidelines...**

**Platinum**

- 3 meals a day, nothing between meals
- No processed foods (e.g. refined sugar, white flour, harmful oils, etc.)

**EXERCISE**

*Walk at least 5 miles a day, 4 days a week*

**Gold**

- Raw food 2 days a week
- Nothing after 6 pm

**EXERCISE**

*Walk 3 - 5 miles a day, 4 days a week*

**Silver**

- 3 cooked meals a week; one of those meals must be in the morning
- All other meals: Raw
- Fast: Friday 2pm to Sabbath 2pm

**EXERCISE**

*Walk 1 - 3 miles a day, 5 days a week*