Dr. David Render PhD

Fruits and Vegetables Health Medicine Fuel for the Body

4Healing Natural
By: Dr.David Render
Nutrition Facts
Serving Size oz.
Serving Per Container
Amount Per Serving:
Calories
Calories From Fat
% Daily value*
Total Fat %
Saturated Fat %
Trans Fat
Cholesterol %
Sodium %
Total Carbohydrate %
Dietary Fiber %
Sugars
Nutrition Facts
Serving Size 10 oz.
Serving Per Container 5
Amount Per Serving
Calories 200
Calories From Fat 200
% Daily value*
Total Fat 10 g 35%
Saturated Fat 1.5g 11%
Trans Fat 0.0 g
Cholesterol 0 mg 1%
Sodium 210 mg 15%
Total Carbohydrate 15 g 3%
Dietary Fiber 2 g 3%
Sugars 3 g
Protein 30 g
Vitamin A 3% • Vitamin C 3%
6% • Iron 6%

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Perfect Hummus

Puree the chickpeas, garlic put herbs on top and enjoy

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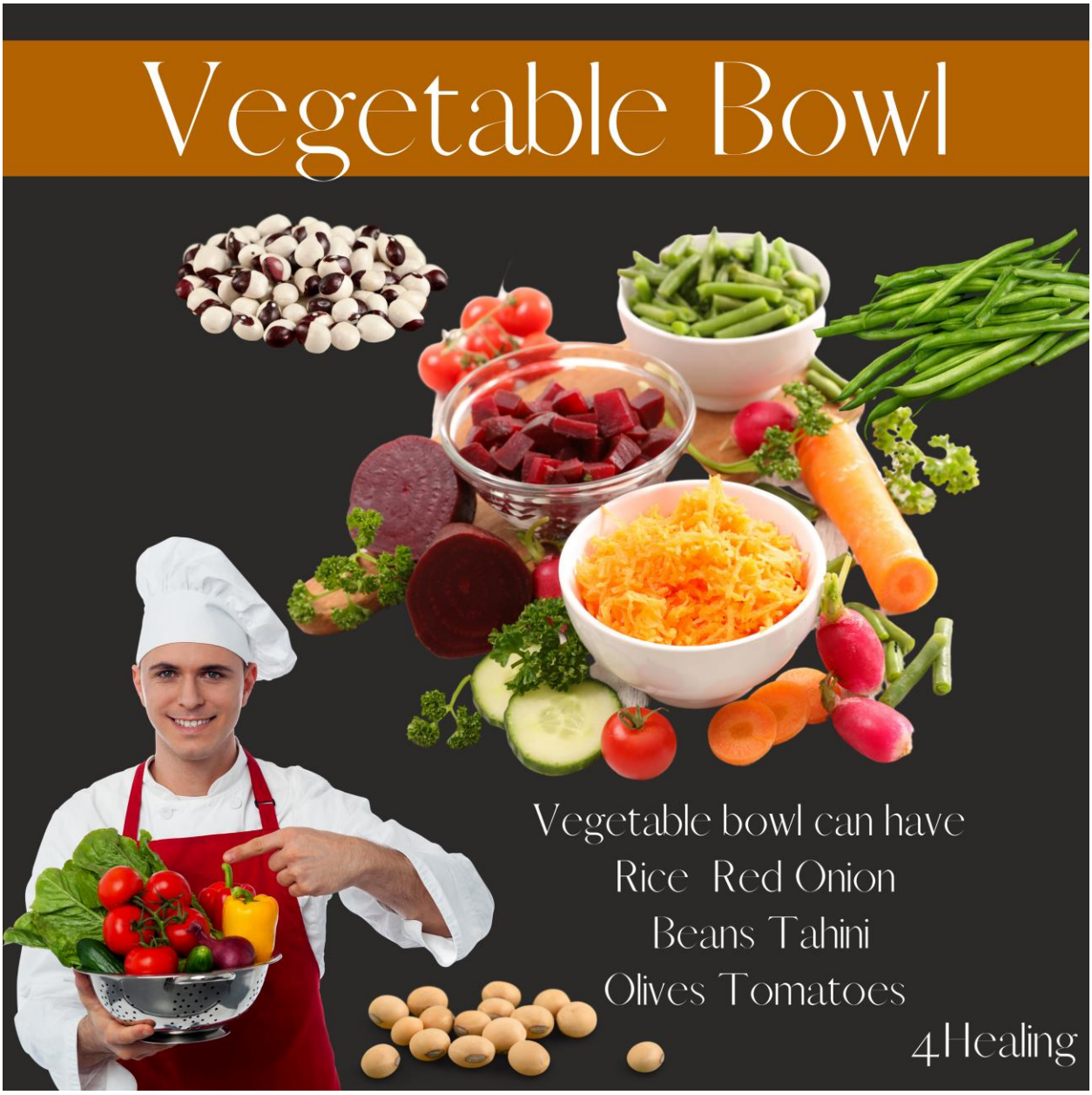
Seeds and Bowl Toppings

Salad bowl
Tomatoes
Vitamin C & A
Lentils Iron &
Protein
Onions Maganese
Vitamin B6
Kale Vitamin C & A


Vegetable Bowl
Vegetable bowl can have
Rice Red Onion
Beans Tahini
Olives Tomatoes
4Healing

Nitrate Rich Foods
Arugula
Basil
Beets
Cilantro
Rhubarb
Nitrates bring relaxation to the blood vessels, improve blood vessels and deliver more oxygen to blood vessels

Milk Dairy Free Alternatives
1 cup per serving
Flax
Soy
Oak
Pea
Almond
Coconut

Bananas 101

Prebiotic & High Amount of resistant starch nondigestible fibers maybe harsh on your digestive system

High antioxident content & digest quickly and sweeter and contain more sugar than green bananas

Greatest nutrients and mineral loss sweet and digestible

Chia pudding
Chia Seeds
Plant Milk
Toppings
Combine the ingredients & Refridgerate
Overnight Top with Toppings
Enjoy

Rich Protein Vegetables

Green Peas

Alfalfa Sprouts

Brussel Sprouts

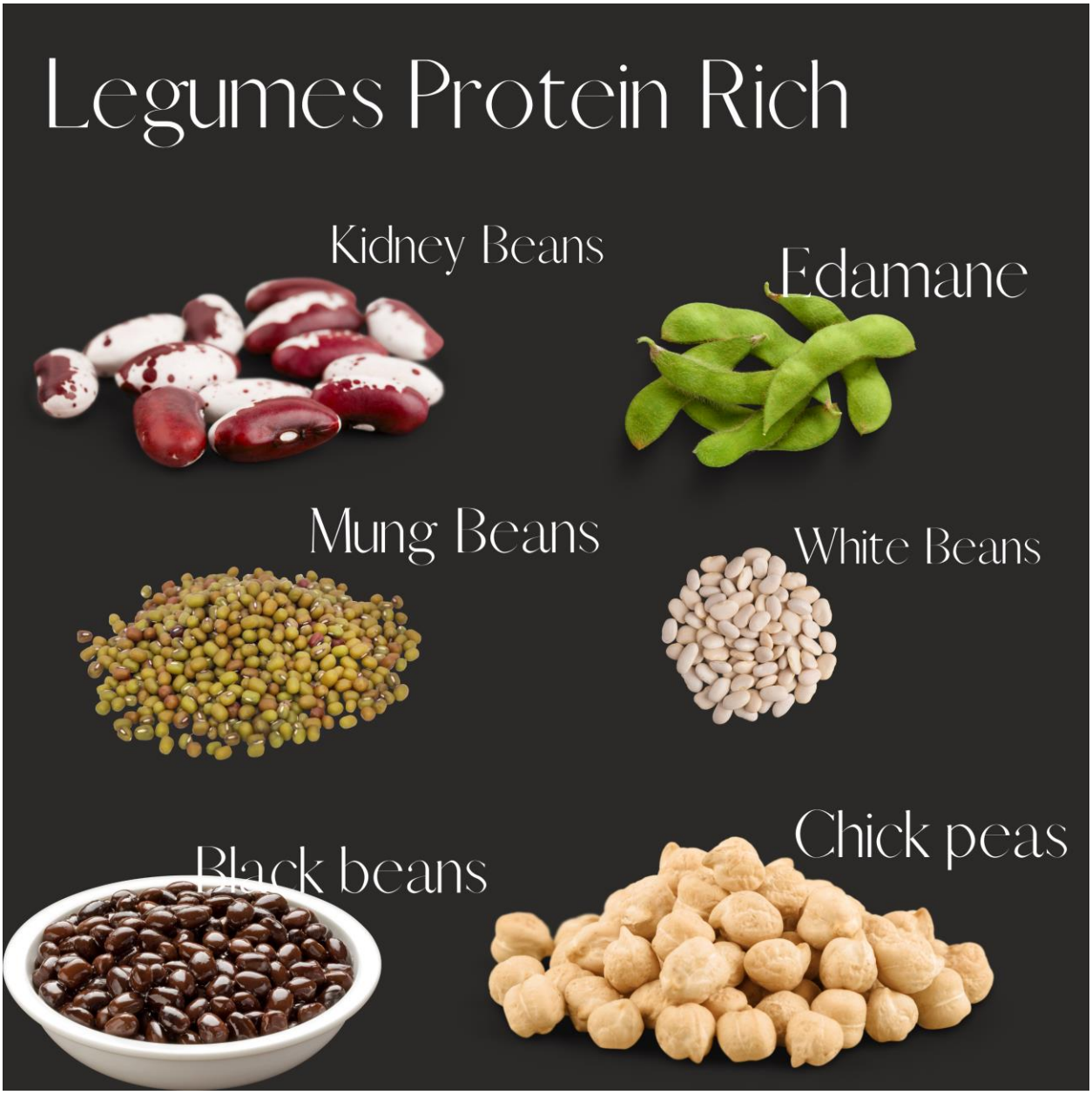
Collard Greens

Artichokes

Sweet Corn

Mustard Greens

Broccoli


Legumes Protein Rich
Kidney Beans
Edamane
Mung Beans
White Beans
Chick peas