



**Dr. Michael Lange also recommends the following:**

- 20 minutes of cardiovascular exercise daily (consult with physician).
- Drink half your body weight in ounces of spring water daily.
- 20 minutes of sunshine between 12 noon and 2pm, five days a week.
- 6-8 hours of good sleep daily.
- If over 250 lbs. Add an additional **Fortifeye Probiotic** right before bed.
- For additional antioxidant protection, add **Fortifeye Once Daily** or **Fortifeye Advanced Complete** multi-vitamin.

Many people lost 5-6 pounds or more per week following this weekly meal plan. We want to hear your results and feedback! Connect with the Fortifeye Vitamins Team and Dr. Lange himself on our social media and syndicated radio show on the following stations, days and times:

LISTEN LIVE



640AM Station Atlanta Saturdays 8 am  
 640AM Station Atlanta Sundays 9 am  
 1440 AM Montgomery, Alabama Saturdays 8 am  
 97.3 FM Gainesville, FL Saturdays 9 am  
 820AM News Talk Tampa Bay Saturdays 9 am



**Link to live feeds:** <http://media.thesky973.com/hosting/feed/1637741/rss.xml>  
<http://tunein.com/radio/AM-820-News-s30995/>  
<https://www.iheart.com/#/live/685/?autoplay=true>

**Watch Live:** <https://www.newstalkflorida.com/video/live-video/>



**Like Us On Facebook!**



1510 SW 17th Street, Ste. 301, Ocala, FL 34471 • Ph: (866) 503-9746 • Fax: (727) 286-8920 • E-mail: [sales@fortifeye.com](mailto:sales@fortifeye.com) • [www.fortifeye.com](http://www.fortifeye.com)

# LANGE DIET PLAN



As a Board Certified Optometrist Physician and Certified Nutrition Specialist, Dr. Michael Lange consistently studies, evaluates, consults, and personally practices good nutrition. Below is a meal plan that is Paleo, Fodmap and Gluten Free guiding you from Monday through Sunday, aiding you from breakfast, to your snacks, all the way to supper on what to eat, drink, including proper supplementation to aide you to achieve optimal results! Here's to your health!



	PRE-BREAKFAST (immediately)	BREAKFAST	SNACK #1 (2.5 hrs after Breakfast)	LUNCH	SNACK #2 (2.5 - 3 hrs after lunch)	DINNER
MONDAY	12oz spring water with 1tbs of Apple Cider Vinegar (with the mother)	<b>Omelet:</b> - 2 free range eggs - ½ - 1 cup organic kale - ½ cup Orange or Red Bell Peppers (sautéed in organic coconut oil with ¼ cup of almond slivers, seasoned with Himalayan sea salt & pepper.)  Beverage: 1 cup organic green tea or coffee Supplement: 1 Fortifeye Focus	- 8-12oz spring water - ½ cup almond or walnuts - one slice of pineapple or ½ cup of cranberries or ½ cup Paleo Simplified Crunch - 12oz spring water	<b>Organic Grilled Chicken Salad:</b> - ½ cup chopped grilled chicken breast - organic lettuce - organic spinach  Beverage: 8 oz spring water	- ½ cucumber, sliced - vinegar and/or lemon for dressing (seasoned with Himalayan sea salt & pepper) - ½ cup organic blue berries - 8oz whole of 2% goat milk, A2 cow milk, Promised Land milk - 12oz spring water	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).  Supplement: 1 Fortifeye Super Omega  *Do not eat or drink after thing until tomorrow morning.
TUESDAY	12oz spring water & take 2 Fortifeye Probiotics	- 4-5 oz wild salmon (baked or sautéed in coconut oil) - 1 organic poached egg - ½ cup spinach (poached with egg)  Beverage: 1 cup organic green tea or coffee Supplement: 1 Fortifeye Focus	- ½ cup organic blueberries - 1oz goat cheese - 12oz spring water or Paleo Simplified Bar	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).	- ½ cup almonds or walnuts - one slice of pineapple or ½ cup of cranberries - 12oz spring water	- boiled antibiotic/hormone free chicken (one breast or 2 thighs or 2 legs) - ½ cup Quinoa - 1 cup boiled broccoli  Beverage: 12oz spring water  Supplement: 1 Fortifeye Super Omega
WEDNESDAY	12oz of spring water with 1tbs of Apple Cider Vinegar (with the mother)	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).  Supplement: 1 Fortifeye Focus	8oz goat kefir or goat yogurt (can be plain or have some fruit in it)  *if plain, mix ½ cup blueberries or strawberries or ½ cup Paleo Simplified Crunch 12oz spring water	<b>Tuna Lettuce Wrap:</b> - small can of tuna in water - ½ chopped celery - ½ orange/red bell pepper, chopped or sliced - lettuce leaves (seasoned with Himalayan sea salt & pepper.)	- ½ cup of almonds or walnuts - 12oz spring water	-5oz organic tepeh (fermented soy), sautéed in coconut oil. - ½ orange and red pepper - ½ cup organic kale - ½ cup bamboo shoots (topped with almond slivers)  Beverage: 12oz spring water Supplement: 1 Fortifeye Super Omega
THURSDAY	12oz of spring water & take 2 Fortifeye Probiotics	- 2 slices organic turkey bacon - 2 scrambled eggs (with ½ cup of broccoli or organic kale or both)  Beverage: 1 cup organic green tea or coffee Supplement: 1 Fortifeye Focus	- sliced cucumber salad w/ rice vinegar - ½ cup mixed berries - 12oz spring water or Paleo Simplified Bar	<b>Organic Turkey Salad:</b> - 5oz sliced turkey - bed of organic mix greens - ½ chopped celery - 2 radishes - wine vinegar and/or lemon for dressing (seasoned with Himalayan sea salt & pepper)  Beverage: 8 oz spring water	- ½ cup grapes - ½ cup pumpkin seeds - 12oz spring water	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).  Supplement: 1 Fortifeye Super Omega
FRIDAY	12oz of spring water with 1tbs of Apple Cider Vinegar (with the mother)	<b>Omelet:</b> - 3 organic egg whites - 1 egg yolk (sautéed in organic coconut oil, topped with almond slivers & chopped green scallions).  Beverage: 1 cup organic green tea or coffee Supplement: 1 Fortifeye Focus	- ½ cup organic blueberries - ½ cup almonds or walnuts - 12oz spring water or ½ cup Paleo Simplified Crunch	- boiled antibiotic/hormone free chicken (one breast or 2 thighs or 2 legs) - 1 cup boiled or steamed broccoli  beverage: 8oz spring water	- 8oz whole of 2% goat milk (or goat kefir – with or without fruit), A2 cow milk, Promised Land milk - 12oz spring water	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).  Supplement: 1 Fortifeye Super Omega
SATURDAY	12oz of spring water & take 2 Fortifeye Probiotics	<b>Super Protein Smoothie:</b> - 10oz unflavored almond milk - 1 scoop Fortifeye Super Protein - ice - 1tsp almond butter - 1tsp raw Manuka honey (UMF#12-15 or GMO# greater than 300)  Supplement: 1 Fortifeye Focus	- 1-2oz goat cheese - 12oz spring water or Paleo Simplified Bar	<b>Organic Miso Soup:</b> - ½ cup organic kale - ¼ cup bean sprouts - ¼ water chestnuts - 5oz chopped chicken breast	- sliced ½ orange and some red bell peppers or ½ cup strawberries or cranberries. - 12oz spring water	<b>Alaskan Salmon Bake:</b> - 5oz Wild Alaskan Salmon - ½ cup organic kale/spinach - orange bell peppers (sautéed in coconut oil or baked, sprinkled with almond slivers)  Beverage: 8-12oz spring water
SUNDAY	12oz of spring water with 1tbs of Apple Cider Vinegar (with the mother)	1 scoop Fortifeye Super Protein, mixed with 1 scoop Fortifeye Blue Green Super Food (mix in 12oz spring water).  Supplement: 1 Fortifeye Focus	- 1tsp raw Manuka honey - 1tsp almond butter - ½ banana or ½ cup Paleo Simplified Crunch - 12oz spring water	- 5oz tuna - ½ cup quinoa - steamed broccoli - ¼ cup butternut squash  Beverage: 12oz spring water	- ½ orange - 8oz whole or 2% goat milk, A2 cow milk, Promised Land milk - 12oz spring water	<b>Baked Chicken Breast:</b> - 1 chicken breast - ½ cup sautéed red cabbage (or ½ cup of saur kraut) - ½ cup turnip greens - 1 cup organic miso soup Beverage: 12oz spring water Supplement: 1 Fortifeye Super Omega