

eye**foods**TM

A FOOD PLAN FOR HEALTHY EYES



DR. LAURIE CAPOGNA, OD & DR. BARBARA PELLETIER, OD

A Meal a Day of eyefoods

A good way to help prevent eye disease and to keep our eyes healthy is to devote a meal a day to **eyefoods**.

We've created this **eyefoods** weekly Calendar to show you how these foods can be added to your diet in simple ways.



Eyefoods Nutritional Star Rating System



Green Star:

This menu includes at least 50% of the **eyefoods** recommended daily intake of lutein and zeaxanthin.



Orange Star:

This menu includes at least 50% of the **eyefoods** recommended daily intake of other antioxidants, zinc or fiber.



Blue Star:

This menu includes at least 50% of the **eyefoods** recommended daily intake of omega-3 fatty acids.



Multi-coloured Star:

This menu contains a balance of eye nutrients.

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NUTRITIONAL CALENDAR





MONDAY

LUNCH

- Orange pepper slices with hummus 
- Turkey & Swiss Panini: Grilled turkey slices on whole wheat bread with romaine lettuce, sliced sundried tomatoes, Swiss cheese and Dijon mustard 
- Fresh squeezed orange juice with a splash of lemon juice 





TUESDAY

DINNER

- Grilled wild salmon fillet 
- Broccoli and whole-wheat pasta tossed with lemon, olive oil and dill 



WEDNESDAY

LUNCH

- Spinach omelette or frittata served with whole-wheat toast 

- Mixed fruit salad of cantaloupe, berries and sliced mango 






THURSDAY

DINNER

- Beef and broccoli stir-fry with carrots and edamame: drizzle with a mix of soy sauce, maple syrup, lime juice and a dash of sesame oil – serve atop brown rice or barley 
- Green tea 

FRIDAY

LUNCH

- Tuna salad with green onion served in an orange pepper half 
- Low fat yogurt, kiwi and granola parfait 

- Sparkling water with lemon and lime 

Shopping List FOR TWO

This shopping list includes all of the food necessary for a week of eyefoods, plus you will have extra produce to include in the rest of your daily meals. We suggest making a daily salad.



BE SURE TO CATCH US ONLINE FOR THE LATEST TIPS, VIDEOS AND RECIPES FOR EYE HEALTH!

www.eyefoods.com

PRODUCE

- 2 orange peppers
- 2 heads broccoli
- 1 head of romaine lettuce
- 1 bunch carrots
- 1 bunch green onions
- 1 bag baby spinach
- fresh dill
- 2 kiwis
- 1 half cantaloupe
- 1 container berries or your choice
- 1 mango
- 4 oranges
- 3 lemons
- 200 g grilled turkey breast

MEAT & PROTEIN

- 2 wild salmon fillets
- 200 grams beef tenderloin or other lean cut
- 1 can tuna
- half a dozen eggs
- Swiss cheese 4 slices

MISCELLANEOUS

- 1 container of Hummus
- 1 bag of frozen shelled edamame
- 1 loaf whole wheat bread
- barley or brown rice
- whole wheat pasta
- 1 jar of sundried tomatoes
- Dijon mustard
- extra virgin olive oil
- low sodium soy sauce
- maple syrup
- sesame oil
- 2 small containers of low fat yogurt
- granola cereal
- green tea
- 1 bottle sparkling water

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eyefoods is the simple plan to help save your sight!

Highly respected optometrists Dr. Barbara Pelletier and Dr. Laurie Capogna have developed a groundbreaking guide to improving eye health and preventing, suppressing, and slowing common eye disorders. *Eyefoods, A Food Plan for Healthy Eyes*, is supported by in-depth research and over 25 years of optometric experience. With the latest scientific study results, practical advice, and meal ideas and recipes, Eyefoods is a comprehensive and easy-to-understand guide to science and health. This exciting new book highlights the power of nutrient-rich foods such as green vegetables, cold water fish, and orange vegetables in maintaining optimum eye health. Eyefoods explains exactly how simple it is to keep your eyes healthy for a lifetime while improving your overall health in the process.

www.eyefoods.com



Dr. Barbara Pelletier and Dr. Laurie Capogna

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