

Kids Shake (infant - 5 yrs)

Base: 1/4 cup of kefir, 1/2+ bananas (masks all taste), 1 cup+ frozen strawberries / blueberries / cherries, Cherry / Pomegranate Juice, Ice
tweak it how you would like, you can add many others but try to keep it low glycemic (so they don't become picky) & mix w/:

	1st wk	2nd wk	3rd wk	4 wk	5 wk	6 wk	7 wk	8 wk	9 wk	10 wk	11 wk	12 wk	13 wk	14 wk	15 wk	16 wk	17 wk
Cod liver oil caps	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap
Aloe Drink		1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
DHA			1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap
Colostrum pdw				1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp
Blue Green pdw					1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap
EFA Liq						1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp
Tocotriene							1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Coconut Oil								1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp
Brain Food									1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap	1 cap
Lecithin										1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Whey Protein											1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Nutritional Flakes												1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Galactin													1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2tsp
Nucleotide														1/2 cap	1/2 cap	1/2 cap	1/2 cap
Coral Legend															1/8 tsp	1/8 tsp	1/8 tsp
Vitamin C																1 cap	1 cap
	18wk	19 wk	20 wk	21 wk	22 wk	23 wk	24 wk	25 wk	26 wk	27 wk	28 wk	29 wk	30 wk	31 wk	32 wk	33 wk	34 wk
Cod liver oil caps +	1 cap	1cap	1cap	1cap	1cap	1cap	1cap	1cap	2 cap	2 cap	2 cap	2 cap	2cap	2cap	2cap	2cap	2cap
Aloe Drink +	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
DHA	1 cap	2cap	2cap	2cap	2cap	2cap	2cap	2cap	2cap	2cap	2cap	2cap	3 cap	3 cap	3 cap	3 cap	3 cap
Colostrum pdw +	1/4 tsp	1/4 tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1/2tsp	1 tsp	1 tsp	1 tsp	1 tsp
Blue Green pdw +	1 cap	1 cap	1 cap	2 cap	2 cap	2 cap	3 cap	3 cap	3 cap	3 cap	3 cap	4 cap	4 cap	5 cap	5 cap	6 cap	6 cap
EFA Liq	1/4 tsp	1/4 tsp	1/4 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Tocotriene +	1/2 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Coconut Oil +	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
Brain Food +	1 cap	1 cap	1 cap	1 cap	1 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap
Lecithin +	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Whey Protein +	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Nutritional Flakes +	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Galactin +	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
Nucleotides +	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1/2 cap	1 cap	1 cap	1 cap	2 cap	2 cap	2 cap	2 cap	3 cap	3 cap	4 cap
Coral Legend	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp	1/4 tsp
Vitamin C +	1cap	1cap	1cap	1cap	1cap	1cap	1cap	1 cap	1 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap	2 cap

in addition.....

1 1/2yrs

5 yrs

Dental Zyme 1cap/3days 1 cap/2 days The Dental Zyme will protect from cavities

Eye 1 cap/2 days

Probiotic + 1 cap/day

Wild Pollen / Honey + start off w/ 1/8 tsp and increase it, slowly, until your at a tsp at 5yrs

Pink Salt 1/4 tsp/day 1/2 tsp/day

Vitamin D3 serum Start off w/ 1 drop can increase to 2 drops by 3 yrs old

*Breastfeed up until, minimum, 18 months

*This program is ideal for infants who have started on supplemental meals outside their normal breastfeeding routine (no sooner than 7-9 months)

*Products w/ the + sign following their name may continue to be increased beyond the specified dosaging.