

Staples Guidelines for Kids	Daily	Weekly	Monthly	Annual
Major Meals	1-3			
Major Meals Alkalizing %	60% to 80%			
Total Calories (depending on activity level)	1200			
Clean Water & Tea (fl.oz.)	Drink ½ your body's weight in ounces			
Plant & Animal Based Protein				
0 to 12 Months	9 to 13 grams			
1 to 9 Years	16 to 19 grams			
9 to 13 Years	25 to 35 grams			
13 to 30 Years	40 to 60 grams			
30 Years & Up	30 to 40 grams			
Expecting/Lactating Moms	70 grams			
High Performance Athletes	?? grams			

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Saturated Fats (Vegans Only)	1 teaspoon			
Fiber (Per Major Meal)	8 to 9 grams			
Servings of Organic Fruits	3			
Servings of Organic Veggies	3 to 4			
Energetic Health Lifestyle				
Meditation		4-6x/week for 5 minutes		
Sleep	10 to 11 hours			
Green Space Therapy		4 - 6x/week for 20+ minutes		
Exercise, Sport or Activity of Choice like Swimming ☺		4 - 6x/week: 30+ minutes		
Play, Creativity, Music, Etc.	Everyday! ☺			

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Saturated Fats (Vegans Only)	1 teaspoon			
Pooping (Per Major Meal)	1			