

Awareness through Living

Eating with the Stars: Aquarius Food Suggestions



Enjoy Protein Bars
Avoid Coffee, Meat, Dairy, Yeasty Foods & Refined Sugar

Aquarius is another sign influencing a lighter food palette for a natural and organic semi-detox experience to boost moods.

Fruit

Apples		Melon	
Oranges		Pears	
Quince			

Protein - Enjoy Protein Bars

Fish		Crustaceans	
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Veggies

Broccoli		Cabbage	
Carrots		Celery	
Corn		Gourds	
Pumpkin		Tomatoes	

Spices

Cardamom		Cayenne	
Cumin		Garlic	
Ginger		Licorice	
Mint		Sage	Copyright 2014 - 2020 Renee Lindstrom, GCFP

Tea

No Coffee		No Dairy	
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Notes:

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Eating with the Stars: Pisces Food Suggestions



Enjoy natural sugars

Avoid coffee, oily foods, yeasty foods, meat, dairy, asparagus, salt, sweets & refined sugar

Pisces influences sensitivity and forgetfulness, meaning one's food pallet could focus upon brain boosting foods and steering away from acidic fruits during the moons journey through this sign.

Carbs

Apples		Dates	
Grapes		Lemons	
Mango		Oranges	
Peaches		Plums	

Protein

Seafood		Beans	
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Veggies

Artichokes		Avocados	
Broccoli		Brussels Sprouts	
Cabbage		Chicory	
Onion		Pepper – Sweet	
Seaweed		Spinach	

Spices

Basil		Coriander	
Cumin		Chili Pepper	
Curry		Garlic	
Ginger		Horseradish	
Mustard		Copyright 2014 - 2020 Renee Lindstrom, GCFP	

Tea

No Coffee		No Dairy	
No Refined Sugars			

Notes:

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Eating with the Stars: Food Planning with Aries



Avoid spicy food, meat, salt, coffee & alcohol

Aries is a sign of adventure which means take risks and explore new and unique foods!

Carbs

Brown Rice			
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Fruit

Dried Apricots		Bananas	
Figs		Fruit Juices	
Grapefruit		Watermelon	

Protein

Lamb		Goat	
Beans		Lentils	
Walnuts			

Veggies

Broccoli		Carrot	
Cauliflower		Cucumbers	
Lettuce		Olives	
Onions		Peppers	
Pumpkin		Radishes	
Spinach		Tomatoes	

Spices

Caraway		Coriander	
Garlic		Mint	
Mustard		Rosemary	
Saffron		Copyright 2014 - 2020 Renee Lindstrom, GCFP	

Tea

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Notes: