

• The meal plan I build for every client watching their pressure

# A healthy heart isn't a diet. It's a **food schedule.**

*Your body handles salt and stress differently now. Your plate should too.*

When your numbers creep up, salt gets all the blame — but the bigger shift is a real-food schedule your body can actually use: potassium-rich plants, less processed food, and steady meals. A heart-friendly way of eating, built for the body you have *today*. No crash diets. No bland food. No guessing what's for dinner.

[See the Meal Plans →](#)

[Start My Intake](#)

↓ [Download the plan overview \(PDF\)](#)

[Root-Cause Approach](#)

[Real, Whole Foods](#)

[Jamaican Roots](#)

**26**

DAY STRUCTURE

**4**

DAILY MEAL RHYTHMS

**52+**

HEART-FRIENDLY FOODS

**1**

CLEAR DOORWAY

WHY THE OLD WAY STOPPED WORKING

## It's not you. Your **body changed.**

The foods that were fine at 25 are the ones straining your heart now. Here's what shifted — and why a *schedule*, not another diet, is the fix.



### It's Bigger Than Salt

Salt matters, but processed food, low potassium, and constant snacking strain the system just as much. Whole foods rich in potassium — greens, beans, fruit — shift the whole balance.



### Stress On A Loop

Skipped meals, caffeine, and blood-sugar swings keep the body in a low-grade stress state. Steady, balanced meals help the body settle instead of spike.



### No Eating Window

Grazing and late, heavy dinners give the body no time to rest. A clear daily schedule — real meals, an earlier lighter dinner, rest between — helps the whole system ease down.

# What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



## Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



## Therapeutic Food Library

Swap-friendly lists of heart-friendly, potassium-rich foods chosen to keep the whole day steady.



## Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



## Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

# One day, mapped for you

Here's a sample day from a Mayan heart-friendly plan — real food, built for a calmer heart. Your plan is personalized to your body, tastes, and needs.

## ON WAKING



### Morning Tonic

Warm water with lemon, or a cup of hibiscus tea

**Why:** hibiscus is a traditional heart-friendly herb, and a gentle, low-sodium start.

## BREAKFAST



### Steady-Start Plate

Oats with banana, flax and berries, or eggs with greens and avocado

**Why:** potassium and fiber to start the day steady.

## MIDDAY



### Heart-Healthy Plate

Grilled fish or beans over leafy greens, with roasted non-starchy veg

**Why:** greens, beans, and fish — the heart-friendly heart of the plan.

## AFTERNOON



### Calming Tonic

Hibiscus tea · a small handful of unsalted nuts if needed

**Why:** unsalted, potassium-rich, and steadying through the afternoon.

## DINNER



### Light & Early

Low-sodium vegetable & bean soup, or steamed veg with a lean protein — kept light

**Why:** an earlier, lower-sodium dinner helps the body rest overnight.

## THE METHOD

# The 5-part rhythm

Every Mayan heart-friendly journey follows the same rooted arc.

1

### Reset

Clear the processed, salty foods and start simple and fresh.

2

### Rebuild

Build potassium-rich, whole-food plates the heart loves.

3

### Rhythm

Lock in a daily meal schedule your body can rely on.

4

### Steady

Keep the whole day calm and even — meal to meal, morning to night.

5

### Reinforce

Make it the way you eat for good — with support that stays.

CHOOSE YOUR PATH

# Four ways to start

Every path includes a personalized heart-friendly meal plan built for a calmer heart. Choose the level of guidance that fits where you are right now.

ENTRY

## Reset Plan

A clean, focused starting point to freshen your plate and your day.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

## Signature Plan

The complete heart-friendly meal system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

## Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

## VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

## Support that walks it with you

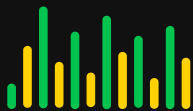
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



### Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

# Ready to eat for a calmer heart?

Tell us where you are. We'll point you to the right plan and get your personalized schedule started.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one...

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

**MAYAN BOTANICALS**

[Reset Plan](#) [Signature Plan](#) [Concierge Plan](#) [VIP Transformation](#)

*Live healthy, be healthy.*

These meal plans are educational nutrition guidance rooted in traditional food wisdom. They are not medical advice and are not intended to diagnose, treat, cure, reverse, or prevent high blood pressure or any disease. They are meant to work alongside your medical care, not replace it. Never start, stop, or change any medication — including blood pressure medication — and never make major dietary changes without talking to your physician first. If you have very high blood pressure or symptoms like severe headache, chest pain, or trouble breathing, seek medical care right away. Monitor your blood pressure with your care team. Individual results vary.

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