

# It's not about cutting all fat. It's your **food schedule**.

Your body handles fats differently now. Your plate should too.

When cholesterol creeps up, cutting out all fat isn't the answer — it's the *right* fats, more soluble fiber, and a steady whole-food schedule. Mayan Botanicals builds a heart-smart, cholesterol-friendly plan personalized with your doctor. 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

25

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

50+

HEART-SMART RECIPES

1

CLEAR DOORWAY

## WHY LOW-FAT DIETS MISSED THE POINT

# It's not about cutting fat. It's the **right food**.

For years the advice was "cut all fat" — but the bigger levers are soluble fiber, healthy fats, and less processed food. Here's what actually helps, and why a steady *schedule* beats another diet.



### Fiber Does The Work

Soluble fiber — oats, beans, apples, barley — helps carry cholesterol out of the body. Most plates are short on it; whole foods bring it back.



### Not All Fat Is The Enemy

The goal isn't zero fat — it's swapping saturated and processed fats for healthy ones like olive oil, nuts, seeds, and fatty fish. Real fats, in balance.



### Processed Food Adds Up

Ultra-processed food quietly loads on the fats and sugars that work against your heart. A whole-food schedule keeps them off your plate.

# 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, heart-smart recipes rich in soluble fiber and healthy fats.



## 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 cholesterol-friendly plan — heart-smart, whole-food, rich in soluble fiber and healthy fats. Your plan is personalized to your body, tastes, and needs.

## ON WAKING



### On Waking

Warm water with lemon

**Why:** a gentle, hydrating start to the day.

## BREAKFAST



### Breakfast

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

**Why:** soluble fiber and healthy fats to start the day.

## MIDDAY



### Midday

Grilled salmon or a bean-and-veg bowl with olive oil and leafy greens

**Why:** healthy fats, fiber, and plants — the heart-smart center of the plan.

## AFTERNOON



### Afternoon

A small handful of almonds or walnuts with fruit

**Why:** heart-healthy fats and fiber to steady the afternoon.

## DINNER



### Light & Early

Lentil or vegetable stew, or baked fish with roasted veg and a whole grain — kept light

**Why:** plant-forward, fiber-rich, and gentle overnight.

## THE METHOD

# The 5-part rhythm

Every Mayan cholesterol-friendly journey follows the same heart-smart arc.

1

### Reset

Clear the processed and fried foods and start whole and simple.

2

### Rebuild

Build fiber-rich, healthy-fat plates the heart loves.

3

### Rhythm

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

4

### Steady

Keep it heart-smart and even, meal to meal.

5

### Reinforce

Make it the way you eat for good — alongside your doctor.

CHOOSE YOUR PATH

# Four ways to start

Every path includes a personalized cholesterol-friendly meal plan built around soluble fiber, healthy fats, and whole foods. Choose the level of guidance that fits where you are right now.

ENTRY

## Reset Plan

A clean, focused, heart-smart starting point to freshen your plate.

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

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

## Signature Plan

The complete cholesterol-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

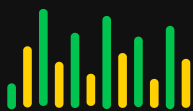
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

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 **heart-smart**?

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.

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*Live healthy, be healthy.*

These meal plans are educational nutrition guidance and are not medical advice. They are not intended to diagnose, treat, cure, or prevent high cholesterol, heart disease, or any condition, and they do not replace cholesterol medication. Always take any medication, including statins, exactly as prescribed, and talk to your doctor before changing your diet or stopping any medication. Some foods, like grapefruit, can interact with certain cholesterol medications — check with your doctor or pharmacist. These plans are meant to work alongside your medical care, never to replace it. Individual results vary.

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