

Nutrition for Life!

“Let food be thy medicine and let medicine be thy food” -Hippocrates

Guidelines for Health:

Include a **protein** and a healthy **fat** with every meal (Breakfast, Lunch, and Dinner)

Consume at least 5-9 cups of vegetables/day and no more than 2 cups fruit/day. Ideally choose locally grown.

Drink half your body weight in oz of water/day.

Complete Proteins:	Vegetables:	Fruit:	Healthy Fats
Grass fed Beef, Wild Game, Wild-caught Fish, Organic Chicken, Organic Turkey, Organic pasture-raised eggs, Organic & hormone-free Pork or Turkey bacon Vegetarian Options: Plant-based protein powder Quinoa Buckwheat Rice + Beans/lentils	Artichokes, Asparagus, Beets/Beet greens, Bok choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Carrots, Celery, Chives, Cucumber, Eggplant, Fennel, green Beans, Kale, Lettuce, Mushrooms, Okra, Onions, Parsley, Parsnips, Peppers, Pumpkin, Radish, Seaweed, Snap peas, Spinach, Squash, Sweet potatoes, Tomatoes, Turnups, Zucchini	Apples, Apricots, Bananas, Berries (blackberries, blueberries, raspberries strawberries), Cherries, Grapefruit, Grapes, Lemon, Lime, Melon, Oranges, Peaches, Pears, Pineapple, Plumb, Watermelon	Avocado Coconut oil Extra virgin olive oil Seed’s (flax, chia, hemp, pumpkin, sunflower, sesame) Raw nuts (almonds, cashews, walnuts, pine nuts, pecans, macadamias) Nut and seed butters (almond, cashew, sunflower, coconut) Organic butter or ghee

Foods that cause inflammation, pain, neurological damage, and weight gain.

*Eliminate or eat VERY sparingly if tolerable:

- Gluten (This includes not only wheat, but also white flour products like pasta, crackers, cereals, and bread). *No Gluten-free packaged foods as they are full of other processed foods/toxins.
- Foods containing refined sugar, sugar substitutes, or artificial sweeteners.
- Commercial Pasteurized Dairy
- Trans Fat, Refined Omega-6 seed oils (corn, safflower, sunflower, peanut, etc.) and soybean oil.

* If you are physically active you may add in the gluten-free grains or starchy vegetables before and/or after workouts which include: organic oatmeal, quinoa, and brown/wild rice, potatoes.

Meal Plan Ideas:

Upon rising: At least 16oz of purified water preferably with fresh lemon juice.

Breakfast: Combination of a protein and fat with some optional veggies to add in fiber.

- Veggie egg omelet w/avocado on top.
- High quality plant-based protein shake or smoothie.
- 2-4 Eggs and Bacon

Lunch: Chicken or Turkey salad (spinach, romaine, kale, bell peppers, cucumber, red onion, olives) topped with avocado, olive oil and/or vinegar for dressing.

Snack: (optional) One handful raw nuts or seeds, a protein shake, or a piece of fruit.

Dinner: Wild Fish or grass-fed Beef with veggies (for cooking veggies use coconut oil, organic butter, or ghee)