



Tips for Healthy Nourishment

Eat whole foods as they grow on the hoof or plant and avoid eating foods out of a package.

Eat at least 8 servings of fresh vegetables and fruit daily. The majority of the food you consume should be vegetables and healthy proteins. Do not eat too much fruit (too high in sugar/fructose). When you shop be sure to buy organic when you can – especially the "Dirty Dozen".

Eat farm fresh eggs and unprocessed dairy (as long as you are not allergic).

Eat more fermented foods, such as sauerkraut, kim chi, pickles, kombucha tea, and yogurt.

Eat farm raised meats. It is better to eat smaller amounts of good quality meat.

Eat plenty of fiber, such as raw/cooked vegetables, nuts/nut butters, lentils, beans, quinoa, and seeds.

Do not use Splenda, NutraSweet or other artificial sweeteners. These are neurotoxic and cause an insulin reaction. Stevia (an herbal sweetener), raw honey, dehydrated coconut crystals, and dehydrated cane juice are more natural sweeteners that can be used sparingly. Raw honey and dehydrated coconut crystals have the least affect on blood sugar.

Do not consume MSG or other food additives. MSG goes by many other names like "natural flavoring" or "hydrolyzed soy protein".

Do not skip meals. Eat something every 3-4 hours. It is best to have breakfast right away after awakening. You should have 6 small meals daily – Breakfast/Breakfast Snack, Lunch/Lunch Snack, Dinner/Dinner Snack.

Eliminate as much grain from your diet as possible – especially grain flours. These are refined and contain a lot of sugar by nature. Soy, wheat (because of the high gluten content), and corn can cause inflammation in the body – eliminate these as much as you can.

Eat good fats, including avocados, coconut oil and milk, nuts, seeds, nut butters, and olive oil.

Drink plenty of water, about 2-3 quarts a day depending on your individual need.

Exercise daily. Find something you like doing and do it – some exercise is better than none! Ideally, we should exercise 5-6 days per week for at least 30 minutes. A combination of aerobic exercise and weight lifting for strength are important. Short bursts of high-intensity exercise have been shown to decrease risk of coronary artery disease.



Meal & Snack Ideas

Breakfast

- Omelette with two eggs/one yolk and lots of vegetables scrambled in a skillet with olive oil
- Fruit smoothie with vegetable-based or whey protein powder and fresh berries
- Gluten-free steel cut oats (¼ cup dry per serving) cooked with ½ apple or other fruit of choice and nuts or seeds. You can add a couple of spoonfuls of coconut milk to the top – yummy!
- Gluten-free granola (preferably homemade) with fresh fruit and coconut milk

Lunch

- Nice salad with greens, avocado, beans or chicken, seeds – don't be afraid to add the kitchen sink to your salads! Steamed and chilled vegetables are great on a salad.
- Coconut based “wraps” with healthy meat, beans, hummus, and lots of vegetables
- Steamed or roasted vegetables with beans or roasted chicken
- Raw vegetables dipped in hummus
- Homemade vegetable soup with beans or chicken, and a small salad

Dinner

- Steamed, sautéed, or roasted vegetables with lentils
- Grilled chicken breast with vegetables
- Grilled, broiled, or barbequed fish with vegetables and salad

Snacks

- Celery with nut butter or hummus
- Small piece of fruit with handful of nuts
- Fruit (apple or banana) dipped in nut butter
- Sunflower or pumpkin seeds
- Vegetables dipped in hummus or other healthy bean dip