

The Just In Health Eating Plan

The following eating plan will help balance blood sugar, optimize thyroid function, help with adrenal dysfunction, prevent ups and downs in energy and mood, improve auto-immune conditions and promote weight loss.

HOW TO EAT

- 1. Eat Every 4-5 Hours:** This relieves your adrenal glands from the job of maintaining normal blood sugar levels between meals via epinephrine and cortisol. If you are waiting until your hungry it's too late. If you can't last 4-5 hours, you probably aren't eating enough protein and fat.
- 2. Eat Real Food:** Eat real foods, ideally 3 times more veggies than fruit. If you are currently overweight, you may need to remove fruit and starch from your diet till you become leaner and healthier. Please avoid fruit juices; they can be extremely high in sugar.
- 3. Combine Protein, Fat and Carbs:** Always combine protein, fat and carbohydrate together. It is important you consume 30 grams of protein in the first 30 minutes of waking for breakfast. A fist size of animal protein is roughly 30 grams of protein or about 4oz's.
 - Animal Protein Amounts: 1 palm, 1 fist, to 1 full hand, this equals 3-8 oz. per meal
 - Carbohydrate Amounts: 2 fists to 2 full hands. $\frac{1}{2}$ to $\frac{3}{4}$ of your plate should be veggies per meal.
 - Use the "Meal Map" to create your meals, carbs are optional in the morning unless veggies.
- 4. Dial In Your Carbs:** Most people do well starting off on a lower carb diet of 50 grams or less. As your metabolism heals you may be able to increase your carbs. **Click here to access the nutrient counter.**
 - Carbs below 50 grams: Great for insulin resistance, weight gain and a damaged metabolism.
 - Carbs 50-100 grams: Fatigue and weight gain with lower carbs, increasing carbs may help.
 - Carbs 100-150+ grams: If you are exercising more, feeling good and happy with weight.
- 5. Reduce Inflammation:** The foods recommended are anti-inflammatory, nutrient dense and low in toxins. They provide building blocks to help heal your hormones, your brain, and your energy systems. Every bite of food is either promoting inflammation or healing. The choice is yours!
- 6. Minimize Stimulants:** Caffeine stimulants like coffee or tea work by provoking the stress handling glands into releasing epinephrine and cortisol to raise blood sugar and release energy. If you consume them, make it organic and add fats like MCT oil, butter, ghee and or collagen amino acids if tolerated.
- 7. Use Sea Salt:** Your Adrenal glands need plenty of salt for normal function. Research has proven that eating salt does not cause high blood pressure or heart disease. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet. Lack of minerals in the diet can contribute to adrenal imbalances. Favorite brands: Redmond's real salt, Himalayan Sea salt, and Celtic Sea salt.
 - $\frac{1}{2}$ tsp, 2x per day for symptoms of low minerals, including dizziness upon rising and low BP.
- 8. Drink Plenty of Clean Water:** You should be drinking half your body weight in ounces. If you weigh 200 pounds that's 100 ounces of water. Use water that is filtered or a reliable spring water source, not tap water. **Click here for recommended water filters.** Avoid drinking water for hydration purposes with food, wait 10-15 minutes before or at least 2 hours after a meal to prevent diluting your digestive acids and enzymes. A few ounces of water to help get your supplements down with food is acceptable.

WHAT TO EAT

1. **Eat Healthy Fats:** Saturated, Monounsaturated & Omega 3 fats are an important part of your diet. Coconut oil, MCT oil, ghee, grass-fed butter, tallow, extra virgin olive oil, avocado oil, and fish oil. At least half your fats should be from saturated fat sources. Avoid omega 6 fats like canola oil and soybean oil for example, which are highly refined and have none of the benefits of the oils mentioned above.
2. **Eat Healthy Carbohydrates:** Eat 6-8 or more servings of organic vegetables and fruits every day. It is important that you consume 2-3 times more vegetables than fruit. Fruits should be minimized until your weight loss goal is achieved. Vegetables and fruits should be fresh or frozen not canned. Vegetable can be eaten raw if your digestion is well, if not steam, sauté, or consume your veggies in soup or stew form.
3. **Eat Healthy Proteins:** Pasture fed and preferably organic or at least free-range animal products.
 - Meats: Fish, chicken, beef, eggs, lamb, venison, or pork are great sources.
4. **The Paleo Template:** No grains, legumes or dairy (Focus on healthy amounts fats, protein and carbs).
 - Grains: Wheat, barley, rye, rice, spelt, kamut, oat, corn, quinoa and amaranth.
 - Legumes: Beans, lentils, peanuts and soy.
 - Dairy: Milk, yogurt, and cheese. Grass fed butter and ghee may be ok if tolerated.
5. **The Autoimmune Template:** For more serious cases an Autoimmune Template may be needed. Remove paleo template foods like grains, legumes and dairy. Also remove autoimmune template foods like nuts, seeds, eggs and nightshade vegetables (Tomatoes, potatoes, eggplant and peppers).
6. **Fodmaps & Food Rotation:** Try to keep some level of food rotation in your diet so you are not eating the same foods all the time. Proteins are the most important foods to rotate. A **Paleo Low FODMAP Diet** may need to be utilized if constipation, bloating or gas doesn't improve in the first month. Avoiding eating raw foods if you have active digestive issues and use cooking methods like an **Instant Pot** can be helpful.
7. **Be Diligent:** The unhealthier and more inflamed you are, the more diligent you need to be in adhering to the dietary guidelines set forward. When it comes time to adding foods back in, please click here to see the **Food Reintroduction** handout in the member's area. Please follow the diet for at least four weeks and ensure there are no further symptomatic improvements for one week before reintroducing new foods.
8. **Artificial Sweeteners:** Avoid artificial sweeteners like splenda and aspartame. Healthier sweetener options include monk fruit and stevia in moderation. See the recommended products page below.
9. **No Gluten Free Junk Food:** These foods tend to be higher in sugar and often contain other refined grains. Most gluten free grains can still cause problems for individuals with gluten sensitivity.
10. **Recommended Products:** The list includes high quality snacks, air filters, water filters and devices that can improve your health. **Click here to access a list of products that Dr. J recommends for daily use.**
11. **Use the Meal Map:** There are literally thousands of potential meal options or combinations if you use the Meal Map and Menu Suggestions on the next page. If you are becoming bored with your food, you need to start mixing things up.

THE MEAL MAP

| PROTEINS | CARBS | FATS | SEASONINGS |
|---|---|---|---|
| Bacon Beef Buffalo Chicken Breast Chicken Thigh Cod Collagen Protein Eggs Fish Flounder Haddock Halibut Lamb Chops Mackerel Pea Protein Pork Ribs Salmon Sardines Shrimp Snapper Steak Tilapia Trout Tuna Turkey Veal Venison Whey Protein AI: Autoimmune _____: Non-Starchy *: Safe Starch Italics: Low Sugar Fruit (F): FODMAP | <u>Artichoke Hearts</u> (F) <u>Asparagus</u> (F) <u>Bok Choy</u> <u>Broccoli</u> (F) <u>Brussels Sprouts</u> (F) <u>Cabbage</u> (F) <u>Carrots</u> <u>Cauliflower</u> (F) <u>Celery</u> <u>Chard</u> <u>Collard Greens</u> <u>Cucumber</u> <u>Green Beans</u> <u>Kale</u> <u>Lettuce</u> <u>Tomatoes</u> Potato White* <u>Eggplant</u> <u>Peppers</u> Beets* (F) <u>Onions</u> (F) Plantains* Rutabaga* <u>Spinach</u> Squash* Sweet Potato* Turnips* Yam* <u>Zucchini</u> Berries Black Berries (F) Grapefruit Green Apple (F) Lemon Lime Passion Fruit | Almonds Avocado (F) Avocado Oil Bacon Fat Brazil Nuts Butter Coconut Oil Fish Oil Ghee Macadamia Oil MCT Oil Olive Oil Palm Oil Pecans Seeds Tallow Walnuts | Allspice Apple Cider Vinegar Basil Bay Leaf Cardamom Celery Seed Chili Powder Cilantro Cinnamon Clove Cumin Curry Dill Fenugreek Garam Masala Garlic (F) Ginger Herbs De Provence Nutmeg Onion (F) Oregano Paprika Pepper Rosemary Sea Salt Shallot (F) Thyme Turmeric |

The Steps To Creating A Healthy Meal:

1. Pick your protein, fat and carbohydrate. **Click here for additional recipes and menu suggestions.**
2. Cook, sauté, grill or bake your protein. Avoid eating raw foods if you have active digestive issues.
3. Add herbs or seasoning to your dish for flavor and variety, high quality sea salt is a great option.
4. Combine protein with carbs, if your protein is lean add additional fat to the meal.
5. Serve yourself a reasonable amount of food containing protein, fat and carbohydrates.
6. If you are still hungry 5-10 minutes after your meal continue with a second serving till comfortably full.
7. The meal should keep you full for at least 4-5 hours, if you are hungry sooner, you need to eat more.