

Menu Suggestions

Eating throughout the day is important, starting with breakfast - do not skip it as your body needs it to help stabilize your energy and provide nutrients. It sets the tone for your whole day. Hydrate 15 minutes before meals or 2 hours after, this includes breakfast as well!

BREAKFAST:

- Eat at least 30 grams of protein within the first 30 minutes of waking up. This accelerates your metabolism and primes your body to burn fat!
- **Eggs** -scrambled, over-easy, sunny-side-up, poached with sautéed vegetables
 - i.e.: sauté veggies (onions, tomatoes, basil, rosemary, spinach, etc) in coconut oil, push to side of pan and proceed to cook eggs in the vegetables.
 - Add veggies and herbs as appropriate for your specific food plan and always in balance with the protein and healthy fats.
 - Don't feel like you have to only eat breakfast food for breakfast i.e. eggs, bacon etc. Foods like fish, steak and vegetables are perfectly acceptable as well.
 - Enjoy the creative process and all of the smells of the vegetables and herbs!
 - **Omelets** - lots of sautéed Veggies, Avocado and Salsa. Be creative! Enjoy with Sautéed Vegetables, (as appropriate for your specific plan).
 - **Turkey, Lamb, Chicken Sausages** (made with good meats from Whole Foods) – with Sautéed vegetables.
 - **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad.

LUNCH:

- **Salad with Chicken, Tuna, Eggs, Turkey, Lamb, Beef, and Sausages** (ie: Chicken Salad, Cobb Salad - no cheese and w/vinaigrette dressing).
- **Chicken, Turkey, Fish, Lamb, Beef** with sautéed vegetables or salad.
- **Omelets** with vegetables.
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad.

DINNER:

- a. **Beef, Turkey, Seafood, Chicken, Lamb** - marinated, grilled, steamed, poached, herbed, spiced, baked with Salad, Vegetables.
- b. **Omelet** - Be creative with vegetables and herbs Salad & Vegetables on the side

EATING OUT:

- **Meat, Chicken, Fish, Turkey, Lamb** - grilled, steamed, poached, stir fry w/Salad, Vegetables.
- 1) Ask for substitutions of vegetables, salads in place of starches
- 2) Make it easy on yourself - ask them to hold the bread basket
 - a. **Vegetable Omelet** - with sliced vegetables, salads
 - b. **The Bunless Burger** - Available at In & Out Burgers, etc.

SNACKS:

- a. **6-10 nuts or 1 Tablespoon nut or seed butter**
- b. **Sunflower seeds, Pumpkin Seeds**
- c. **Hardboiled or Deviled Eggs along with ½ - 1 cup vegetables**
- d. **1-2 oz piece of Chicken, Fish, Turkey, Beef, Lamb along with ½ c. vegetables.**
- e. **A handful of Raw Almonds**
- f. **Lettuce Sandwich** – a piece of protein wrapped in a lettuce leaf, add mustard or mayo, tomato
- g. **Protein shake** with quality whey, rice, hemp or pea protein (hormone free, anti-biotic free, GMO free) with unsweetened coconut or rice milk and berries.

Restaurants:

Any restaurant that serves grilled, poached or sautéed fish, chicken, turkey, beef and lamb - ask that bread basket not be delivered to table and ask if your menu choice has any hidden flours (see below). Accompany your meal with a Salad, and Vegetable. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

Hidden Glutens:

Read food labels carefully. Glutens can be hidden under such names as *hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings"*. Gluten might also be found in the *alcohol used in flavorings such as vanilla* and in *distilled vinegar and veined cheese such as Blue Cheese and Roquefort*. Even the smallest amount could be enough to keep you from feeling the best that you can, so you will want to take extra care in finding those places that it might be hidden.

Balancing your Blood Sugar - Rules to Live By:

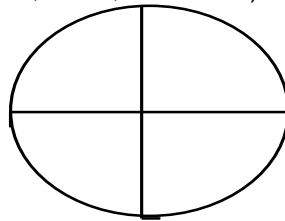
- a. *Eat within an hour of getting up* (A balanced meal that includes protein).
- b. *Eat every 3-5 hours* (Winning suggestions from clients: wearing beeper watch, setting computer timer).

- c. *Always carry a snack with you* (in your car, briefcase, at desk, in purse) ask your doctor about Paleo bars as an additional option.
- d. *Eat before you become hungry* (if you are hungry, your blood sugar is already low).
- e. *Balance Protein, Fat, Carbohydrate and Fiber with each meal!*

Quality Fats

(Olive Oil, Butter, Coconut oil, Ghee, Walnut Oil)

Vegetables



Complex Carbohydrate

(Yam/Starches may need to be avoided at first)

Protein

- *If you are still hungry, have more protein, fat and carbohydrate in the same ratios* (as opposed to having more of just one food group)
- *Eat meals in a relaxed environment*, take time to sit down and be present with yourself and your body (enhances digestive process, we do not digest well when stressed)
- *Create “time release meals”*. Approach your meals eating the protein & fats first, followed by your low carbohydrate content (above ground) vegetables. Eating in this way enhances blood sugar management by reducing blood sugar spiking.
- *Stock your kitchen well* and keep it stocked with only healthful choices

Helpful Hints for the Holidays/Parties:

- *Eat before you go to the party* (Don't go on an empty stomach, especially if it is cocktails, appetizers or desserts that are being offered)
- *Eat something first before the cocktail* (Alcohol is absorbed directly from the stomach and will go directly into the blood stream spiking your blood sugar)
- *Chew your food slowly* (Doing so will increase the body's acknowledgement of the foods coming in and more quickly signal the brain of the contents of your consumption)
- *Drink a water* (mineral or plain) *in between each cocktail* (Reduces blood sugar load and the chance of blood sugar spiking, also – alcohol dehydrates your body and the water and minerals will act to replace that which is lost)
- *Make your contribution to a Potluck dinner* (Bring some healthy choices for yourself and you may start a trend!)

Plan ahead / Make it easy for yourself:

- 1) **Roast a Chicken, Turkey, Beef, Lamb** to have leftovers for 2-3 days.
- 2) **Find a good quality Deli Meat Shop** for sliced meats - Turkey, Roast Beef, etc.
- 3) Make "**Lettuce Sandwiches**" - a large leaf of romaine lettuce, topped with a slice of protein and slice of tomato - roll up and eat! Make ahead of time for quick grabbing, using a toothpick to hold together or in zip-lock bags for those meals away from home.
- 4) Keep **Hardboiled or Deviled Eggs** on hand - boil 1 dozen eggs at a time .
- 5) **Cook Turkey, Chicken, Lamb Sausages ahead of time.** Sauté onions in a large skillet and add sausages to cook, having cooked several at a time will keep you prepared for those "I need to grab something quick" moments. Place in Tupperware container, a Ziploc bag along with some vegetables or slice onto a salad.
- 6) **Salads -create ahead of time** in a large covered/Tupperware bowl (will usually stay fresh 2-3 days).
- 7) **Prepare vegetables ahead of time** making them easy - i.e. celery sticks, broccoli, cauliflower, etc.
- 8) **Take your lunches** - Pyrex container of salad with tuna, chicken, fish, beef, lamb, sausages.
 - Take along your dressing in small separate container or keep a salad dressing in your work refrigerator.
- 9) **Use your weekend** - plan, shop & prepare for the upcoming week.
- 10) **Use your evening** - plan & prepare for the following day, the best time to make lunch is the night before.
- 11) Cook with loved ones or friends, a great time to socialize, and cheaper than going out.

Menu/Recipe Ideas:

There are many cookbooks, websites & cooking magazines out there - go browsing. You now know what to look for as far as ingredient preferences. Remember...it is the quality and the variety of the ingredients and a balance of your meals that is important. There are many great recipes in ***Cooking Light, Gourmet and Bon Appetite*** magazines. Just add your nutritional knowledge in choosing which recipes are the more healthy choices, use organic where you can, substituting quality fats and sweeteners that may be called for.

Cookbooks

- **The Paleo Solution by Robb Wolf**
- **Every Day Paleo by Sarah Fragoso**
- **Practical Paleo by Diane SanFilippo**

Optimal Health Shopping List

Proteins:

- Beef _____
- Chicken _____
- Turkey _____
- Fish _____
- Eggs _____
- Lamb _____
- Sausages _____
- Other _____

Nuts:

- Almonds
- Pecans
- Walnuts
- Brazil Nuts
- Sunflower Seeds/ Pumpkin Seeds
- Other _____

Grains: (Should be avoided at first)

- Brown Rice
- Millet
- Wild Rice
- Buckwheat

Fats:

- Olive Oil (Extra Virgin, Cold Pressed)
- Coconut oil
- Butter, Ghee (Organic for sure, Raw if possible)
- Flax Oil, Borage Oil (Barlean's & not for cooking)
- Cod Liver Oil (Carlson's Lemon Flavored)
- Macadamia oil

Condiments:

- Sea Salt (Real Salt, Celtic, Himalayan)
- Balsamic Vinegar/Apple Cider Vinegar
- Natural Mustard

Vegetables:

- | | |
|--|---|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Beets/Greens | <input type="checkbox"/> Lettuce -variety
(no iceberg) |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Squashes (variety) |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Sweet Pot/Yams |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Sauerkraut (Probiotics) |
| <input type="checkbox"/> Corn (if allowed) | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Cucumber | |

Herbs:

- | | |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Thyme | _____ |

Fruits: (Negotiable at first)

- _____
- _____
- _____
- _____
- _____

Other:

- _____
- _____
- _____
- _____