

The Just In Health Eating Plan

The following eating plan will help balance blood sugar, optimize thyroid function, help with adrenal fatigue, 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 till 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 very 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. $\frac{1}{4}$ to $\frac{3}{4}$ of your plate should be veggies.
 - Use the Meal Matrix 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. Fine tune these levels with your Doctor.
 - 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 and refined sugar stimulants 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 do it after a meal. This will help protect your G.I tract.
- 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 fatigue. Favorite brands: 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. Check out www.JustInHealth.com/shop for recommended water filters. Do not drink water with food, wait 10-15 minutes before or at least 2 hours after a meal to prevent indigestion.

WHAT TO EAT

1. **Eat Omegas 3 Fats:** Eat foods rich in fatty cold-water fish, including salmon, tuna, trout, herring and mackerel. Or, if you prefer, take an Omega 3 supplement please see your health care provider for recommendations. Avoid fish that are high in mercury like shark and sword fish and oil eat fish that are wild not farmed.
2. **Eat Healthy Saturated and Monounsaturated Fats:** Coconut oil, ghee, MCT oil, grass-fed butter, tallow and extra virgin olive oil. Note: Avoid canola oil and soy oil which are highly refined, genetically-engineered and have none of the benefits of the oils mentioned above.
3. **Eat Healthy Carbs:** Eat 7 or more servings of organic vegetables and fruits every day. It is important that you consume 3 times more vegetables than fruit. Fruits should be minimized until your weight loss goal is achieved. Vegetables & fruits should be fresh or frozen not canned. Vegetables can be slightly cooked, or steamed. If you have no digestion issues vegetables can be eaten raw.
4. **Eat Healthy Protein:** Pasture fed and preferably organic or at least free range animal products.
 - Meats: Fish, chicken, beef, eggs, lamb, venison, or pork are great sources.
5. **The 60 Day Challenge:** No grains, legumes or dairy for at least 60 days.
 - Grains: Wheat, barley, rye, rice, spelt, kamut oat, corn, quinoa and amaranth.
 - Legumes: Beans, lentils, peanuts and soy.
 - Dairy: Milk, yogurt, and cheese.
6. **Autoimmune Diet:** For more serious cases an Autoimmune Diet is needed: Removing eggs, nuts, seeds and nightshade vegetables: Tomatoes, potatoes, eggplant and peppers. Remember to rotate your proteins and vegetables to avoid creating food allergies for foods that are consumed more frequently. FODMAPS may need to be removed if bloating or gas doesn't improve in the first month.
7. **Avoid Bad Fats:** Any fat that comes from a package including hydrogenated oils, soy, safflower, canola or refined vegetable oil.
8. **Avoid Artificial Sweeteners:** Splenda or sucralose and aspartame.
Healthier sweetener options include: stevia, hoodia, xylitol, and lohan. Please use in moderation.
9. **Be Diligent:** The unhealthier or more over weight you are, the stricter you need to be in regards to adhering to the dietary guidelines set forward. You may or may not be able to introduce certain foods back into your diet, the only way we can be sure is if you eliminate the recommended food for a period of time and then introduce one at a time.
10. **No Gluten Free Junk Food:** These foods tend to be higher in sugar and contain other refined grains.
11. **Use the Meal Matrix:** There are literally thousands of potential meal options or combinations if you use the food matrix. If you are becoming bored with your food, you need to start mixing things up.

THE MEAL MATRIX

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

The Steps To Creating A Healthy Meal:

1. Pick your protein, carbs and fat.
2. Cook, sauté, grill or bake your protein. Steam or sauté your carb with fat or eat raw.
3. Add herbs or seasoning to your dish for flavor and variety.
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 carbs.
6. If 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.