

Eating Lifestyle

Although there are some examples of meals in this document, following a specific diet plan usually ends poorly. That is why these are examples. Most people cannot keep up with eating the Mediterranean Diet (maybe the best "diet") or any other plan and stick to it. Most of the diets out there can successfully lose weight initially, but keeping the weight off is something that only 20% of people achieve, and I think that is a generous number. The number one thing that we need to do is develop an eating lifestyle. You could call it a philosophy of eating as well. When you have a lifestyle of eating a certain way, it is easy to choose to live that way in the grocery store or restaurant. Eating this way doesn't dump guilt on you when you "cheat," which is a highly problematic term because of the way it frames the issue of eating. The problem with developing an eating lifestyle is you have to learn and then pay attention to what you are buying, keeping in your home, and eating. The other pitfall of this philosophy is that you can't eat "what feels good, or what looks good" at the moment unless you have changed what looks good to you.

My suggestion in your quest to find your lifestyle is to research what is good for your body and what will make you live, feel, and look good. My philosophy, which you will pick up with my examples, is eating what God created to eat. That is the food I try to eat at least 90% of the time. My suggestion to most is they start with 75-80% of the time eating real food that God created. Here are a few other things I consider.

- Toxic load. Organic is where I camp, and non-GMO is where I live.
- Grazing or snacking is not your friend most of the time. If you do, choose real food.
- The cupboard and frig. Do not have things in your house that aren't in your lifestyle, even if your kids want them. You are the parent.
- Oils. Avocado is used for cooking or cold, and olive oil is used for cold. Ditch all the other oils except coconut.

If you are a vegetarian, vegan, pescatarian, or any other "...arian," you must work hard to get enough protein. You need a complete amino profile only found by combining different sources of vegetarian protein foods. Log all of your meals and find out if you are getting enough protein and enough of each of the amino acids.

Basic Eating – What is on your plate or in your lunch box?

Protein – 30-50 grams of it. Beef, chicken, fish, and pork are grass-fed, pasture-raised, naturally raised with no antibiotics or hormones, and wild-caught is always best.

Vegetable – Half of your plate. These are your quality carbs. Fresh or cooked is good. Some vegetables are better for you when slightly cooked. (Cooking releases oxalates)

Starches – 15% of your plate at the most. It's okay if you don't eat them at all. Consume your starches when you need them most, usually at the beginning or middle of the day.

Grains. Unless you get ancient grains, including oatmeal, bread, flour, and any other grain, reduce them drastically or cut them out altogether. If you are using ancient grains, they would replace the starch and make up 15% of your plate.

Fruits. Fruits in season is a gift of God! They can be 10-15% of your breakfast and lunch plate and even a snack when eating with protein or fats.

Deserts. This is a made-up part of our food. They are brainwashing you. Avoid them except when you are celebrating. Then enjoy! Eat them at the end of your meal, preferably lunch. If you eat dessert after dinner, go for a walk. This will help your body to use the sugar for fuel or fuel storage rather than long-term storage (fat).

Here are a few typical examples:

Dinners:

Salmon (wild caught) 35%

Quinoa 15%

Broccoli and cauliflower 50%

T-Bone Steak – 40%

Brussels sprouts – 40%

Green salad – 20%

Lunches:

Pomegranate quinoa salad w/ chicken and nuts

Turkey roll-ups – turkey, pesto, cheese, and salami rolled together

Cucumbers and bell peppers with hummus

Breakfasts:

Omelet with sausage, veggies and cheese

Cube steak

Ancient grain avocado toast with tomatoes and basil

The easiest and best thing to do is make too much dinner and have it the next day for breakfast or lunch.

Tips

Quinoa is an excellent alternative to rice. It has more than four times the protein, 12 times the fiber, and is more nutrient-dense

Basic Quinoa Facts

- How much cooked quinoa does 1 cup of dry quinoa yield?

1 cup dry quinoa yields about 3 cups cooked quinoa.

- How much liquid do I need to cook quinoa?

To cook 1 cup of quinoa, you need about 2 cups liquid.

- How long does it take to cook quinoa?

1 cup quinoa will cook in about 20 minutes.

- How do I make quinoa less bitter?

Nearly, if not all, of the natural bitterness of quinoa's outer coating can be removed by a vigorous rinsing in a mesh strainer.

- How do I make better-tasting quinoa?

Quinoa is excellent when cooked in vegetable or chicken broth. Also, add about 1/4 teaspoon salt to each cup of dried quinoa when cooking. Try adding other spices and aromatics during cooking: A clove of smashed garlic, a sprig of fresh rosemary, and a dash of black pepper. For dinners, make plain if you are making a big batch and using it for different meals, aka breakfast quinoa.

Season when re-heating or after. Add nuts, coconut oil, seasonings, pretty much anything you want. It's a great base, like rice, and you can add anything to it.

- Can I use my rice cooker to make quinoa?

Yes! Just use the 2:1 liquid to quinoa ratio and follow the instructions on your rice cooker.

Organic: Some conventionally grown foods (with herbicides and pesticides) are "cleaner" than others because of their natural protection. Although organic is cleaner, here are two lists to help you choose to eat as clean as possible.

Foods to buy organic.	Lowest pesticide foods conventional grown
Apples Strawberries	Avocados Pineapples

Grapes Celery Peaches Spinach Sweet bell peppers Cucumbers Cherry tomatoes Potatoes	Cabbage Onions Asparagus Mangoes Papayas Kiwi Eggplant Grapefruit Cauliflower Sweet potatoes
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Becoming Healthier

It is easier than you think to become healthier. Although it does necessitate some changes in your eating lifestyle. Here are some simple ways to make improvements

Top 5 things to add	Top 6 things to cut
More veggies - shoot for 4-6 servings a day Healthy snacks - choose nuts and an apple over a snack food More water - drink half your body weight in ounces Supplements - add a food-sourced multi-vitamin and mineral plus omega 3's, turmeric, creatine, and super greens Probiotics - Eat fermented foods and beverages and/or take a probiotic supplement	Soda and high-sugar drinks - Trans fat High Fructose Corn Syrup Bleached white flour Packaged foods Artificial Sweeteners

Recipes

Lettuce Wraps

Ground beef seasoned how you like it with chopped onions added. Make it into lettuce wraps. Add quinoa, avocado, tomato, and veggies on top (grilled onions, peppers).

Pomegranate Quinoa Salad

Ingredients

- 1 cup black or red quinoa, rinsed well in a mesh colander
- 6 stalks of leafy organic celery, leaves picked and reserved, cut into a small dice
- ¼ cup olive oil
- 3 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon ground allspice
- salt and pepper, to taste
- loose ½ cup curly parsley, chopped
- 2 pomegranates, arils carefully removed
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Instructions

1. Pour the rinsed quinoa into a medium-sized pot on the stove. Add two cups of water and bring the mixture to a boil.
2. Cover and simmer for fifteen to twenty minutes until the water is absorbed. In the meantime, chop your celery and parsley. Once it's done, remove it from heat and fluff the quinoa with a fork.
3. Drain the quinoa and transfer to a mixing bowl. While it is still hot, mix in the celery, olive oil, vinegar, allspice, salt, and pepper. Stir to combine, and leave it to cool completely or close to it.
4. Once cool, add the parsley, celery leaves, and pomegranate arils. Taste and adjust seasonings if necessary (more vinegar or salt and pepper), then serve.

Lemon-Parsley Bean Salad

Ingredients

- 2 (14 ounces) cans of red kidney beans, rinsed and drained, or 3 cups of cooked kidney beans
- 1 (14 ounces) can chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- 1 small red onion, diced
- 2 stalks celery, sliced in half or thirds lengthwise and chopped
- 1 ripe red tomato, chopped (skip if you can't find a great tomato)
- 1 medium cucumber, peeled, seeded and diced
- ¾ cup chopped fresh parsley
- 2 tablespoons chopped fresh dill or mint
- ¼ cup olive oil
- ¼ cup lemon juice
- 3 cloves garlic, pressed or minced
- ¾ teaspoon salt
- small pinch red pepper flakes

Instructions

- Combine the prepared kidney beans, chickpeas, onion, celery, tomato, cucumber, parsley, and dill (or mint) in a serving bowl.
- Make the lemon dressing: in a small bowl, whisk together the olive oil, lemon juice, garlic, salt, and pepper flakes until emulsified. Pour dressing over the bean and vegetable mixture and toss thoroughly. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer.

Green Power Smoothie

- 2 big handfuls of spinach or other greens.
- 1/2 banana (preferably frozen, no big deal if not)
- 6 strawberries (preferably frozen, no big deal if not)
- 3 tbsp peanut or almond butter or ¼ cup nuts (optional)
- (1 scoop green powder) Optional if you have it- I recommend investing in one. TOTALLY worth it.)
- 2 tbsp chia seeds (if desired.)
- 2 tbsp flaxseed (if desired.)
- ½ cup coconut milk or almond milk or coconut water (no dairy)
- 4 ice cubes
- Stevia to taste.

Breakfast:

2 eggs with or without cheese and with or without 3 tbsp of salsa
Protein and green shake after workout

2 egg omelet with onions, peppers, sausage/bacon/beef/chicken, cheese
1 cup of mixed berries or berries of any type

Lunch

Turkey with pesto, siracha or mustard, cheese, salami, or other meat
Bell pepper or tomato or cucumber
Small apple

Salmon with celery.

Make salmon with Olive oil mayo and or mustard

Use olive oil, mayo, or mustard for the tuna. Season to taste

Large chef salad (meat, cheese, greens, veggies, nuts, small amount of fruit)

Stuffed bell pepper with tuna/salmon

Dinners:

Chicken breast(s) 2 at most (non-sugar seasoning or sauce)

Steamed or roasted broccoli with butter

Salad

Stir fry chicken and vegetables.

Quinoa

Brag's aminos

Salad

Meatloaf – sautéed green beans with Brag's aminos and sesame seeds

Green salad

Spaghetti squash, marinara sauce with sausage, ground beef, veggies, garlic...,

Sliced tomato salad with cheese and balsamic vinegar

Chicken leg (boneless, skinless) Ancient grains – Baked Brussel sprouts – sliced cucumber

Steak – Sweet potato, grilled or baked seasonal veggies (coconut oil, seasoning)

Quinoa bowl – Greens, quinoa, chicken, broccoli, brussels, cucumbers, tomatoes, and a yummy sugar-free dressing

Deserts

- Unsweetened Greek yogurt with berries
- Dark chocolate – 70% or higher
- Snacks
- Organic popcorn – air popped or kettle popped with coconut oil, nutritional yeast, sea or Himalayan salt –
- Nuts – Pecans may be king. Peanuts are the least of all nuts.
- Veggies and hummus
- Apple and almond butter
- Beef stick or cheese stick

