



ABUNDANT LIFE
WELLNESS CENTER



Eating Guidelines “Basic Nutrition Plan”

THE THREE BASIC RULES

1. If the food was not created by God, do not eat it (**If you can't read it, don't eat it**).
 - Foods listed in Leviticus 11 as unclean.
 - Man made fats such as hydrogenated oils etc.
 - Most preservatives and chemical excito-toxins in foods.
2. If the food has been altered by man, do not eat it (**If man changed it, exchange it**).
 - Genetically Modified Foods and Organisms (GMO), refined grains (white bread, white rice, and white pasta).
 - Pasteurization and homogenization of dairy.
 - Grain fed meats (beef, chicken, and lamb).
3. Do not let any food be your god (**If you can do without, throw it out**).
 - Alcohol.
 - Coffee.
 - White Breads and Sugars.
 - Junk Food - Excito-toxins.

THE THREE BASIC CHANGES

There are many nutritional changes we need to make. However, we found that these three basic changes to your diet are undoubtedly the most effective and critical to prevent the top three killers in America.

- ✓ The first two changes are very simple to implement because they are horizontal shifts in our eating habits. If you are eating man fats and meats simply replace them with God fats and meats. This takes very little effort beyond educating yourself to your new food choices listed below.
 - ✓ The third change is challenging and should be implemented after making changes in the first two. This change may be difficult but it will yield the greatest transformation in your health.
 - ✓ It is necessary that you set strict time goals to accelerate each change. For example, transition to eat all God fats and meats in 60 days and remove all refined and processed sugars in 90 days.
1. Removing the BAD FATS - Replacing them with GOD FATS.
 - Bad fats such as hydrogenated and partially hydrogenated oils, trans fats, and rancid vegetable oils are linked to cellular congestion leading to cancer, chronic fatigue, and neurotoxic syndrome.
 - Bad fats are also linked to chronic inflammation which is the key to 21st century medicine. Heart disease, stroke, cancer, diabetes etc. are the leading cause of death in the United States and inflammation is at the root.
 - God fats are the most lacking nutrient in the Standard American Diet (SAD), not vitamins and minerals.
 - God fats are essential to hormone production, cancer prevention, brain development, weight loss, cellular healing, and anti-inflammation.

2. Change the MEATS that you EAT.

- There are hundreds of studies that link commercial meats with cancer and heart disease.
- The grain fed to animals created to eat grass changes fatty acid ratios and denatures good fats, leading to modern day disease.
- The bioaccumulation of commercial pesticides, herbicides, antibiotics, and hormones in meats are far higher than what you receive from commercial vegetables. This leads to many cancers and chronic illness.
- Grass fed and free range meats offer many fatty acids missing in the Standard American Diet (SAD) such as: arachidonic acid, conjugated linoleic acid, and the proper ratio of Omega 6 and Omega 3 fatty acids.

3. Remove ALL Refined SUGARS from your Diet.

- This includes white rice, white pasta, and white bread.
- 1/3 sugar comes from soft drinks, 2/3 from hidden sources including: lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup, mayonnaise, etc.
- High glycemic or refined sugars cause elevated glucose, which elevates insulin leading to premature aging and degenerative diseases such as type II diabetes, heart disease (inflammation of the arteries), and cancer.
- Sugar is an anti-nutrient offering insignificant amounts of vitamins and minerals and robbing your body of precious nutrient stores. This inevitably leads to diseases of the new millennium such as chronic fatigue, ADD, ADHD, heart disease, diabetes, and cancers.

- FOOD CHOICES -

GOD PROTEINS CHOICES

✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese) grass fed, free-range, cage-free, and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish.

- | | | |
|--|----------------------|--|
| • Cold Water Fish - Salmon, Sardines, Mahi-Mahi, Mackerel etc. | • Eggs | • Cottage Cheese |
| • Raw Cheeses | • Chicken and Turkey | • Ricotta Cheese |
| • Beef | • Lamb | • Game Birds - Pheasant, Duck, Goose, Grouse |
| • Whey Protein - Raw Grass Fed (PaleoMeal™ or Whey Cool™) | • Vitol Egg Protein | • Venison |

GOD FAT CHOICES

✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), cold-pressed, grass fed, free-range, cage-free, and no hormone added sources whenever possible. (If Peanut Butter - Valencia Brand).

- | | | | |
|---|-----------------------------------|---------------------------|---------------------------|
| • Raw nuts & seeds: Almonds, Cashews, Flax, Hemp, Pecans, Pine Nuts, Macadamia, Sesame, Sunflower, Walnuts etc. | • Coconut or Flakes | • Cod Liver oil | • Hemp Oil (3 to 1 ratio) |
| • Grass Fed Meat | • Flaxseed Oil | • Grape Seed Oil | • Almond Butter |
| • Olive Oil, Olives | • Butter | • Grape Seed Oil Vegemise | • Raw Cheeses |
| • Avocado | • Full Fat Raw Milk | • Full Fat Plain Yogurt | • Eggs |
| • Coconut Milk, Oil, and Spread | • Canned Sardines in Oil or Water | | • Cashew Butter |
| • Lydia's Organics Crackers | | | |

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils such as cottonseed oil, soybean oil, and vegetable oils; Trans Fats such as margarine and synthetic butters; Rancid Vegetable Oils such as corn oil, canola oil, or those labeled simply vegetable oil, located in practically every bread, cracker, cookie, and boxed food.

- FOOD CHOICES (CONT.) -

HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

- ✓ Choose organic when possible. Remember the best carbohydrate choices are vegetables due to high fiber content and low glycemic action.

- Arugula
- Beet Greens
- Brussel Sprouts
- Celery
- Collard greens
- Eggplant
- Ginger Root
- Jalapeno Peppers
- Mushrooms
- Radishes
- Shallots
- Swiss Chard
- Asparagus
- Bell Peppers (red, yellow, green)
- Cabbage
- Chayote Fruit
- Coriander
- Endive
- Green Beans
- Kale
- Mustard Greens
- Radicchio
- Spinach
- Tomatoes
- Bamboo Shoots
- Broadbeans
- Cassava
- Chicory
- Cucumber
- Fennel
- Hearts of Palm
- Kohlrabi
- Onions
- Snap Beans
- Spaghetti Squash
- Turnip Greens
- Bean Sprouts
- Broccoli
- Cauliflower
- Chives
- Dandelion Greens
- Garlic
- Jicama (raw)
- Lettuce
- Parsley
- Snow Peas
- Summer Squash
- Watercress

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- ✓ Choose organic when possible. If weight loss is a concern starchy carbohydrates in moderation.

- Squash (acorn, butternut, winter)
- Okra
- Legumes
- Chick Peas (garbanzo)
- Kidney Beans
- Pinto Beans
- Barley
- Millet
- Tapioca
- AkMak Crackers
- Pumpkin
- Black Beans
- Cowpeas
- Lentils
- Split Peas
- Brown Rice
- Rye
- Whole Grain Breads
- Ezekiel Bread
- Artichokes
- Sweet Potato or Yam
- Adzuki Beans
- French Beans
- Mung Beans
- White Beans
- Buckwheat Groats (kasha)
- Semolina (whole grain-dry)
- Whole Grain Cooked Cereals
- Wasa Crackers
- Leeks
- Lima Beans
- Turnip
- Black Beans
- Great Northern Beans
- Navy Beans
- Yellow Beans
- Bulgar (tabouli)
- Steel Cut Oats
- Whole Grains
- Whole Grain Tortillas

LOW GLYCEMIC INDEX (GI) FRUIT CHOICES

- ✓ Choose organic when possible. If weight loss is a concern eat fruit in extreme moderation.

Low GI - Best fruit choice, especially if weight loss is a concern.

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

- Cherries
- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pear
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Fresh Apricots
- Peaches
- Apples
- Limes
- Persimmons
- Plum
- Avocados
- Nectarines
- Pomegranates

High GI - Eat sparingly, or after a workout. Avoid if weight loss is a concern.

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

COOKING AND EATING TIPS

- ✓ If your goal is to loose weight and you are not achieving this goal, you may need to implement **Advanced Healing Diet**. Ask your doctor to determine if the Advanced Diet is right for you.
- ✓ Removing **REFINED** grains and sugars is easiest when removed completely and at the same time. Your body will adapt to the change quickly and cravings will diminish in approximately 1 ½ weeks.
- ✓ Eating more frequent meals can minimize symptoms related to glucose and insulin adjustments you may experience when removing refined grains and sugars from your diet.
- ✓ Glutamine will help curb sugar cravings and reduce appetite.
- ✓ PaleoMeal™ works well as a meal replacement especially while traveling and at work.
- ✓ Be sure to drink clean water not tap throughout the day. Reverse osmosis (RO) and/or distilled water is best. Drinking water also reduces appetite.
- ✓ Eat some God protein and God fat with every meal. Raw nuts and seeds are the perfect combination of protein and fat for a snack, if necessary.

TIP 1: COOKING WITH FATS AND OILS - YOU CAN TURN GOOD FATS INTO BAD FATS!

- **HIGH HEAT:** Use only coconut oil, olive oil, grape seed oil or rice bran oil for frying. The best choice is coconut oil because of its superior flavor when frying food such as chicken or fries. Olive oil, while equally as healthy, tends to make food soggy rather than crispy. A word of caution regarding olive oil: It will turn rancid and become a bad fat when heated above 120° F. If it smokes, it has already turned rancid.
- **MEDIUM HEAT:** To sauté foods, use sesame oil, rice bran oil, olive oil, grape seed oil, coconut oil or butter.
- **BAKING:** Butter, coconut oil, sunflower, safflower or olive oil can be used in baking if temperature is less than 325° F. In a hotter oven, use butter, olive oil or coconut butter.
- **NO HEAT OILS:** Cold-pressed oils such as, flax oil, sunflower oil, safflower oil, and hemp seed oil should not be heated but added to food after it is cooked.

TIP 2: EAT MORE VEGETABLES

- Potatoes are not vegetables, they are tubers.
- If you cook vegetables, lightly steam, but raw is best.
- Some people will do better with more protein and less vegetables and others will do better with more vegetables and less protein, depending on metabolic type (i.e., an Eskimo vs. a Peruvian Indian)
- Listen to your body. Your cravings and energy levels will tell you when you need to adjust or modify your personal plan. However, during the first two weeks while insulin levels are adjusting, you will need to eat more meals a day to feel better.
- Organic is best. If not organic, wash them with distilled vinegar or solution available in health food stores. Use bags to squeeze air out of the vegetables before storing. Sundays seem to be an ideal day to do this for the week.
- Always eat some protein with vegetables (i.e. an egg or piece of chicken, turkey or fish).

TIP 3: ELIMINATING REFINED SUGAR IS CRITICAL

- Refined sugar lowers the immune system.
- Sugar promotes yeast growth.
- One can of soda has 9 to 11 teaspoons of sugar.
- USA: 120 pounds/year per person - 5 pounds/family (early 1900s)
- Avoid corn syrup, fructose, large amounts of honey or molasses, sucrose, maltodextrin, dextrose, any artificial sweetener, sweetened fruit juices and syrups, sugar cane, and lactose (the herb *Stevia* is an acceptable sweetener).
- Avoid eating large amounts of below ground vegetables such as carrots and potatoes. They typically contain high sugar levels.