



## **Day 1: Cut out inflammatory foods from your diet**

A major contributor to DISEASE is inflammatory foods. Many people think that processed food is the major culprit but there are actually a few other major contributors to inflammation in the body and gut. The first major step is to cut out animal products and increase your consumption of greens. If you feel you have a good handle on that, try cutting out gluten and sugar as well (including the healthier sweeteners such as agave, honey and maple syrup). While animal products are good for building strength and muscle, too much of a good thing is never good. There are plenty of substitutes that will provide the same nutrients as meat products. In terms of grains, there are so many healthier options that you can experiment with and may even discover you don't miss gluten that much at all.

Choose one or two from the list below to get started:

### **Dairy Alternatives**

- Almond Milk
- Coconut Milk
- Rice Milk
- Hemp Milk

### **Meat Alternatives**

- Organic Tofu
- Broccoli
- Beans and lentils
- Tempeh
- Seitan

### **Grain Alternatives**

- Quinoa
- Brown and wild rice
- Amaranth
- Sorghum
- Oats
- Buckwheat
- Millet



## **Sweetener Alternatives**

- **Organic stevia**
- **Xylitol**
- **Monk fruit**
- **Trehalose**
- **Lucuma**

If you are concerned about not feeling full after eating, then fill your plate up with healthy sides and increase fiber from grains and more vegetables. It is important to note that not one diet fits all, so reducing meat at your discretion is ideal. Some people may thrive with no meat products, and others may thrive with only a couple of substitutes. Start by eliminating these inflammatory products from your diet for 5 days and then try doing it at least a couple of days each week. Adjust according to your activity level and body signals.

Let's end day one with a challenge. Find THREE new dinner recipes. If you tend to stick to lean meats, then opt for a meal that is heavy in beans and legumes. If you must have some meat in your meal, then choose organic turkey or wild caught fish such as salmon. If you are really determined then pick a meal that is heavy in protein through vegetables only. Something with sprouts, spinach, broccoli, artichokes, bean salad, pumpkin seeds, and flax seeds.

Remember you do not have to go fully meat, gluten and sugar-free! Incremental changes and varying your diet are the key to reducing inflammation in the body and ensuring that you get all of the nutrients your body needs.

## **Day 2: Crowd out junk by adding in veggies!**

Vegetables are the number one missing food from a diet. This is unfortunate because they are so densely packed with minerals and micronutrients.

Tip: If you are craving meat, or anything unhealthy, try having an extra serving of vegetables instead to crowd out the unhealthy cravings.



These vegetarian options provide that extra hearty satisfaction your meatless meals lack:

- Black beans
- Black-eyed peas
- Garbanzo beans
- Sweet potatoes
- Carrots
- Lentils
- Pulses

#### **How to Make Plain Steamed Vegetables More Exciting**

Add 1 tablespoon olive oil, coconut or toasted sesame oil to every 2 cups of greens

Add 2 bay leaves or 1 teaspoon cumin seeds to the water

Sprinkle greens with toasted pumpkin, sesame, flax, or sunflower seeds, almonds, or walnuts

Sprinkle greens with fresh herbs: mint, dill, basil, parsley, cilantro, scallions

Use coconut aminos or apple cider vinegar mixed with avocado oil, garlic and ginger to add extra flavor

Squeeze fresh lemon juice over them after steaming them, quickly stir-fry in olive or coconut oil, with a pinch of sea salt and garlic

#### **How to Add Vegetables to Every Meal**

Add spinach or kale to smoothie in am or fresh juice

Add brussel sprouts, arugula or onion to your eggs in am

Veggies and hummus for snack

Salad or stir-fry for lunch

Wrap in tortilla with avocado spread or honey mustard

Cooked with grains or proteins for dinner

Steam with brown rice, ghee, sea salt and black pepper for a snack (totally is yummy alternative to mac and cheese!)

Celery with nut butter spread on top

Try out on one of these options every day. Before you know it, this new habit will be effortless and give you more energy than you've ever had!



**Day 3: Take control of the food you eat. YOU are the captain of your own ship.**

Many people turn to junk food when they are tired, stressed and looking for a quick energy boost. What they really need is a well-rounded meal of protein, carbohydrates, and healthy fats to provide their bodies the sustenance and sustainable energy it needs. You will feel much more energized by adding in more REAL FOOD. Harness your ability to make empowered decisions about the food you put in your body. You have choices.

Controlling your cravings for unhealthy food is half the battle. Many people form eating habits without even realizing they have done so. A common one is eating while watching TV. After a while, once you sit down to watch TV you start craving snack food even if you are not hungry. Breaking this habit will take some willpower and awareness to realize why you are craving food. Eat meals at the dinner table and turn off the TV, phone and computer so you can fully experience your food.

Another common reason people have unhealthy cravings is because they are lacking nutrients from a missing food group. When you find yourself craving bacon in the morning, try substituting it for an extra helping of greens at breakfast or check out the handy cravings chart on the following page!

**Daily Challenge:** Next time you have a craving for unhealthy food, take 5 deep belly breaths and ask your body what it is craving. Notice whether it is real hunger or a craving in another area of your life such as connection with others or having fun. If your craving is for something other than food, do something to fulfill that need such as call a friend or go outside for a walk in nature.



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<b>If you crave this...</b>	<b>What you really need is...</b>	<b>And here are healthy foods that have it:</b>
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. You need 8 to 10 glasses per day.
Preference for solids rather than liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. You need 8 to 10 glasses per day.
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green and red fruits and vegetables



#### **Day 4:**

To put the final touches on your new and cleaner diet we are going to focus on portion control, meal balance, and eating schedules.

Slow down when you are eating so your body has time to gauge how much food you have eaten. Often we are in such a hurry that we eat faster than our body can keep track of, which causes us to overeat and feel bloated. This is an unhealthy phenomenon and if you are listening to your body, you can tell that you feel sick after overeating. So, eat slowly and keep track of the sizes of your meal to gain an understanding of how large, or small, your portions need to be. Once you understand your portion size, fill it up accordingly with your primary meal and sides. Just make sure to maintain the healthy diet you are building by limiting the size of your main meal and making sure that your sides are healthy as well. Chicken, turkey, salmon, beans or tofu with a side of vegetables will leave you feeling full and healthy.

Pay attention to your hunger cues and try to see if you are reaching for food to comfort yourself or because you are actually truly hungry. There is a big difference and often it is the latter that can keep us stuck in bad eating habits. If you are eating just because you want stimulation or connection or just are bored, do something that you enjoy!

Another important thing to keep in mind is building an eating schedule. Try to aim for eating within a 9-hour window with the first meal being within the first hour or two of waking up. Also, if you happen to be a night eater, try eating bigger meals and high protein snacks throughout the day to prevent night binge eating. Time restricted eating has been found not only to prevent, but reverse obesity. This will also help improve your circadian rhythm, which will help you sleep better at night.

#### **Day 5:**

Congratulations, you made it to the end of the diet cleanup! I hope that you have taken this information to heart and built a cleaner diet for yourself. Keep at this new and healthy lifestyle change. It takes roughly 30 days to build a habit, so if you feel yourself slipping look at your note with your goals on it. The keys to this are:



- Reduce inflammatory foods in your diet
- Add in more vegetables to everything to crowd out unhealthy foods
- Portion control and craving control
- Experiment and try new foods to keep things interesting and ensure you are getting the most nutrients in your diet
- Become the captain of your own ship and set up an accountability system with a friend or family member to stick to your healthy eating lifestyle.
- LISTEN TO YOUR BODY AND HONOR YOUR UNIQUE NUTRITIONAL STYLE!

Not every diet works for every person, so make sure you are constantly checking in and making constant and incremental changes to your diet. Make changes according to how your body reacts to get the most out of your new enhanced healthy eating lifestyle. And remember...YOU are so worth it and we are meant to feel awesome and energetic every day!

If you are ready to take your health to the next level and could use some help make sustainable changes in your diet and lifestyle, schedule a complimentary health history [HERE!](#)