



## Real Food Eating Guide

Nutrition is an integral component of optimal health and reaching your fitness goals. Many would like to believe that they could out exercise poor eating habits; not so much. **Nutrition contributes to 80% of the health benefits that come from a healthier lifestyle and only 20% comes from exercise.**

Therefore, step up to the plate with real food. Think of the foods you eat as an extension of physical activity. A big part of how you function (especially after exercising) depends on what you consume. You need to refill your glycogen stores with non-starchy carbohydrates; not sugars and grains. Eating fruits and vegetables provides the best vitamins and minerals you can get. Combining this with grass-fed proteins and healthy fats will help your body to recover more effectively and promote better regulation of blood sugar and insulin levels.

Due to the reality of our modern lifestyle and nutrient deprived food supply, it can be difficult to ensure you are getting enough of several basic nutrients that can enhance your health. Lack of **Vitamin D, Magnesium, Omega 3s, Probiotics, and vegetables/fruits** in our diet can wreak havoc on our bodies.

## Eat to Nourish Your Body

1. Eat real food. Food is first and foremost to fuel your body...not originally intended to entertain you.
2. Avoid sugar, grains, unhealthy fats (vegetable oils like soy and canola, margarine), beans/legumes.
3. Eat lots of vegetables, moderate amount of healthy fats and healthy proteins (lean or grass-fed).
4. Align your carbohydrate intake with your weight goals and activity levels. Also train your brain to think processed carbs=chronic disease. This can also allow you to get into ketosis (your body burns fat for energy instead of carbs). Being in a ketogenic state helps prevent and improve health conditions including diabetes and cancer. (<100 carbs/day for weight loss)
5. Stay hydrated.

**Real foods to enjoy:** Grass-fed/Wild-caught/Free-range meat, fish, fowl, eggs, vegetables, fruit, nuts and seeds, high quality fats, and small amounts of high-fat dairy.

General Guidelines: 80% of body composition success is determined by diet. Limit processed carb intake (insulin production), and obtain sufficient fat and protein to fuel and rebuild.

### **Avoid:**

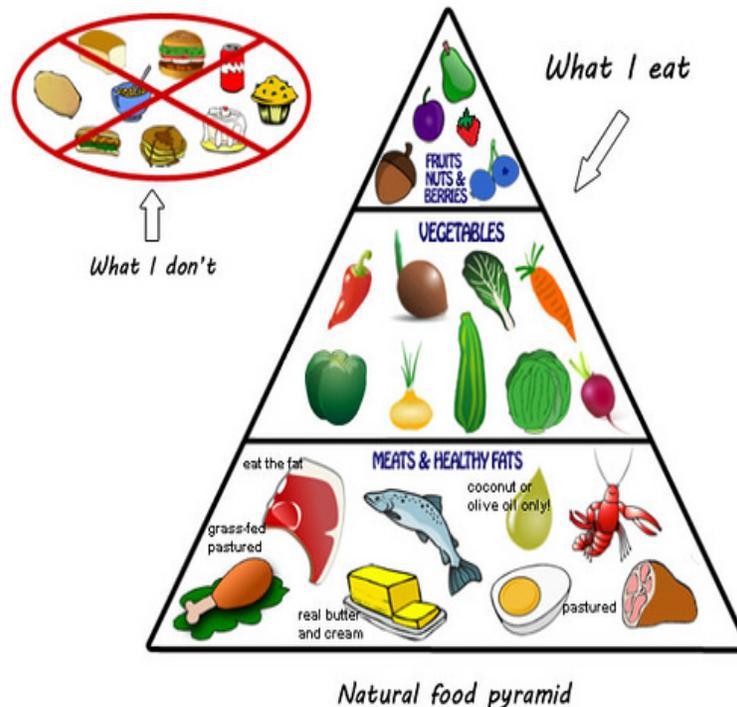
**Grains, sugars, sweetened beverages:** Processed carbohydrates drive excess insulin production, which can lead to lifelong insidious weight gain. Even if you don't have excess body fat concerns, a high insulin-producing diet promotes systemic inflammation, fatigue, and burnout. Grains might be the most offensive foods in your diet because they also contain "anti-nutrients" that may cause health problems beyond just gaining weight.

**Bad fats:** Trans and partially-hydrogenated fats (from heavily processed snack or frozen foods); fats from grain/corn-fed animals, deep-fried menu items (from fast-food joints), assorted packaged snacks and baked goods (chips, crackers, cookies, etc.), margarine-type spreads, and bottled vegetable oils (canola, corn, safflower, etc.) promote oxidation and inflammation, setting the stage for cancer and heart disease.

**Beans and other legumes:** Beans, lentils, peanuts, peas, and SOY products contain anti-nutrients that compromise digestion, immune function, and general health. The highly-touted fiber in beans

is problematic, and the carbohydrate content in all legumes is high enough to warrant cutting or eliminating them in the interest of moderating insulin production.

**Dairy:** Most commercial dairy products are unhealthy for everyone – laden with hormones and other impurities. Grass-fed and/or Organic butter, heavy cream, and full-fat plain greek yogurt are the preferred forms of dairy, *if* you are lactose tolerant.



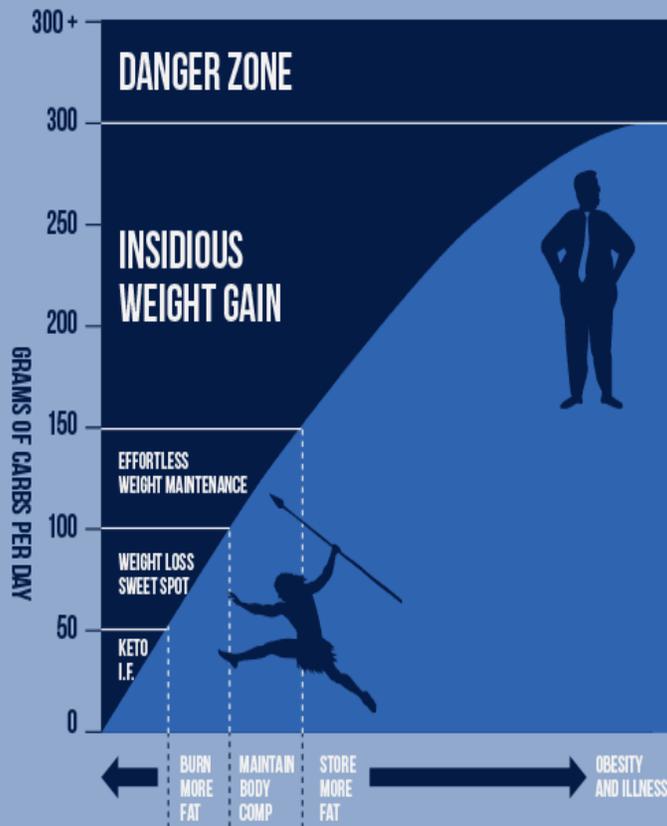
## Macronutrient breakdown

**Protein:** Average .7 – 1 gram per pound of lean body mass/day – depending on activity levels (more at times is fine).

**Carbs:** Aim for **50-100 grams/day (or less) = accelerated fat loss.**  
100-150 grams/day = effortless weight maintenance.

**Fat:** Enjoy freely but sensibly for balance of caloric needs and high dietary satisfaction levels.

# ALIGN YOUR CARB INTAKE WITH YOUR WEIGHT GOALS



## WHAT'LL IT BE? THE "SWEET SPOT" OR THE "DANGER ZONE"?

Carb intake is the decisive factor in weight loss and disease prevention!

- **0-50g/day:** Rapid fat loss via intermittent fasting.
- **50-100g/day:** Lose 1-2 lbs of fat per week, and enjoy satisfying Primal meals.
- **100-150g/day:** Lifelong health, effortless weight management.
- **150-300g/day:** Default zone of grain-based diet.
- **300+ g/day:** Wildly excessive insulin production, disease pathology.

# Getting Started

## 1. Find your why

If you do not have a strong reason for eating healthier then you may not be able to stick with it. Eating healthier should be a no-brainer when you remind yourself that all disease stems from inflammation which can be prevented with better nutrition. Maybe you want to lose weight, balance your blood sugar or fix your skin issues, but you need to find a driving motivation for yourself.

## 2. Purge the pantry

Throw out all tempting food such as bread, pasta, chips and cookies, etc. if you think you can't stay disciplined. If you live with others who choose to eat those foods then at least put all your trigger foods behind closed doors or cabinets.

## 3. Go shopping

Restock your house with the right foods that will encourage you on your new healthy lifestyle. Stick to the outside aisles of the grocery store and choose vegetables, fruits, nuts, seeds, meats, and seafood. When starting out, worrying about food quality can be a little overwhelming. Take baby steps and as you stay on the plan try to upgrade your produce to organic, meats to pastured/grass fed and seafood to be wild caught. The best way to do this is by seeking out farmers markets and local farmers in your area (check [eatwild.com](http://eatwild.com) to find one).

## 4. Keep your blood sugar stable

It is extremely important to keep your blood sugar stable throughout the day for long-term health. Many studies are showing that stable blood sugar over the years can strongly influence the chance of many

chronic diseases. Normalized blood glucose also helps to keep moods and energy on an even keel through the day. It is important to not skip any meals and make sure to eat protein and fat 3 times a day for best results. Remember this is not a diet so **stop counting calories** instead shift your focus towards increasing the nutrient density of each meals.

## **5. Change your priorities**

People often complain that eating healthier is expensive it can cost more, but so does cancer, diabetes and heart disease. You're likely better off not having the coolest name brand purse, driving a new car vs. used, or always buying cigarettes, but having a freezer full of grass fed beef instead!

## **6. Get your mind right**

Life is hectic so it won't be easy to make changes. Others will criticize you (a lot) because they will feel threatened by the change. They will reflect back on you the guilt they feel about their unhealthy eating and it may be (really) hard at first but it always gets easier especially when you are feeling and looking healthier. You will find that other people's opinions about what you eat will matter less and less. Plus, they will see you losing weight and having more energy and begging you for tips.

## **7. Fat is your friend**

Some people eating healthier means eating low-fat and that eating lean proteins means low-fat. Negative! If you try to have a low fat diet you will not be successful on this plan. Lean meat comes from the idea that wild or grass fed animals on their natural diet are leaner than unnatural corn fed animals but that is where the leanness ends. Our ancestors prized animal fats such as the brain, organs and tallow or suet and that is what sustained their energy levels especially when there were long periods of time between meals. Very lean meat was

often discarded. Lean meat also lacks important fat soluble vitamins A,D,E and K that your body needs. If you don't want to feel hungry and dissatisfied then ensure you are getting in your fats.

## **8. Plan ahead**

Following a non-processed food eating plan does take a little more planning because it is not based around sandwiches and packaged food. It is crucial to take meat out of the freezer before work. Also your new best friend can be your crock pot. Throw some meat and veggies and spices and broth in the crockpot in the morning and come home to a hot meal after a long day.

It is important to keep your fridge full to avoid the temptation of grabbing convenience foods. Also try to keep some frozen vegetables on hand for when you run out of fresh. Keep some frozen berries, gelatin, and coconut milk on hand for a quick smoothie before work. Eggs have endless possibilities for breakfast lunch and dinner so never run out (preferably pastured on grass, eating bugs). Keep cans of wild salmon and sardines on hand for the times when you don't have any meat thawed out.

## **9. Get rid of your diet mindset!**

Eating healthier should be a lifestyle, not an on and off again kind of thing. Finding the right balance is key such as allowing yourself 1-2 meals per week where you choose to eat foods that don't align with the recommended plan. Once you do it a while it will become second nature and a habit for you. You shouldn't ever feel guilty for deviating here and there as long as you know you are back on track at your next meal.

**Resources:**

[www.mercola.com](http://www.mercola.com)

[www.wellnessmama.com](http://www.wellnessmama.com)

[www.westonaprice.org](http://www.westonaprice.org) Low Carb

**Diet Assistant app**

**My Fitness Pal app**

**Paleo Track app**