

28 DAY RESET DIET

Food Prep Guide

Weight loss and body composition is 90% diet and preparation.

Food is information. It tells the body to increase or decrease pathways that contribute to health or disease.

Make a healthy balanced meal.

- Always prepare meals with a healthy protein, fat and carbohydrate.
- Divide your plate into three's: 1/3 of plate for protein, 2/3 of plate with healthy vegetables, top it off with healthy fat (olive or avocado oil, ghee, nuts, seeds).
- Limit fruits until your blood sugar levels are stable. Choose berries!
- Enjoy your favorite recipes with healthier food swaps.

Make healthy food choices.

- Choose whole, organic, real foods (not packaged).
- Buy local foods in season, when possible, organic frozen is the next best.
- Choose meats that are 100% grass fed, organic (hormone/antibiotic free), wild caught fish - if you're vegetarian or vegan, choose organic legumes, nuts/seeds, organic gluten-free sprouted grains (cooked traditionally)
- Visit your local farmer's market. Get to know your local farmer or rancher which are usually at farmer's markets.
- Vegans can get protein with sprouted legumes, sprouted seeds, sprouted non-gluten grains.

Eat for Optimal Health.

- Plan ahead. Be prepared. Carry food with you.
- Eat breakfast 12-16 hours after your last meal.
- Always eat protein for breakfast.
- Eat when you are hungry, stop when you are satisfied (not stuffed).
- Eat mindfully.
- Chew each bite at least 25 times.
- Eat as many vegetables as possible. (2 cups at each meal)
- Drink plenty of water (1/2 your weight in ounces); fluoride and chlorine free: teas, shakes and soups count too.
- Listen to your body - i.e. don't eat anything that makes you feel crappy.
- Increase high-fiber foods: mostly vegetables and berries, bean sprouts are great too!
- Eat high EPA/DHA fish one to two times a week (wild salmon, sardines) for the amazing anti-inflammatory omega 3 fats.
- Diversify your veggies daily.
- Stop eating at sunset.
- Eat a high protein breakfast.
- Pray before each meal. Prayers stimulates the parasympathetic nervous system which helps with digestion.
- Eat at home at least 70% of the time. You can control what's in your food when you prepare it at home.

HEALTHY SWAP

THIS

REPLACE WITH

Hateful eight oils:
Soy, Sunflower, safflower, corn,
cottonseed, canola, grapeseed, rice bran oil

Olive, coconut, sesame, avocado,
ghee

Sugar (This includes honey, maple syrup,
artificial sweeteners)

Small amounts of 100% stevia

Coffee

Green tea or matcha green tea (use
decaf if you have trouble falling or
staying asleep),
detox/peppermint/licorice root tea

Dairy (milk, cheese, ice cream)

Dairy free milk (almond, cashew,
coconut), ghee (clarified water) or
100% grass fed butter is OK
occasionally if tolerated - nut
cheese, and goat and sheep cheese
on occasion are okay too (read
labels)

Wheat, gluten containing foods

Quinoa, cassava flour, rice noodles
(small amounts)

Wheat noodles / pasta

Zucchini noodles, spaghetti squash

Cold cereal

Keto oatmeal: hemp hearts, chia
seeds, flax seeds

Rice

Cauliflower rice