

The Plan

FOOD IS YOUR MEDICINE



Phase 2: Making Choices

Please create your own menu using this template as a guideline, e-mail it back to me and I will review it with you and put in your file.

General Menu Planning Considerations

Aim for 15-25 grams of protein for lunch- stay at 15 unless you are an athlete

Animal Protein- roughly 7 grams per oz- test at lunch

Broccoli- 5 grams per cup- fine chopped

Kale - 6 grams per 2 cups cooked- fine chopped

Sunflower seeds- 6 grams per oz (good source of selenium and calcium)

Pumpkin seeds- 9 grams per oz (great source of zinc for your immune system!)

Almonds- 8 grams per oz

Cheese- 6-8 grams per oz

Chickpeas- 5 grams per 1/2 cup- test at lunch

Rice – 5 grams per 1 cup- test at lunch

Chia- 5 grams per 2 tbsp (A great source of omega-3's!)- test at lunch

Cream of Broccoli Soup- 8 grams per 16 oz

Chicken Kale Soup- 10 grams per 16 oz

Optimal Rotation of Protein

chicken 3x a week- every other day

lamb - 3x a week- every other day

eggs- 3 x a week every other day

beans- 3x a week- do not have more than once daily

duck breast- 2-3x a week every other day

fish and seafood - 2 x a week 3 days apart

pork- 1-2 x a week

steak 1x a week

veal- VERY high reactive

The Plan

FOOD IS YOUR MEDICINE



Vegetable Rotation

Program your meals so that you do not repeat vegetables. For example, if you have broccoli at lunch, do not have broccoli at dinner. Try to always have at least 2 cooked vegetables with your dinners.

Seeds

Try to start programming seed free lunches and dinner or test alternate seeds and nuts

Testing New Lunch Options

You can test $\frac{1}{2}$ cup of lentils and 2 cups cooked kale (15 grams). An fyi beans and broccoli is a test as it can cause too much gas in some people. We try to, at this point, start having seed free lunches and dinners to give your body optimal rotation.

Peas are another vegetable I like people to test at lunch only- 1/2 cup is 4.5 grams of protein and could replace broccoli or sunflower. If you are very active, testing rice would be good on your workout days as a breakfast or lunch option. Rice and fish in the same day is an easy pass- rice and other animal protein in the same day is a harder test to pass.

Wild rice is a good test too with a $\frac{1}{2}$ cup equaling roughly 4 grams of protein. Wild rice is a grass not a grain so may be easier to have on days you have animal protein.

Portions

All the portions we use on the plan are the least reactive amounts. If you would like to use larger portions please test them first. Nuts and seeds should be 1 oz per portion. Only consume the seed once during the day ex: if you have sunflower seeds at breakfast do not have at lunch or dinner

Natural Sugars —

Most people do well with moderating their intake of natural sugars such as fruit, potatoes, sweet potatoes and winter squashes. Roasted vegetables fall into this category as well, as the natural sugars are increased when cooked for a long period of time. Find your own balance by starting off with roasted veggies twice a week.

Now that you have passed your 20 days please limit your orange vegetables- carrots, butternut squash etc to once a day. More than that is a test and would do better on a day you work out.

Combination Tests

The Plan

FOOD IS YOUR MEDICINE



Combining animal protein, grain or legumes together at the same meal is a test. Example: rice (grain) and chicken (animal protein) or bread and eggs is a test as well. Coconut Milk and animal proteins are a test. Coconut milk and fish or seafood is a low reactive test.

Bread and potatoes do well with animal protein (with the exception of eggs).

In winter we always have either a cooked vegetable or a soup with lunch to aid digestion. Dinner always has cooked vegetables and a raw veg salad as raw vegetables contain enzymes.

Cooked vegetables aid digestion, just eating raw vegetables will hamper digestion. When you hamper digestion you will experience weight gain or weight stabilization. Women should have at least 2 cups of cooked vegetables with their meals.

Time to get started!

- Create a list of all the foods that have worked for you
- Create a list of foods that are mildly inflammatory and please limit their usage to once every 7-10 day and always follow with a friendly day
- Retest all foods that tested as inflammatory in 3-6 months. You may be able to reduce sensitivity to this food and have on occasion, always follow with a friendly day

Day 1 (No test)

Using the outline below, create a menu using your friendly foods.

Protein Ranges

Breakfast — 10-40 grams of protein (**stay at lower end range unless you are an athlete**)

Lunch — 15-25 grams of protein (**stay at lower end range unless you are an athlete**)

Dinner — 25-60 grams of protein

Dense Food Guidelines

1 dense grain carbohydrate a day MAX (rice or bread)- more is a test

1 animal protein a day MAX- more is a test

1 bean a day MAX- more is a test

Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

The Plan

FOOD IS YOUR MEDICINE



Have with ½ piece of fruit

Lunch

Create a salad with 15-25 grams of protein

In winter add a soup or cooked vegetable to enhance digestion

Snack

Insert your favorite snack —having more than 1.5 oz of dairy is a test

Dinner

Approved protein

Approved salad

Approved cooked vegetables

In winter dinner always has cooked vegetables and a raw vegetable salad as raw vegetables contain enzymes that support digestion.

Day 2 (Test Exercise or Test New Vegetable)

Using the outline below, create a friendly menu (or use your favorite friendly day thus far) but test exercise as the new variable

Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

Have with ½ piece of fruit

Lunch

Create a salad with 15-25 grams of protein

The Plan

FOOD IS YOUR MEDICINE



In winter add a soup or cooked vegetable to enhance digestion

Snack

Insert your favorite snack —having more than 1.5 oz of dairy is a test

Dinner

Approved protein

Approved salad

Approved cooked vegetables

Day 3 (No test)

Follow the guidelines of Day 1 to create another friendly menu.

Day 4 (Test new breakfast item)

Using the outline below, create a friendly menu but test a new breakfast item. Ideas are whole or lactose free milk, eggs or new fruit.

In winter we always have either a cooked vegetable or a soup with lunch to aid digestion. Dinner always has cooked vegetables and a raw veg salad as raw vegetables contain enzymes.

The Plan

FOOD IS YOUR MEDICINE



Breakfast

Easy sources of protein are flax, seeds, nuts and nut butters, grain cereals, milk

Have with $\frac{1}{2}$ piece of fruit

Lunch

Create a salad with 15-25 grams of protein

In winter add a soup or cooked vegetable to enhance digestion

Snack

Insert your favorite snack —having more than 1.5 oz of dairy is a test

Dinner

Approved protein

Approved salad

Approved cooked vegetables

Day 5 (No test)

Follow the guidelines of Day 1 to create another friendly menu.