

The Diet Solution

Start Eating and Start Living



Osabel De Los Rios

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Second Edition

Isabel De Los Rios

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Preface

Does the world need another diet book? When I asked myself this question, I knew the answer clearly: No. People don't need another diet book; they need to change their lifestyles. They don't need to be told how and why to go on a diet; they need to learn how to change their eating habits and their thinking for life.

With all the diet books out there, why are so many Americans still overweight and in poor health? Unfortunately, the media bombards us with so much information daily that most people don't know what to believe. I've often heard from clients, "I just don't know what to eat anymore."

With this manual, my goal is to clarify what true nutrition is and which foods you should eat—not only to achieve an ideal weight but also to avoid the conditions that are all too common in this country today, such as high cholesterol, diabetes, and heart disease.

Am I just another nutritionist putting out just another nutrition program? I assure you that I am not. My quest for answers about optimum nutrition began 15 years ago. Since then, I have made it my life's work to study everything I could possibly get my hands on related to nutrition, exercise, and optimum health and weight. This means that I've studied the good and the bad. This manual contains the best information that I've found, culled from some of the most respected doctors and nutritionists who share a similar passion for nutrition.

Like most Americans, I had tried every diet out there and had been unsuccessful in the long term. Only after I recognized and accepted the principles taught in this manual was I able to achieve the optimum weight and health that I enjoy today.

How I nourish my body affects all aspects of my life and my outlook on it. How do I feel when I wake up in the morning? GREAT! How do I feel when I get up in front of a crowd and give a lecture? GREAT! How do I feel when my day doesn't go as planned and things get overwhelming and a bit rough? GREAT!

I know that feeling great has everything to do with how I take care of my body and my health—and you can feel good, too.

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- God—through whom all things are possible.
- Oscar De Los Rios—whose passion for his work and his life taught me that being passionate about my own work and life is the only way to truly live a happy life.
- Pilar De Los Rios—whose personal struggle with type 2 diabetes and kidney disease taught me more about health and nutrition than any book ever could.
- Every author mentioned in this manual, especially Paul Chek—you have dedicated your lives to studying, researching, and teaching the world what you know is the truth about optimum nutrition. Through your work, I have been able to learn, benefit from, and share this vital information. I am a grateful student forever.

A special thanks to my editor, Darla Bruno. Her patience and hard work made it possible for this manual to be transformed from an idea to a reality.

PART 1

If you're reading this manual, chances are that you've decided to make serious changes in your health and eating habits. You may have tried several diets and exercise programs, without success. Maybe you have yo-yo dieted for years and are tired of the ups and downs. Hopefully, you have decided to commit yourself to a new way of living. Whether this is the first time you have tried to change your eating and lifestyle or you've been working toward it for a while, remember that looking and feeling good requires hard work and dedication. I can assure you that the results will be well worth the effort.

Why have other programs failed you? First, if you're like many people, then you temporarily altered what you were eating but didn't change your eating habits, and after you stopped dieting, you returned to the habits that had put on the excess weight in the first place. Second, most diet programs don't consider your overall health; they are just "controlled starvation." Starvation slows your metabolism, so after you stop dieting, you may gain back even more weight as a result. Third, symptoms of starvation include fatigue, sluggishness, and hunger. Who can stay motivated about a diet that doesn't make you feel healthy?

I tell all of my clients that if you don't have your health, nothing else matters. If you feel terrible when you wake up in the morning, then your whole day takes on the same somber tone. Promise yourself that from this point forward, you will commit to doing what it takes to keep your body healthy so that you can live a long life and wake up each morning feeling and looking your best!

The Diet Solution Program is a way to change your eating habits for life. You will develop a new long-term eating strategy—not modify your diet temporarily—by creating the best meal plan to suit you. You'll eat healthy foods that you enjoy and discover great new foods, too. You'll feel so good, you won't want to go back to your old habits. From this day forward, you can say, *I'm committed to keeping myself healthy and happy*. Say it again:

I'm committed to keeping myself healthy and happy.

And there'll be no turning back.

All that said, I want you to know that my own healthy transition did not completely happen overnight. It took me 3 years before I was able to implement every principle I am going to teach you in the Diet Solution Program. 3 years is a long time and I suspect you can make it happen faster than I did. Much of that time was searching and researching the best and most up to date nutrition information so I could put it into a manual for you to benefit from. Would it have been ideal for me to transform every aspect of my diet overnight? Sure, that would have been great. However, that was not realistic for me at the time and it may not be for you either. I am actually extremely grateful I implemented each healthy principle over a period of time. Making these changes slowly helped me to truly adopt these principles as a lifestyle and not as a temporary diet fix.

Many people assume they will have to “give up” all of their favorite foods to enjoy their ideal weight and good health. I am not asking you to give up anything! This is not a crash diet, it is a lifestyle change. Living the life you want to live may require you to focus more on certain healthy foods over others, but does not require you to give up every delicious food available. If you think I have given up some of my favorite foods like chocolate and wine, I assure you this is not the case. The difference is that now I know where these foods fit into my meal plan and how I can enjoy them while still maintaining my weight and feeling great.

The same goes for you. Don’t throw in the towel or give up because you think you can’t do every single principle, every single day. This is not an all or nothing deal. It is you implementing each principle the best you can, each and every day.

I encourage you to take charge of your health and your weight one step at a time. If you do what you can in the short term, these principles will become a permanent part of your lifestyle in the long term. Remember, I was there, possibly where you are now or quite possibly in a much more challenging position. Hundreds of my clients were as well. One small change at a time and they have found a new sense of health and vitality that they did not think was possible for them. Not only are they now feeling great, but they are able to keep their weight off this time permanently, once and for all.

The steps required in achieving your ideal weight and health are exactly like any long term goal. Imagine you wanted to start your own business. Would you expect to wake up the next day and be “Open for Business” overnight? Of course not, you would do your research, follow a plan and take one step each day to bring you closer to success.

What do you need to do to achieve your weight loss and health goals? One thing that you can easily do that consistently helps me is to keep asking yourself: “Is this choice I’m about to make bringing me closer to my goal or taking me further

from it?” Choose which direction you want to go in and commit yourself to making it happen.

People often regret the things they don't do, not the things they do. What will you regret if you don't take care of your health and weight today? Let's eliminate all possible regrets and make your dreams your reality.

1: A Program for Success

Achieving success in any weight-loss program takes more than just following nutritional information; it takes getting in the right state of mind. All of our actions are governed by our thoughts. If it is true that thoughts create reality, then it is imperative to create the environment that will support a successful meal plan.

In this chapter, I help you create a strong, positive foundation that will help you achieve your weight-loss and health goals on the Diet Solution Program.

Clear Your Mind

To truly be successful with the Diet Solution Program, you must clear your mind of all media information and hype. This means not believing everything you hear from so-called health and nutrition experts on TV and radio and in magazines and books. Forget all the other diets that you've tried, and remember that this plan isn't anything like those diets; it's a program that will help you lose weight while improving your overall health. If old habits keep bringing you to the same place—overweight, unhealthy, and unhappy—then you must change your approach.

Believe in What You Are Doing

For this program to be successful, you must believe in yourself. You *can* change your habits. You *can* feel great. And you *can* change the state of your health and weight. Forget all those times you tried different diets. This is a new day and a new approach. This time, it's about overall health.

When you begin to make any lifestyle change, you will encounter people who will try to sabotage your healthy habits in an effort to make themselves feel better. You know the people I'm talking about—the ones who say, "Oh, one won't kill you" or "Eating like that is no way to live." Well, feeling horrible each day, jeopardizing your health by carrying excess weight, not being able to keep up with your children or grandchildren, and avoiding certain activities because of your weight is no way to live. Truly believe in your new way of life and what you are doing for yourself, and don't let anyone tell you otherwise.

Eliminate Negative Thinking

Similarly, you need to free yourself from any negative thinking. If you've thought before, "What's the use? I'll only gain it back anyway," stop right there. You're

through with the dieting game. Those negative thoughts are thoughts that the old you would have had, not the new, healthier you. From this point on, replace each negative thought with a positive one. The second you find yourself thinking, “I know I’m going to fail,” try instead, “I know I can successfully change my eating habits and my life.” If you repeat this statement at least five times a day or simply use it to replace any negative thinking, I guarantee that you will begin to feel more positive and confident about your efforts to adopt a new lifestyle.

Commit Yourself to Doing the Work

Think about your biggest accomplishment to date. What did it take for you to achieve that goal: months of overtime making yourself eligible for a job promotion? countless hours helping your child learn a new skill? years of practice to become successful at a sport or hobby? Accomplishment requires a great deal of work, commitment, and dedication. Achieving your health and lifestyle goals will require work. But as you know from experience, the results are worth it.

Set Goals and Positive Affirmations

Before you start the food and lifestyle changes outlined in this manual, choose three affirmations, which essentially are statements that will help you feel your best. Repeat these statements a minimum of five times per day—not out loud, so that the next person in the Shop Rite line thinks you’ve lost it, but to yourself—maybe in the morning as you brush your hair, in the car as you drive to work, in the afternoon as you run errands, and at night before you go to bed. The more often, the better. These statements will make you feel so good, you’ll be motivated to stick with your new eating habits.

Imagine how great you’d feel if you said affirmations like these to yourself throughout the day:

I am a confident, disciplined person and can achieve anything I want.

Eating fresh, wholesome food makes me look and feel great.

I love my life, and every day of it is a blessing.

The best way to choose your own affirmations is to choose three or more goals, then turn them into positive statements. For example, if one of your goals is to find the time to exercise more often, then one of your positive affirmations might be, “I have enough time in my day to take care of my health.” Choose three important personal goals, and create three positive affirmations for yourself. After you have chosen your affirmations, write them on an index card, and carry the card with you everywhere you go.

My index card of affirmations is in my wallet. I choose not to show it to anybody, but if I have any negative thoughts during the day, I quickly pull it out and repeat my affirmations as many times as it takes to get me out of a negative mind-set. I (like many of my clients) also repeat my affirmations first thing in the morning and last thing at night. This way, I start and end my day feeling positive and inspired!

A few other ideas:

- Make extra copies of your affirmations, and leave them in places where they will remind you to repeat them during the day (e.g., in the book you're currently reading, in a desk drawer, in the kitchen).
- Tape a copy of your affirmations to the bathroom mirror, so you can give yourself a pep talk while you brush your teeth.
- Add your affirmations to your Diet Solution Food Journal, as described in **Chapter 5: Food Journal** (under What to Include, page 21).

Believe me when I tell you that without positive affirmations, my own journey to health would have not been possible. This single step has helped me and hundreds of my clients achieve their weight-loss and lifestyle goals.

2: Three Steps to Weight Loss

Believe it or not, weight-loss success is only three steps away! It might not be a quick-and-easy fix, but I promise you that *it is possible* and that *you can do it* with the guidance presented in this manual.

To be successful with the Diet Solution Program, you will have to do some work. This work entails many small tasks that essentially can be grouped in three main steps: Determine your metabolic type, create your personal meal plan, and learn which healthy foods you should choose. After you have completed these three steps, you will have all the tools you need to achieve the long-term results you desire: weight loss and optimum health for life.

Step 1: Determine Your Metabolic Type

Just as you are unique in all other respects, your body's biochemistry requires certain kinds and proportions of healthy proteins, carbohydrates, and fats to perform optimally. This unique makeup is called your *metabolic type*. Learning your metabolic type will help you to lose weight in a safe and healthy manner, once and for all, and achieve optimum wellness. It also will produce long-term results without the starvation and cravings that usually accompany most other diet plans. What's more, it's easy to do with the Metabolic Typing Test, a 4-page questionnaire that you will complete in **Chapter 3: Metabolic Typing**.

Although volumes have been written to explain this step, for starters you should know the basics:

- **In general, everyone is a Carb Type, a Protein Type, or a Mixed Type.** Each type requires ideal amounts and varieties of healthy proteins, carbohydrates, and fats (which you'll identify in **Chapter 6: Daily Meal Planning**).
- **Requirements for the appropriate ratios and types of healthy proteins, carbohydrates, and fats exist along a fixed spectrum.** The requirements for people whose biochemistries require high amounts of protein for optimal health (Protein Types) are located at one end, and those for people whose biochemistries demand high amounts of healthy carbohydrates (Carb Types) are at the other end. Mixed Types are a combination of these two types.

- **Medical doctors and nutrition pioneers have used metabolic typing for decades.** It has helped people not only experience dramatic weight loss but also overcome severe chronic disease, obesity, and other serious disorders.

Learning your metabolic type will help you answer many common dietary mysteries that you have always wondered about:

- **Why can some people be successful—at least in losing weight over the short term—on popular low-carbohydrate, low-fat, or other diets while many others fail miserably on the same diets?** Because success with any diet depends on the dieter's metabolic type; in other words, the same-diet-for-everyone approach simply is not effective.
- **How can one kind of food be so good for one person, giving energy and apparent health, but affect someone else in a completely different way, making them tired and cranky?** Because certain foods are ideal for each metabolic type. Just because a food is considered healthy in general does not mean that it's healthy for everyone.

Learning your metabolic type is essential to creating the meal plans that will work best for you. The ideal foods (and the ratios in which you should eat them) for your metabolic type will create the foundation for your personal meal plan. Internationally renowned natural health expert and advocate Joseph Mercola, D.O., uses metabolic typing with all of his patients for weight loss and to alleviate disease symptoms (Mercola 2005).

Step 2: Create Your Personal Meal Plan

Knowing your metabolic type, you will be able to tap into the wealth of resources needed to create a personal meal plan that will allow you to achieve long-term weight loss and optimum health. In **Chapter 4: Calories**, you will estimate healthy daily calorie requirements for achieving and maintaining your ideal weight. In **Chapter 5: Food Journal**, you will create your Diet Solution Food Journal, in which you will record your daily food intake and track how you feel afterward. Finally, **Chapter 6: Daily Meal Planning** will guide you in choosing the ideal foods for your metabolic type, in the ideal proportions and serving sizes, and creating your own Diet Solution Meal Plan.

All of the resources you need to choose, combine, and portion your food properly are included in **Part 3** of this manual. The numerous charts show you the ideal ratios of proteins, carbohydrates, and fats for your metabolic type; which foods are the best choices for your metabolic type; and how to build a meal plan that takes all this personal information into account. **Part 3** also includes blank sheets that you can customize for your Diet Solution Food Journal and Diet Solution Meal Plan.

Step 3: Choose the Best Foods

The third and maybe most important step toward weight loss and overall health is to identify which foods to eat. To save yourself a lot of time, just follow this guideline: If it's natural—that is, it grows or otherwise occurs in nature—eat it; if it's artificial, don't. In other words, if a food contains ingredients that you can't pronounce or define, steer clear.

Natural foods span all the food groups and include fresh, unprocessed fruits and vegetables; unroasted tree nuts and ground nuts; whole seeds and grains; and unadulterated fats, dairy, and meat products. Foods in the artificial category include packaged foods, frozen meals, cookies and cakes, artificial sweeteners (e.g., saccharin [Sweet'N Low], aspartame [NutraSweet], and sucralose [Splenda]), hydrogenated oils (e.g., margarine and Crisco), high-fructose corn syrup, and any prepared products that contain any of these ingredients.

To understand why this distinction is important, you must understand the function of the liver. The liver is the body's largest internal organ, and it's responsible for an astonishing variety of life-sustaining and health-promoting tasks, including those that make healthy weight loss and weight management possible. Integral to countless metabolic processes, the liver supports the digestive system, controls blood sugar, and regulates fat storage. One of the liver's most important functions—and the one most crucial to weight loss—is the chemical breakdown of everything that enters your body.

It's the liver's job to distinguish between the nutrients to be absorbed and the dangerous or unnecessary substances to be filtered out of the bloodstream. But when overwhelmed with toxins (like artificial sweeteners and other chemicals that are added to packaged foods), the liver gets “clogged” and cannot effectively process nutrients and fats. If your liver cannot process the nutrients and fats that your body needs, you will gain weight and won't be able to lose it.

The liver also produces bile, a substance crucial to detoxification of the body. Bile helps break down fats and assimilate fat-soluble vitamins. But when bile becomes overly congested with the toxins it's trying to filter out, it simply can't function properly. It becomes thick, viscous, and highly inefficient.

What qualifies as a toxin? Anything that your body does not recognize as a food source. Artificial sweeteners, for example, have 0 calories because the body does not recognize them as food sources. But they still have to pass through the liver, as do other synthetic ingredients that you can't even pronounce.

Food-processing chemicals and other toxins also irritate the gastrointestinal system, which may manifest as bloating, constipation, or gas in many people. Chronic constipation may also lead to difficulty losing weight, not to mention a long list of other harmful health problems.

Toxins are stored in fat cells—that is, embedded in body fat. The more fat in your body, the more toxins you can store. Stored toxins cause your cells and organs to become sluggish and inefficient. Toxins also attack and destroy cells and gene structures. They create an acidic environment in the body that is vulnerable to fungi, bacteria, parasites, worms, viruses, and many other pathogens. Organs and body systems under a toxic load lose their ability to metabolize and process fat effectively.

The body stores toxins in fat tissue. In fact, toxin storage is one of the main functions of fat stores; this protective mechanism keeps toxins away from vital organs. When you ingest fewer toxins, your body will not need as much fat to store them and will quickly begin to let go of excess fat. This process leads to not only the right kind of weight loss (from fat) but also a healthy, disease-free body.

The body also stores toxins wherever it is weak. This makes the weak area even weaker and eventually can manifest in a cyst or disease. An area left diseased for too long becomes difficult to repair.

To achieve an ideal weight and healthy body, it is vital to eat only clean, unprocessed food from this point forward.

3: Metabolic Typing

Please complete the Metabolic Typing Test on page 134 to determine your metabolic type—Protein Type, Carb Type, or Mixed Type. Next, read through the description of (and special considerations for) your metabolic type in this chapter. You must understand why certain foods are ideal so that you can then make the best choices for your personal meal plan.

As you learn about your metabolic type in this chapter, remember that each person is unique, so some fine-tuning may be necessary as you change your eating habits. Pay close attention to your body's cues. Most people have fallen out of touch with their bodies and don't know what true health feels like. Pay close attention to the one and only source that knows what's best for you—your body!

Protein Types

Protein Types typically crave rich, fatty foods such as pizza, sausages, and salty roasted nuts. If you are a Protein Type, chances are that you love food. You may not feel satiated after a snack and may often feel hungry, even after eating a large meal. When you have eaten too many carbohydrates, you tend to crave sugar. And once you start eating sugary foods, you want more and more and may find it difficult to stop. Sugar often causes you to feel jittery and will quickly make your energy levels drop.

Protein Types may have tried to lose weight by using extreme calorie-cutting methods, only to be unsuccessful—and feel miserable in the process. Protein Types cannot successfully lose weight by drastically decreasing calorie intake.

When Protein Types eat the wrong kind of food, they may notice energy problems—extreme fatigue or a wired “on edge” feeling. Eating often makes them feel better when they feel anxious, nervous, or shaky, but then they feel worse soon afterward. These cycles of energy ups and downs are definite signs of a mismatch between metabolic type and food consumption.

What Does a Protein Type Need?

Protein Types need a diet high in proteins and fats and low in carbohydrates. But think balance—not the Atkins Diet! Protein Types can eat various carbohydrates in the form of some grains, fruits, and vegetables, as long as they are adequately balanced with proteins and fats.

Because Protein Types metabolize food more quickly than other metabolic types (which is why they feel hungry all the time), heavier protein choices such as whole eggs, dark-meat poultry, beef, and dairy are essential for ideal meal planning. These foods have long been considered “unhealthy” because of their high fat content, but as you will learn in *The Truth About Saturated Fat* (page 35), saturated fat is not the cause of disease; refined carbohydrates, processed foods, and hydrogenated oils are. Protein Types who do not eat heavy proteins with a high fat content will be hungry all day and struggle with their weight. Even worse, they will almost always feel fatigued and anxious.

“Must Dos” for Protein Types

- **Eat protein at every meal and with every snack.** Eating only carbohydrates at a meal causes your blood sugar to spike and then drop quickly, which will leave a Protein Type feeling hungry, fatigued, and anxious as well as cause cravings for more carbohydrates shortly afterward. Eating protein—especially animal protein—at every meal and for snacks will help to control your blood sugar levels and leave you feeling satiated and steady throughout the day. Again, remember to listen to your body; pay attention to which meals and snacks leave you hungry or craving more.
- **Eat small meals frequently or healthy snacks between meals.** Protein Types need to eat often; otherwise, they’ll suffer from extremely low blood sugar levels. Going too long between meals (or snacks) also will create ravenous hunger, which in turn will cause overeating at the next meal—only to lead to lethargy and an uncomfortable feeling afterward.
- **Avoid refined carbohydrates.** Foods such as bread, crackers, and pastas—especially those made from wheat—can be extremely disruptive for Protein Types. Wheat breaks down into sugar faster than any other grain and causes the rapid release of large quantities of insulin. That is why sprouted whole grain bread products are the only allowable sources of bread on the Diet Solution Program. These products are described in **Chapter 11: Grains** (Bread, page 47.)
- **Avoid most fruits and fruit juices.** Fruits are a wonderful, healthy food, but Protein Types need to be extra careful with their fruit selections. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. The best fruit choices for Protein Types are apples and avocados (high in fiber and low in sugar). Some people may be able to eat more of these fruits than others.

Carb Types

A Carb Type tends to have a weak appetite. If you are a Carb Type, chances are that you're happy with a minimal amount of food each day. You can get by on small amounts of food and don't give food much thought until you feel hungry.

Carb Types tend to eat less often because they "have no time to eat." These goal-oriented workaholics will skip meals to do what they need to do each day. They may go for extended periods without eating, sending the metabolism into starvation mode. Decreasing the metabolic rate in this fashion can lead to weight management problems and obesity. Carb Types also are more dependent on caffeinated beverages to get them through the day than other metabolic types are. This dependency often weakens their appetites even more, compounding their nutritional problems.

Carb Types have a high tolerance for baked goods and starchy vegetables. This can be a bad thing, because they tend to overeat these carbohydrates, which can lead to unhealthy conditions such as hypoglycemia, insulin resistance, and diabetes.

What Does a Carb Type Need?

A Carb Type needs a diet composed of more carbohydrates than proteins or fats. But that doesn't mean that Carb Types don't need protein throughout the day. Lighter, low-fat proteins such as white-meat poultry and whitefish (e.g., tilapia, sea bass) are good choices. Carb Types can choose from a wide variety of carbohydrates and can eat them in larger quantities than any other type.

Although Carb Types convert carbohydrates into energy slowly (unlike Protein Types), it does not mean that they can go on carbohydrate binges. An elevated insulin response is still a concern, especially if weight loss is the goal. Insulin is a fat-storing hormone, so large quantities in the bloodstream will make losing weight quite difficult. Remember, excess of any particular food can lead to weight gain and disease, and always maintain the food portions and ratios recommended for your type (according to the Ideal Food Ratios for Each Metabolic Type chart, page 139).

Carb Types lose weight and feel well on a high-carbohydrate, low-fat diet—the opposite of what a Protein Type needs.

"Must Dos" for Carb Types

- **Choose low-fat proteins.** Incorporate a low-fat protein such as white-meat poultry or whitefish into each meal. Avoid (or eat only occasionally) high-fat proteins, which may cause lethargy, depression, or fatigue.
- **Choose dairy products carefully.** Carb Types tend to metabolize dairy poorly. The best way to learn whether dairy is a wise choice for you is to carefully monitor your reaction after you have consumed it with a meal. If you feel lethargic or fatigued shortly after, limit your dairy consumption.

- **Choose carbohydrates carefully.** Choose plenty of low-starch vegetables, like broccoli and salad greens, and limit consumption of high-starch foods such as bread, pasta, and grains. If you feel sluggish, sleepy, or hungry soon after a meal containing a low-fat protein, a vegetable, and a grain, you may have eaten too much grain. Try increasing the protein amount and decreasing the grain amount the next time you have this same meal.
- **Monitor your response to legumes.** Carb Types typically cannot easily digest the type of protein that most legumes contain. Therefore, eat legumes infrequently. As with all other foods, monitor your response carefully, and pay attention to your ability to combine them with certain foods. I have some clients who can eat chicken, beans, and vegetables and feel great but feel tired and sluggish if they eat beans, rice, and vegetables.
- **Limit the nuts and seeds.** Carb Types feel best on a low-fat diet, and nuts and seeds add too much fat to a meal. Nuts and nut butters are great protein choices for snacks, but lean animal meats are better protein choices for meals.

Mixed Types

A Mixed Type requires an equal balance of proteins, carbohydrates, and healthy fats, and including variety in the everyday meal plan is essential. Of the three metabolic types, this one is actually easiest to manage, because the food choices are greater. Some meals may resemble those for Protein Types, and some may resemble those for Carb Types; some may have features of both.

The appetite of a Mixed Type tends to vary greatly throughout the day—hungry at meals but not in between; ravenous at times and no appetite at others. Of course, these responses depend on what foods have been eaten that day. Mixed Types generally don't suffer from cravings. However, like the other types, Mixed Types who eat too much sugar or carbohydrates may develop strong sugar cravings.

Mixed Types must incorporate high-fat and low-fat proteins as well as high-starch and low-starch carbohydrates into their meal plans. If you are a Mixed Type, familiarize yourself with the requirements of both types to find your perfect balance.

A Mixed Type may be more of a Protein Mixed Type or a Carb Mixed Type—in other words, have more qualities of one type than the other. The only way to truly figure this out is by trial and error: by paying close attention to responses to each meal and then determining which foods make you feel good and energized and which foods leave you feeling hungry, fatigued, cranky, or craving more. Finding the right balance of proteins, carbohydrates, and fats is the key to losing weight, feeling great, and achieving optimal health.

4: Calories

When most people think about weight loss and daily food consumption, the first word that comes to mind is *calories*. In my experience, the mere mention of the word makes most people go pale, but at the same time, most people simply don't know what it means. For this reason, I would eliminate *calorie* from the English language if I could. The word is not bad in and of itself, but it is widely misunderstood!

In this chapter, I present the facts about calories so you can be in-the-know. Then, I clarify some common misconceptions about what calories are and what calories do so you can make healthy decisions about how and what to eat. Finally, you will use an easy equation to estimate your daily calorie requirements to lose weight or maintain it. Then you can forget about counting calories forever. (Really!)

Learn the Facts

According to *Merriam-Webster's Collegiate Dictionary* (11th edition), a *calorie* is “a unit equivalent to the large calorie expressing heat-producing or energy-producing value in food when oxidized in the body.” In plain English, a *calorie* is a unit of energy that is released from the food you eat and used to power the body.

The body needs energy from food—calories—to perform many functions, the most obvious of which are exercise and other kinds of physical activity. However, the body also requires energy to function at the most basic level: to breathe, digest food, and maintain organs and organ systems.

Believe it or not, it is possible to eat too few calories! The most serious problem with low-calorie diets is that although they may bring about weight loss, they also can cause serious health problems. One common side effect of low-calorie diets is muscle breakdown, which can occur when the body doesn't receive enough calories from protein. Especially vulnerable is the heart, a muscular organ. If a person does not consume an adequate amount of calories each day, the heart muscle begins to break down, possibly leading to serious conditions such as cardiac atrophy.

Also, following low-calorie diets off and on over time can have negative consequences for overall health. Low-calorie diets typically do not supply enough energy to keep organs and systems healthy and, in effect, can lead to malnourishment. For clients who have repeatedly followed such diets, I recommend high-calorie meal plans that provide their organs with adequate fuel to repair themselves and regain healthy function.

End the Calorie Debate

The American public has been told, time and time again, that consuming more calories than the body burns leads to weight gain. However, this statement is only partially true. In the following sections, I clear up some common misconceptions about calories.

“A calorie is a calorie.”

The old school of nutritional thinking teaches that all calories are created equal. Weight loss and weight gain are strictly a matter of “calories in, calories out”: Regardless of the calorie source, you’ll lose weight if you burn more calories than you eat and gain weight if you eat more calories than you burn.

This explanation seems logical enough, right? Unfortunately, it fails to account for modern research findings that the calories from proteins, carbohydrates, and fats have different effects on body metabolism—in other words, some calories really are healthier than others. To grasp this concept, a basic understanding of metabolism is helpful.

Two important metabolic reactions involve insulin and glucagon, hormones that are released during the digestion of food consumed. In general, *insulin* causes fat storage, and *glucagon* causes fat to be used for energy (rather than stored). Your body needs both of these hormones so it can function properly, but when the insulin–glucagon balance is ideal, your body will actually build muscle while burning fat. Getting the proportions correct is key to achieving and maintaining a healthy weight, and eating the right foods for your unique metabolic type—regardless of the calorie content of those foods—is the best way to do that.

Certain foods affect insulin release much more than other foods. These foods are refined

Weight Loss vs. Fat Loss

Losing weight and losing fat are not the same thing. To look and feel your best, you should lose weight specifically from body fat, not from muscle.

Studies often find that two groups of people consuming the same amount of calories but in different ratios of proteins, carbohydrates, and fats will lose different amounts of body fat and lean body mass (e.g., muscle and bone). For instance, someone who is a Protein Type but eats a 1,500-calorie diet composed of mostly carbohydrates each day most likely will not lose weight—or worse, may gain weight. On a 1,500-calorie diet of mostly protein, some carbohydrates, and healthy fats, this same person will reach his or her weight loss goal and feel great! (Discover the optimum food ratios for you in **Chapter 6: Daily Meal Planning.**)

To lose weight from fat, you must focus on not only how many calories you consume but also the source of those calories (i.e., proteins, carbohydrates, or fats). Eating the foods that are ideal for your metabolic type greatly affects the source of your weight loss. When your hormones are in balance (because you’re eating what your body requires), your body will achieve its ideal metabolic rate and will not need to hold onto excess fat stores—and as a result, weight loss will come from stored fat.

To conceptualize this situation, imagine yourself outside in freezing winter weather, dressed in a winter parka. If you entered a warm shelter, you would remove your coat because it would no longer be needed. The parka is like stored body fat: necessary under certain conditions but not others.

carbohydrates, which include white breads, sugars, most baked goods, and most processed snack foods. Consuming such foods causes insulin levels to increase quickly (giving a short, high energy boost) and then decrease quickly (leading to low energy levels and listlessness). When your body releases too much insulin, you may feel hungry soon after eating. Conversely, protein causes the release of glucagon, which can decrease hunger and control appetite.

By the way, it also is incorrect to say that all fats—or carbohydrates, or proteins—are created equal. Different fats (e.g., fish oil vs. hydrogenated oil) have vastly different effects on metabolism and health in general, as do different carbohydrates (e.g., low glycemic index vs. high glycemic index) and different proteins (animal vs. plant). The differences are highlighted throughout this manual.

As you see, making educated choices about where your calories come from is important when you are attempting to control appetite, lose weight, or maintain a healthy weight in the long term.

“Calories don’t matter.”

This school of thought says that if you eat proteins, carbohydrates, and fats in certain ratios, then the number of calories is unimportant. For example, for proponents of metabolic typing, the only thing that matters is eating the ideal foods in the right proportions for your metabolic type. This approach can be effective if you eat those foods in the ideal amounts for your body; however, consuming larger amounts will cause you to maintain or gain weight rather than lose it.

If a meal plan for weight loss isn’t created with calorie counts, then on what is it based? Ideally, each of us would know when to eat and when to stop eating simply by “listening” to the body’s hunger and satiation cues. Unfortunately, though, most people who struggle with their weight have lost the ability to recognize when they are hungry or full and often eat when they feel stressed, bored, or pressured socially.

To account for this inability to listen to the body’s cues, the Diet Solution Program recommends that you estimate how many calories you need to consume daily (Determine Daily Calorie Requirements, page 18) and then use the result as a tool to determine ideal serving sizes (Step 2: Determine Your Allowable Food Servings, page 26 in **Chapter 6: Daily Meal Planning**). Then, by paying attention to your body’s cues over time (What to Include, page 21 in **Chapter 5: Food Journal**), you can create and adjust future meal plans accordingly.

“I can’t eat that much and still lose weight.”

Many people are surprised by the generous portion sizes and the amounts of food that I recommend for healthy weight loss. But the truth is, with the right foods, you can eat sizable quantities of food and lose weight at the same time! Most dieters decrease their food intake so much when they want to lose weight that they do lose some

pounds, then quickly plateau. At that point, they have no recourse but to eat even less food, which triggers starvation mode and makes losing weight and feeling good difficult, if not impossible.

Please don't be afraid to eat. If you eat the right foods, in the right amounts and proportions for your metabolic type, then you will lose weight and feel great. You must change your mind-set from "calorie counting" to "choosing the appropriate proportions and serving sizes" for your body. And whatever you do, don't be lured into the trap of counting calories, because that approach is not sustainable—or healthy—in the long term.

Determine Daily Calorie Requirements

Even though the word *calorie* is loaded with bad (and wrong) connotations, the Diet Solution Program suggests estimating your daily calorie requirements as a means to an end. This number is used to determine the correct number of servings of each food type for each meal (Step 2: Determine Your Allowable Food Servings, page 26). That's it—no counting calories at each meal, or ever! (In fact, for my clients, I often do the calorie calculation myself and choose the appropriate meal plan without ever mentioning the word *calories*.) Instead, you will record in your Diet Solution Food Journal the individual servings of proteins, carbohydrates, and fats that you consume at each meal and your total servings for each day.

How many calories are enough—that is, enough to provide energy for your body to perform all its necessary functions and activities and bring about optimum health? Daily calorie requirements vary from person to person and depend on weight, foods consumed, sleep, stress and activity levels, age, and a long list of other factors that affect metabolism. Because of these many variables, no machine, calculator, or equation can determine the exact number of calories that a person needs daily. However, my experience indicates that the following calorie equation provides a good starting point, even if it is not the most scientific method.

Read the following instructions straight through once, then perform the easy calculation for yourself, recording your results here. You will need to refer to this information while you work through **Chapter 6: Daily Meal Planning**.

- Multiply your current weight (in pounds) by 13, 14, or 15—use 13 if you have a particularly slow metabolism and do not exercise much, 14 if you perform moderate exercise three or more times per week, and 15 if you exercise vigorously more than three times per week. The result is your *daily calorie requirement for weight maintenance*:

_____ pounds × ____ = _____ calories per day

- For healthy weight loss, you must reduce your maintenance calorie intake by 20% (in other words, consume 80% of the maintenance amount). Simply multiply your daily calorie requirement for weight maintenance by 0.80. (**Note:** Do not reduce your calories by more than 20% in an effort to lose more weight; doing so may put your body in a starvation state, which would slow your metabolism and make weight loss even more difficult). The result is your *daily calorie requirement to achieve healthy weight loss*:

$$\underline{\hspace{2cm}} \text{ calories} \times 0.80 = \underline{\hspace{2cm}} \text{ calories per day}$$

For example, consider a 180-pound female who does moderate weight training and walking three times per week.

Maintenance plan: 180 pounds \times 14 = 2,520 calories per day

Weight-loss plan: 2,520 calories \times 0.80 = 2,016 calories per day

Her customized weight-loss meal plan should provide about 2,000 calories per day.

Remember that these daily calorie requirements are only guidelines. Some people need fewer calories to lose weight, and others need more. The goal is to consume as many calories as possible while still losing fat, because the more fuel you give the body, the harder your metabolism will work, and you want to keep that metabolism cranking to see long-term weight loss. The truth is, the healthier your body is, the more food you can eat and still achieve or maintain your ideal weight.

5: Food Journal

In determining your metabolic type, you took the first step toward achieving healthy weight loss and acquired the first tool needed to create your personal meal plan. In this chapter, you will learn why keeping a food journal (a kind of diary in which you record everything you eat and how you feel afterward, immediately after eating and until your next meal) is essential to your success. Then, you will choose the journal format that will work best for you, create your personal food journal, and learn how to interpret your body's responses.

Over years of consulting to nutrition clients, I have learned that the foods and meal plans that work best for one person may not necessarily be the best options for someone else. For this reason I suggest that you use the Diet Solution Food Journal during the first couple of weeks (or longer) of following the Diet Solution Program. Keeping track of your food intake and responses will help you identify which foods and meals make you feel good and satisfied and which don't, enabling you to fine-tune your diet.

After you have completed this task, you'll have another tool in your toolkit. You'll then proceed to **Chapter 6: Daily Meal Planning**, where you will create your first meal plans.

Why and How Long?

You may wonder whether it's really necessary to keep a food journal. My answer is, without a doubt, yes. People who take the time to record the foods they eat are significantly more successful on the Diet Solution Program than people who don't. Remember that you *will not* need to record everything you eat for the rest of your life. Food journaling is just a part of the learning process: learning to recognize which foods your body responds to best, and in what amounts.

When I first changed my own eating habits and lifestyle, I started keeping an accurate record of everything I ate and how I felt after each meal. After 2 months, I wrote fewer notes because I had learned which foods made me feel best and in what amounts. I continued journaling for about 6 months, total, then stopped. Now, years later, if I feel unwell, I use my food journal again to try to pinpoint and remove a food-related cause.

Your Diet Solution Food Journal will be a written record of all of the foods and meals that you eat for the first few weeks (or months) that you follow the Diet

Solution Program. How long you use it will depend on how long it takes you to learn which foods are best for your body and in what amounts. If you have never really paid attention to your body's hunger and satiety cues before, then this process may take longer for you than for someone who is already tuned in to those cues. However, recording this kind of information will give you a valuable record to refer back to when you want to determine why you feel the way you do—that is, which foods make you feel healthy and energetic and which foods bring on malaise, fatigue, or other negative symptoms.

Choose Your Format

Because I want you to actually use this tool, you should choose the food journal format that will work best for you. Consider the following suggestions, then follow the instructions for creating your personal Diet Solution Food Journal.

- **A notebook or a bound journal:** This option is incognito. You can carry it with you without making a fuss, yet it can be as plain or as fancy as you like. Because the right style and size vary from person to person, choose a notebook or bound journal with a cover material and design that you like and a size that fits in your purse, backpack, or gym bag or even under your arm—whatever suits your personality and lifestyle.
- **A three-ring binder:** If you use the blank Diet Solution Food Journal sheet (page 140), then you can keep enough pages for a week or more in a three-ring binder. My clients who choose this option usually keep the binder in the kitchen, where they start their day and do most of their meal planning.
- **One page at a time:** This option is the “light” version of the Diet Solution Food Journal! Carry one blank Diet Solution Food Journal sheet (page 140) in your purse, briefcase, backpack, or pocket, and fill it in as the day goes on. At the end of the day, file the page in a folder for future reference.

What to Include

Each page of your Diet Solution Food Journal should be dated, and each entry on each page must contain some basic information:

- time you ate;
- food eaten;
- how many Protein, Carb, and Fat servings (according to the Food Choices charts that start on page 143) in each food; and
- how you feel immediately and 1 or 2 hours afterward.

In addition, include some information that may make your experience easier or more inspiring (e.g., notes, reminders, or positive affirmations). For reference, take

a look at a blank Diet Solution Food Journal sheet (page 140), which you can photocopy for your own use if you like, then a Diet Solution Food Journal (sample) page that I have completed for a typical day (page 141).

You decide which format works best for you, but here's what I recommend.

1. At the top of each page, write the date, then list the three things that you are most grateful for.
2. List the three positive affirmations that you chose for yourself in **Chapter 1: A Program for Success** (Set Goals and Positive Affirmations, page 5)
3. Make a chart to record your daily entries. First, create a narrow column on the left in which you will record the times that you eat and a wider column in which you will list all of the foods that you eat. Then, to the immediate right, create three narrow columns to record Protein, Carb, and Fat servings. Finally, create a wide column for notes about how you feel immediately and 1 to 2 hours after eating.
4. Divide the rows into five large sections with several rows each: Breakfast, Snack, Lunch, Snack, and Dinner.
5. Somewhere on the page—it's at the very bottom of the blank Diet Solution Food Journal sheet—list your daily water intake goal, which you will determine in **Chapter 13: Water**.
6. Every time you eat or drink, write down the time; what you ate; how many Protein, Carb, and Fat servings you consumed; how you felt immediately afterward; and how you felt 1 or 2 hours later. Be sure to include the quantity of water, and make every effort to reach your daily goal.

Interpret Body Responses

Paying attention to which foods cause negative symptoms (by keeping a food journal) is extremely important so that you can achieve your weight goals and feel healthy. From immediately to 2 hours after a meal, your body will send signals that you should record (in your Diet Solution Food Journal) and interpret. In general, the healthier you are, the more information you get, and the faster you get it.

After eating the right foods, in the correct proportions for your metabolic type, you should feel satisfied—not hungry or overly full—and should not feel hungry again for another 3 to 4 hours. Your energy levels should remain high and stable. After eating the wrong foods, you may remain hungry or become hungry soon after you eat; feel bloated or tired; or have a heavy stomach, sweet cravings, or a headache.

In *How to Eat, Move and Be Healthy*, Paul Chek lists some common body responses after eating (Chek 2004, 49), and I have summarized them here.

Optimal Responses

If you have eaten the right foods in the correct proportions, you may feel

- happy;
- comfortable and stress-free;
- energetic until the next meal;
- focused and clear-headed; and
- free of cravings.

Negative Responses: Carbohydrates

Short-term negative responses to eating too many carbohydrates include

- jumpy behavior or thoughts;
- hunger immediately after eating;
- feeling fatigued but wired;
- nervous energy;
- feeling unsatisfied; and
- craving fat, protein, or both.

Long-term negative responses to eating too many carbohydrates include

- depression;
- acne;
- constipation;
- headache and neck, shoulder, and lower back pain; and
- sleep disturbances.

Negative Responses: Proteins

Short-term negative responses to eating too much protein include

- lethargy or sleepiness;
- dull or depressed mood;
- heavy stomach;
- feeling full but still hungry; and
- craving sweets, coffee, or tea.

Listen to Your Body

You might wonder, “If I don’t count calories, then how will I control my eating habits?” To begin, you will use the Allowable Servings Guide (page 142) to plan your meals and keep track of how you feel after eating in your Diet Solution Food Journal. Over time, though, you will learn how to meet your body’s nutritional needs naturally.

Humans are born with the ability to “know” when the body is nourished and when it is not. My professional experience indicates that most yo-yo dieters and other people who have battled weight problems don’t “listen” to their bodies’ cues in response to the foods and portions they consume. The good news is that this ability can be (re)learned.

The Diet Solution Program teaches you how to choose the best foods and portions for your metabolic type. After only days following the program, you will begin to notice how you feel after eating. Although this experience may be new to you, you will learn to eat your way to optimum health by letting your body be your guide.

By paying attention to your body’s cues, you can maintain a healthy weight without counting calories or referring to guides and charts. It’s how I live my life now. After years of dieting, I reawakened my body’s innate ability to tell me when I’ve had enough food and when I need more by following the same plan that I present in this manual. Every day is different; some days I need more food and others less, depending on my levels of exercise, stress, and even hormones. But I don’t need to count calories to know whether I’ve had enough; my body tells me, and I know how to listen.

Long-term negative responses to eating too much protein include

- foul body odor,
- depression,
- low energy,
- craving sweets, and
- headaches.

If you eat the proper foods and proportions for your metabolic type according to the charts in this book but consistently have undesirable side effects, then refer to your Diet Solution Food Journal and see whether you can determine what made you feel unwell, and adjust your meal(s) accordingly the next time.

Developing Your Meal Plan

You are now ready to create your own personal meal plan. There are 2 ways to do this (Neither one is better or easier than the other. Just choose which is best for you.)

1. If you've purchased the deluxe package of the Diet Solution Program, use Track 1 of your Audio CD and I will personally guide you step by step through the meal planning process.
2. Read and follow along with Chapter 6 for specific step by step instructions through the meal planning process.

Both options are quick, easy, and simple to follow.

Note:

We are constantly updating this manual to include the most up to date and vital nutrition information. We also continue to add in pages and resources that we feel will benefit our readers. Some page numbers have changed since our last audio recording. Please note the following changes in the audio CD.

- Food Choices Sheets begin on page 140 not page 150.
- All Sample Meal Plans begin on page 146 not page 125.
- A Diet Solution Meal Planning page has been added on page 145.
- A Diet Solution Food Journal Page has been added on page 137.
- The Metabolic Typing Test is on page 131 not page 120.

6: Daily Meal Planning

Now you have almost all the information and tools you need to begin to create your personal Diet Solution Meal Plan. In this chapter, you will learn the proper food ratios for your metabolic type, determine the ideal food servings for your daily calorie requirements, refine the food choices for your metabolic type, and then use all of this information to create your own personal meal plan—and be well on your way to weight loss success.

At this point, you should have already discovered whether you are a Protein Type, a Carb Type, or a Mixed Type according to the instructions in **Chapter 3: Metabolic Typing**; estimated your daily calorie requirements using the equation in **Chapter 4: Calories**; and chosen your personal Diet Solution Food Journal from the instructions in **Chapter 5: Food Journal**. Now, gather together

- the Ideal Food Ratios for Each Metabolic Type chart (page 139);
- some blank Diet Solution Food Journal sheets (page 140), or your custom Diet Solution Food Journal (instructions in **Chapter 5: Food Journal**);
- a few copies of the blank Diet Solution Meal Plan sheet (page 148; you also can download this file from my Web site at www.thedietsolutionprogram.com/freestuff.aspx);
- Sample Meal Plans (starting on page 149) for your metabolic type;
- the Allowable Servings Guide (page 142);
- the Food Choices charts (starting on page 143) for your metabolic type; and
- a pencil or pen.

Step 1: Identify Ideal Protein–Carbohydrate–Fat Ratios

On the Ideal Food Ratios for Each Metabolic Type chart, you see that different ratios of calories from proteins, carbohydrates (listed as Carbs on the chart), and fats are ideal for each metabolic type. Carb Types should eat approximately 20% proteins, 70% carbohydrates, and 10% fats; Mixed Types should eat approximately 40% proteins, 50% carbohydrates, and 10% fats; and Protein Types should eat approximately 45% proteins, 35% carbohydrates, and 20% fats.

For example, if you're a Mixed Type, each meal or snack (including your drink) should contain about half protein and half carbohydrates. (**Note:** The 10% fat would come from your protein source or from some added healthy oil.) Because

determining these amounts at each meal may be difficult at first, refer to Sample Meal Plans for your metabolic type to make things a bit easier, or use the Allowable Servings Guide to create your own meal plans. You'll soon learn to tune in to your body's responses and learn when you have eaten the right amounts for you.

Step 2: Determine Your Allowable Food Servings

To determine your ideal food servings, refer to the Allowable Servings Guide. Locate the heading that lists your daily calorie requirements (as determined by the calorie equation given under Determine Daily Calorie Requirements, page 18), then the column in that section that applies to your metabolic type. For example, a person who requires 2,000 calories a day and is a Protein Type should search first for the "2,000 calories/day" heading (bottom left section of the chart) and then for the Protein information (unshaded column under the "2,000 calories/day" heading). Starting from the top of this column, you can see that this person should have three protein servings and one carbohydrate serving for Breakfast, three protein servings and one carbohydrate serving for a Snack, and so on down the column.

Transfer your allowable servings information to a blank page in your Diet Solution Food Journal and to each blank Diet Solution Meal Plan sheet so that you will no longer need to reference the Allowable Servings Guide.

Step 3: Identify Your Ideal Foods

Eating the right kinds of food is as important as eating the right quantities of food. Take a look at the Food Choices charts for your metabolic type (e.g., a Protein Type would use Protein Choices: Protein Types, page 144, and Carbohydrate Choices: Protein Types, page 146; Mixed Types should refer to charts for both types). The ideal foods for each type are shaded in the appropriate charts. Foods that are not highlighted in the charts should be avoided or eaten only occasionally. For example, an orange—generally thought of as a healthy food—will help balance a Carb Type but may push a Protein Type out of balance.

Because each person is unique, these charts must be considered as a starting point to find which foods are best for you. For example, I always test as a Protein Type but feel pretty good eating cucumbers and carrots—two foods that most Protein Types typically should avoid. When I feel lethargic soon after eating or hungry an hour later, I know I've eaten a food that isn't good for me (or that my meal didn't have the correct protein-to-carbohydrate ratio).

Again, these charts are only starting points to determine which foods might be best for you. Pay attention to how you feel after eating; track symptoms that might be related to the foods you eat in your Diet Solution Food Journal.

Step 4: Plan Your Meals

Finally, put all the pieces together to create a truly personal meal plan—one that meets the needs of your metabolic type and includes foods that you enjoy. Let's start with an example.

According to the Allowable Servings Guide, a Protein Type requires three protein servings at Breakfast. Possible options from the Protein Choices: Protein Types chart (page 144) could be

- 2 eggs and 1 slice of bacon,
- 3 ounces of meat or poultry (possibly leftovers from the night before), or
- something else from the chart.

A Protein Type also requires one carbohydrate serving at Breakfast. Possible options from the Carbohydrate Choices: Protein Types chart (page 146) could be

- 1 medium apple,
- 1 cup of spinach (e.g., in an omelet),
- 1 cup of cooked oatmeal, or
- something else from the chart.

For a Snack, a Protein Type requires three protein servings and one carbohydrate serving, which could be

- 1½ ounces of raw almonds and 1 medium apple,
- 3 oz leftover turkey and ½ cup each of celery and carrots (a mini meal), or
- something else from the chart.

Now plan a Breakfast using your unique information, and list these choices on a blank Diet Solution Meal Plan sheet under Breakfast. Refer to the Sample Meal Plans (page 149) for examples, if needed. (Although the serving sizes may not be exact for your needs, the sample meals demonstrate how to combine servings of proteins, carbohydrates, and fats together in a meal.)

Do the same thing for your morning and afternoon Snacks. Keep in mind that snacks don't have to be the kinds of unhealthy, empty-calorie foods that people normally associate with snacking (chips, candy, and cookies). Healthy, nutritious snack alternatives like raw nuts and a fruit also have the advantage of being easily transportable. To choose your best snack options, think about your typical day and where you will be during mid-morning and mid-afternoon snack times. If you will be on the move, then your snack should be shelf-stable, easily transportable, and easy to eat with your hands. If you will have access to a refrigerator or a cooler, then your snack can be a mini meal that consists of leftovers from the day before.

The process of creating meals for Lunch and Dinner is the same as for Breakfast and Snacks, but you will add Fat servings, as indicated on the Allowable Servings Guide. Don't give in to society's urging to avoid all fats, thinking that doing so will help you lose weight faster. In fact, you must consume a substantial amount of healthy fat each day to lose weight, keep energy levels high, and feel satiated. (**Chapter 8: Fats** addresses this topic in detail.) Refer to the Sample Meal Plans for some good Lunch and Dinner examples. Also, **Chapter 17: Recipes** will help you cook up some healthy and delicious meals.

Plan another day or two of meals while you're at it, using a separate blank Diet Solution Meal Plan sheet for each day.

Step 5: Learn More

Now that you have planned a few days' worth of Breakfasts, Snacks, Lunches, and Dinners, you are well on your way to achieving your ideal weight and optimum health! Your toolkit is almost complete.

Continue reading the rest of the manual so you can learn how to choose the best food available, prepare it in a healthy way, and enjoy your journey toward healthy weight loss. You may want to keep your Diet Solution Food Journal handy as you read so that you can make notes to help guide future meal planning.

Remember, the information listed in the Allowable Servings Guide and Food Choices charts are only suggestions and starting points. If you feel hungry at any time, you will need to adjust your meal plan in some way. Depending on your metabolic type, you might add a bit more protein, carbohydrate, or fat to a meal (to adjust the protein-carbohydrate-fat ratio slightly) or add another Snack to your day (making sure to keep that meal balanced and appropriate for your type) until you feel satiated and energized. And if something you eat makes you feel lethargic, avoid it.

PART 2

Congratulations on creating your personal meal plan! Take a good look at it. In front of you is the path to your personal weight-loss and health goals.

As important as it is that you eat the foods ideal for your metabolic type, it also is critical to choose the best food possible. This part of the manual is dedicated to teaching you how to choose the foods that will best help you achieve the weight-loss and health goals that your meal plan represents.

7: Organic Food

What exactly is organic food? It is food grown or raised without the use of synthetic (chemically formulated) pesticides, herbicides, fungicides, or fertilizers. Organic farming allows foods to grow in nature as they were intended.

Conventional farmers in the United States alone spray 2 billion pounds of pesticides a year on crops to compensate for poor farming practices (Chek 2004, 55). And those pesticides end up in our food supply! In this chapter, I explain why organic foods are better for your health and should be a part of your healthy lifestyle.

The Truth About Conventional Produce

In *How to Eat, Move and Be Healthy* (Chek 2004, 57), Chek lists the following chemicals found in a conventionally grown apple, a food that most of us would consider healthy!

- Chlorpyrifos: an endocrine disruptor that impairs immune response, causes reproductive abnormalities, and damages a developing nervous system
- Captan: a carcinogen (i.e., a substance believed to be capable of causing cancer) that causes genetic and immune system damage
- Iprodione: a carcinogen
- Vinclozolin: a carcinogen and a genetic, endocrine, and reproductive disruptor that causes dermatitis

Chek also provides the results of an interesting study conducted on 110 urban and suburban children in Washington state. The study found that children who ate primarily organic foods had significantly lower exposure to organophosphorous pesticide (a nervous and immune system disruptor) than children on conventional diets. Of the children tested, only one did not demonstrate measurable pesticide levels in a urine sample; this child ate an all-organic diet. The levels measured in other children who ate mainly organic foods were below the U.S. Environmental Protection Agency's (EPA's) "safe" level, whereas those of children who ate conventional foods were above this level (Chek 2004, 57).

Meat, Poultry, and Eggs

The animal that becomes your meal can only be as good and as healthy as the food that it was fed (in the same way that you can only be as healthy as the food you eat:

You are what you eat!). Cattle in the wild eat grass, but most commercially raised cattle are fed low-quality grains to make them fat. Because these animals are not designed to eat grains, they quickly become ill, which requires the administration of antibiotics that you ingest when you eat beef.

If this situation is not bad enough, most of the chickens and pigs in commercial “factory” farms are raised in extremely small cages (usually in their own feces) and rarely see the light of day. Furthermore, they are fed a constant supply of antibiotics and growth hormones to speed growth, keep them alive, and fend off disease (Chek 2004, 68). This fact alone should encourage you to spend the extra money on free-range organic chicken and pork.

Understandably, the quality of an egg can be only as good as the quality of the chicken that lays it, so it is crucial to buy and eat only organic eggs. A chicken that has lived a natural life produces eggs that are extremely high in omega-3 fats—one of the healthiest types of fat for humans. As a result, the whole egg is one of the healthiest, well-balanced natural foods for humans to consume.

Many people have developed a fear of eating whole eggs because of the cholesterol in the yolk. But the truth is that cholesterol is necessary for our bodies to function. However, whole eggs from commercially raised chickens are bad for us; they are high in omega-6 fats, which cause inflammation in the body and increase the risk of heart disease.

The Value of Going Organic

As explained in Step 3: Choose the Best Foods (page 9), anything that is toxic to the body overwhelms the liver, and an overwhelmed liver becomes clogged, which makes losing weight difficult. Pesticide residues not only clog the liver but also build up on the intestinal wall, inhibiting the absorption and digestion of nutrients from the food you eat.

Some people ask whether organic food is worth the money. To me, this question is equivalent to, “Is your health worth the money?” People’s most common complaint or concern about “going organic” is the expense. Organic food is more expensive for several reasons. On average, organic farmers have lower yields and higher production costs than conventional farmers because they don’t use herbicides; some crops are weeded by hand, which is labor-intensive. Also, organic farmers don’t receive the many agricultural subsidies and other perks available to conventional farmers. You must weigh the extra cost in the short term with the long-term health benefits of sparing your body from all the chemicals. Consider our society’s current state of health: The more chemicals and toxins we are exposed to, the worse our health becomes.

Consider this issue: If your doctor told you that you had a disease that required you to pay for special medical treatment to feel good every day, would you

do it? I can confidently tell you that you can do something to protect your future health, prevent illness, and lose weight at the same time: Spend the extra money on organic foods. You may find that when you spend less on packaged foods, the additional amount spent on organic produce and meats won't increase your overall grocery bill significantly. In addition, you will find that organic vegetables and fruits actually taste better than conventionally farmed ones.

Simply put, purchasing organic foods is an investment in your health.

Action Steps

- Begin by buying organic poultry, meat, and eggs. If your local supermarket does not carry such products, visit a health food store, Whole Foods, or Wegmans market. This first step alone will ultimately change the progression of your health for the better—and for years to come. (If organic products are unavailable or difficult to obtain, then the next best choice is free-range, antibiotic- and hormone-free poultry, meat, and eggs. This way, even if the animals were not fed organic feed, at least they did not receive antibiotics and hormones.)
- After you have made a regular practice of buying organic (or free-range, antibiotic- and hormone-free) meat, poultry, and eggs, start buying organic produce. Begin with the produce that tends to have the highest pesticide residues:
 - Fruits: peaches, apples, strawberries, nectarines, pears, cherries, red raspberries, and imported grapes
 - Vegetables: spinach, bell peppers, celery, potatoes, and hot peppers

8: Fats

Because fat is so important for so many bodily functions, you must consume an adequate amount of fat each day. Unfortunately, our society has developed a fear of fat. In turn, many companies have produced fat-free or low-fat products that contain high amounts of sugar or high-fructose corn syrup, both of which increase hunger and cravings for sugary foods.

Because fats are an essential part of any meal plan, it is important to recognize them as good or bad. In this chapter, you'll learn how to tell the difference.

Fats to Avoid

All fats are not created equal. The most detrimental fats are hydrogenated ones called trans-fatty acids (also called TFAs or “trans fats”)—most commonly listed as hydrogenated oils or partially hydrogenated oils on food labels—and should be avoided in your diet.

Hydrogenation is a chemical hardening method commonly used to create fats that are shelf-stable and have a higher melting point than their source material. To hydrogenate a liquid vegetable oil, the oil is first washed, bleached, and deodorized and then heated to a high temperature along with a metal catalyst (nickel, zinc, or copper). Next, hydrogen gas is bubbled through the mixture. Partial hydrogenation results in a product that is semisolid at room temperature (like margarine or a salad dressing oil that doesn't separate), and full hydrogenation results in a product that is solid at room temperature (like Crisco shortening). Regardless of the ultimate result, hydrogenation completely alters the liquid oil's molecular structure so that it no longer resembles a natural fat; in fact, it becomes an unhealthy trans fat. Because the body does not recognize the transformed molecule as a natural fat, it cannot process it and treats it as a toxin.

The molecular structure of a trans-fatty acid is closer to that of plastic than to that of a normal fatty acid (Chek 2004, 72). Still, many processed foods—even some considered to be healthy—are laden with trans fats. Food manufacturers use hydrogenated oils because they have a long shelf life and are cheaper to use than the real thing, but research has shown that these fats are detrimental to your health.

Trans fats can raise levels of low-density lipoproteins (LDLs, commonly known as “bad cholesterol”) and lead to clogged arteries, elevated cholesterol levels, heart disease, type 2 diabetes, and even cancer (Mercola with Droege 2003). The body has no use for trans fats and stores them in fat cells and arteries. Consuming

trans fats actually causes fat cravings; these cravings continue until the body receives the essential fatty acids (EFAs)—the good fats—that it needs.

Good Fats

Good fats are derived from healthy food sources. Adequate amounts of the ideal fats for your metabolic type—naturally occurring in your food, used in cooking, or taken as supplements—will fulfill your daily nutritional needs and keep you from getting hungry.

Essential Fatty Acids

The human body cannot survive without some fats—specifically, EFAs. EFAs are necessary for the healthy function of every bodily process, including

- brain and nervous system activity,
- regulation of hormones,
- function of organs and the immune system,
- cell function, and
- digestion.

Our bodies need EFAs but cannot make them on their own; therefore, we must get them from the foods we eat. The two kinds of EFAs are omega-3 and omega-6. Foods that are high in omega-6 fats are grains, commercially raised meats, oils used in processed foods, and many commonly used cooking oils, including corn, safflower, and sunflower. Omega-3 fats are found in leafy green vegetables, oily fish (like salmon), walnuts, organic eggs, and naturally raised meats.

The ideal ratio of omega-3 to omega-6 fats is between 1:2 and 1:4. Unfortunately, because the typical American diet is abundant in grains and cooked oils and lacking in vegetables and healthy fish, the average omega-6 intake is high and omega-3 intake low. This ratio has been calculated in some people to be as high as 1:50! Clearly, we must make a conscious effort to reduce the amount of omega-6s and increase the amount of omega-3s that we consume to bring that ratio back toward its ideal.

Omega-3 fats are vital for the development and maintenance of the adult brain and nervous system. In *The Omega Diet*, Artemis Simopoulos and Jo Robinson describe a study in which mice fed a diet low in omega-3 fats (i.e., the most common American diet—lots of carbohydrates; packaged, processed, and fast foods; minimal fruits, vegetables, and whole foods) led to a decreased mental performance compared with mice fed a diet with adequate omega-3s (Simopoulos and Robinson 1998, 87).

The same authors state that many behavioral and mood disorders are associated with a lack of omega-3 or an imbalance between omega-3 and omega-6

fats in the diet. Their list of recognized disorders (Simopoulos and Robinson 1998, 16) includes but is not limited to

- asthma,
- attention-deficit/hyperactivity disorder (ADHD),
- cancer,
- depression (even among children),
- diabetes,
- heart attack,
- insulin resistance,
- obesity, and
- stroke.

While I normally like to keep supplements to a minimum and focus more on nutrients from fresh foods, fish oil supplementation may be vital if you do not consume fresh fish on a regular basis. Also, the health of our oceans—and thus of the fish that live in them—is not as good as it used to be. Elevated mercury levels are increasingly found in most fresh fish sold for human consumption. Incorporate one serving of fresh fish (especially wild salmon) every week or two, but avoid fishes that often have elevated levels of mercury, such as tuna, shark, and swordfish. Whatever your choices, consume at least two or three servings of omega-3 fats daily.

The Truth About Saturated Fat

Heart disease was quite rare before 1920—so rare that the electrocardiograph (which performs the test now commonly known as an electrocardiogram [ECG]), developed to diagnose coronary heart disease, was considered a waste of time and quickly rejected. Apparently, no one suffered from clogged arteries at that time. But by the mid-1950s, heart disease was the leading cause of death among Americans. Today, heart disease causes at least 40% of all deaths in the United States each year.

In “The Skinny on Fats” (www.westonaprice.org/knowyourfats/skinny.html; also in Fallon 2001, 5), the well-known nutritional expert Sally Fallon states that

If, as we have been told, heart disease results from the consumption of saturated fats, one would expect to find a corresponding increase in animal fat in the American diet over the same amount of time as the increase in heart disease. Actually, the converse is true. During the sixty-year period from 1910–1970, the proportion of traditional animal fat in the American diet declined from 83 percent to 62 percent, and butter consumption plummeted from eighteen pounds per person each year to four. During the past eighty years, the consumption of dietary cholesterol intake has increased only one percent.

If saturated fat consumption actually decreased, then what increased? During the same period, the average intake of dietary vegetable oils (in the form of margarine, shortening, and refined oils) increased by about 400%, and the consumption of sugar and processed foods increased by about 60% (Fallon 2001).

Given these data, saturated fats apparently have been falsely accused; they are not the cause of modern disease. Unfortunately, people have been led to believe otherwise, so they try to avoid any food that contains high levels of saturated fat.

Coconut oil contains primarily saturated fat but no trans fat. It is rich in lauric acid, which is known for its antiviral, antibacterial, and antifungal properties. Some medical doctors now recommend coconut oil as a healthy food oil. In the informative online newsletter *Doctor House Call*, Al Sears, M.D., states, “The saturated fat found in coconut oil is a unique fat that helps prevent heart disease, helps to build up the immune system, and does not turn into fat in your body. In fact, it helps to speed up your metabolism ... helping you to burn fat and increase your energy!” (Sears no date). And Joseph Mercola, D.O., claims, “Coconut oil is truly the healthiest oil you can consume” and urges readers to try virgin coconut oil and “experience the health benefits for yourself” (Mercola no date).

The saturated fat in coconut oil (as well as in palm kernel oil) is of the medium-chain fatty acid (MCFA) variety. The body digests MCFAs more easily and uses them differently than other fats. MCFAs are sent directly to the liver, where they are immediately converted into energy. In other words, the body uses the fat to make energy rather than store it (Fife 2001, 39).

Cooking with Fats

Different types of fats respond differently to heat. Each fat has a smoke point—that is, the temperature at which it begins to smoke, become discolored, and decompose (i.e., when the fatty acid content is damaged). Never heat a fat to its smoke point to avoid turning it rancid and unhealthy. Refer to Guidelines for Cooking with Fats (page 173) to choose the best fat for each type of cooking.

In general, the two best fats to use for cooking are unrefined coconut oil (for very high heat) and raw organic butter (for medium-high heat; it should not turn brown during cooking). Because they contain high levels of saturated fat, they stay chemically stable up to 375°F. Oils that are low in saturated fat and high in monounsaturated fat, such as olive oil, are best consumed raw (e.g., on salads and vegetables) or used for light sautéing over medium heat.

Although coconut oil provides a significant amount of fat and calories, it has been proven to increase the body’s metabolic rate, making it easier to lose weight. The Diet Solution Program does not limit the amount that you can use each day. This is not to say that you should eat spoonful after spoonful all day long; a reasonable

amount would be 1–2 tsp three times per day for cooking. I have never had a client not lose weight because of using too much coconut oil.

I know you're going to find it difficult to believe, but butter—at least the raw organic kind—is one of the healthiest whole foods you can include in your diet. Yes, butter contains high levels of saturated fat; but remember, saturated fat is not the culprit behind weight gain and high rates of disease. Trans fats (hydrogenated oils), sugars, and processed grains are the bad guys. Like coconut oil, butter is high in lauric acid, which the body uses for energy.

Extra-virgin olive oil is another healthy oil. It is rich in antioxidants, and 1 or 2 teaspoons go a long way (on a salad or in a sauté). When buying olive oil, look for oil that is cloudy (indicating that it has not been filtered) and has a golden yellow color (which means that it was made from fully ripened olives). Extra virgin is best. And, of course, it should be organic.

Action Steps

- Clean out your cupboards of all foods and snacks that contain hydrogenated or partially hydrogenated oil. You will find it in more packaged foods than you think, including many crackers, chips, pretzels, cookies, cereal bars, ready-to-eat cereals, microwave popcorn, and low-fat and fat-free snacks.
- Change your mind-set to no longer associate snacking with chips, crackers, and popcorn. Perfect snacks can be a smaller version of a real meal, such as a hard-boiled egg, a few pieces of chicken with vegetables, chopped vegetables, fruit, nuts, or nut butters. Fresh food is always the best food.
- Only use quality fats for cooking: coconut oil, butter (raw organic), and olive oil (unfiltered, organic, extra virgin). Brands and sources are listed in **Chapter 16: Shopping List** (Oil, page 63).
- Avoid margarine and shortening, which are hydrogenated vegetable oil.
- Consume at least two to three servings daily of good-quality omega-3 fats from fish oil, seeds (especially flaxseed), avocados, and nuts (raw organic), especially walnuts.
- Avoid roasted nuts. The roasting process causes the fats and oils to go rancid, and rancid oils increase free-radical damage in the body. (Free radicals accelerate aging.)
- Snack on organic nut butters. Most stores carry peanut, almond, cashew, and macadamia nut butters. The ingredient list should not contain anything but one kind of nut and salt. Most peanut butters contain roasted peanuts, so read labels carefully.
- Incorporate whole organic eggs into your diet, with breakfast or as a snack.

- When cooking with fat, add the fat to a cold pan and increase heat gradually.
- Serve flaxseed oil, cod liver oil, or fish oil straight from the bottle, on salads, or on cooked vegetables. Refrigerate these oils to avoid rancidity.
- If you find it difficult to incorporate foods rich in omega-3 fats into your meal plan, take an omega-3 supplement daily.

9: Dairy

The subject of cow's milk dairy could fill a whole book itself. As a society, we have grown up with the idea that milk and cheese should be staples in the American diet, primarily for the calcium they purportedly provide. What researchers now know is that the quality of our milk supply has drastically changed over the past century, thus changing the daily recommended requirements for dairy from three to none. Also, many Americans now suffer from lactose intolerance and thus resort to nondairy alternatives, which often end up causing problems worse than the dairy itself.

In this chapter, I explain the changes in our dairy supply and the possible implications of conventional dairy consumption.

The Raw Alternative

My theories and beliefs about dairy products (i.e., milk, yogurt, and cheese) surprise many people. I believe that the only dairy products humans should consume is unpasteurized and unhomogenized, from free-roaming grass-fed cattle. Although some people fear becoming ill from raw dairy, thousands of people in this country (my family included) consume it, and not only are we not becoming sick from it; we're healthier than people who consume pasteurized dairy products.

Raw dairy can be difficult to obtain. You may have to find a raw dairy co-op that would allow you to buy a share in the ownership of a cow; in most states, the law allows the consumption of raw milk from a cow that you own, just not the sale of that milk to the public (for sources, see Dairy in **Chapter 16: Shopping List**, page 62).

From an economic perspective, raw milk is more costly to produce (because of the extra care given to the cows), and consumers may not be willing to pay the higher price for raw milk when cheap pasteurized milk is available. This difference is equivalent to spending more money on organic food, which may be more costly to produce but is significantly more healthy than conventionally grown food.

Conventional Milk Processing

Pasteurization

In the early 1900s, milk pasteurization began for fear of tuberculosis, botulism, and myriad other diseases being spread through the milk supply. Whereas this concern may have been legitimate at that time, many health professionals were (and still are) against pasteurization. For example, in *The Medical Mafia*, Ghislaine Lanctôt points

out that the bacteria that cause typhoid and tuberculosis are not killed by the temperatures used in pasteurization (because they are not high enough), and a good number of salmonella poisoning epidemics have been traced to pasteurized milk (Lancôt 1995, 165). In fact, all of the many incidents of *Salmonella*-contaminated milk in recent decades occurred in pasteurized milk. One Illinois outbreak of salmonella poisoning in 1985 sickened 14,000 people and resulted in at least one death (Fallon 2001, 34).

Because it contains bacteria that protect it from pathogens, unpasteurized milk probably does not cause illness; unfortunately, it is pasteurization that kills off this beneficial bacteria. Whereas raw milk eventually turns to buttermilk or sour cream, pasteurized milk can cause serious illness when it has gone bad.

Modern milking, packaging, and distributing methods are more sanitary than they were when pasteurization was first thought to be necessary. In my opinion, pasteurization is unnecessary and harms the milk. Lancôt states that pasteurization destroys milk's intrinsic germicidal properties as well as its healthy enzymes (most of which are necessary for proper digestion). She goes on to state that 50% of pasteurized milk's calcium is unusable—the body cannot assimilate it (Lancôt 1995, 165). It is no wonder that the United States, rated highest in the amount of milk consumed, has a higher incidence of osteoporosis than any other country.

Many people experience extreme digestive discomfort (lactose intolerance) after consuming pasteurized dairy, which also may be laden with chemicals (added to suppress odor and restore taste) and synthetic vitamin D2 (toxic and linked to heart disease) or D3 (which is difficult to absorb) (Fallon 2001, 35). In raw milk and raw milk products, the enzymes that aid in digestion are intact—as are the vitamins (Chek 2004, 66). Most people who have experienced sensitivity to pasteurized dairy can tolerate raw milk.

Homogenization

Homogenization is a process whereby milk is passed through a fine filter that makes the fat molecules smaller. It enables the fat molecules to bypass digestion, increases the chances of incomplete protein digestion in the small intestine, and allows some of the milk proteins to be absorbed into the bloodstream intact, which can sensitize the immune system and lead to milk allergy and intolerance (Chek 2004, 66).

Growth Hormone and Antibiotics

Another problem with commercially produced dairy is that cows are commonly injected with growth hormones to increase milk production. Normally, a cow produces milk for about 12 weeks after giving birth. It's a strain on her organs to produce milk that quickly. During this time, she loses weight, is infertile, and is highly susceptible to diseases such as mastitis (i.e., inflammation of the udder). By

injecting a cow with recombinant bovine growth hormone (rBGH), a farmer can extend milk production for another 8–12 weeks—putting the cow under additional stress to produce milk for this extended period (Chek 2004, 66).

The administration of rBGH also increases a cow's risk of infection by 80%. If a cow gets mastitis yet is forced to continue to produce milk, pus from the udder may end up in the milk supply. If the farmer gives the cow antibiotics to treat the infection, then those antibiotics also end up in the milk.

You may wonder why the U.S. Food and Drug Administration (U.S. FDA) would approve such a horrible practice as administering rBGH to dairy cows. The FDA states, "There is no difference between milk from treated and untreated cows" (Chek 2004, 67), but the minimal research that has been done was performed by the company that produces rBGH. Of course, that company would be reluctant to release any information that may be damaging to it or its product. Chek mentions one specific study conducted by this same company. He explains that all of the animals treated with rBGH got cancer—even those that ingested it orally. This study was reviewed by employees who had previously worked for the rBGH company but were working for the FDA at the time the study was conducted (Chek 2004, 67).

The practices of pasteurization, homogenization, and rBGH administration in the United States will continue because the dairy industry has become a big money-making business. Many farmers are not willing to spend the time, effort, or money to raise cows naturally and ensure that they roam free and eat healthy clean grass. Because the dairy industry attempts to produce as much milk as possible (to make as much profit as possible), the cows become sick and toxic, in turn necessitating the pasteurization of their milk—purportedly to protect the health of consumers.

Yogurt

What about yogurt? Yogurt can be one of the healthiest foods if it contains live cultures of acidophilus and Bifidus, which are "good" bacteria—beneficial to the colon—in large amounts. These friendly bacteria are necessary to produce several vitamins and for healthy digestive function. The presence of these friendly bacteria also helps in the prevention and treatment of yeast infections.

Many people who are lactose-intolerant (cannot digest milk) can consume yogurt with no negative effects. Yogurt is easier to digest than milk because the live cultures create lactase, the enzyme that lactose-intolerant people lack.

However, as with other foods, yogurt can only be as healthy as its source, and added ingredients can change it from good to bad. When purchasing yogurt, always choose an organic brand, which will be free of antibiotics and rBGH. Also pay close attention to the sugar content. Plain yogurt will have the lowest sugar content, and fruit-added or sweetened yogurt will have the greatest amounts. Most yogurts today contain more sugar and flavorings than candy does!

Action Steps

- If you consume dairy on a regular basis, try to buy raw (unpasteurized) certified organic products.
- If you can't obtain raw dairy products, purchase the next best thing: certified organic. Although the milk may be pasteurized, homogenized, or both, it won't contain antibiotics, hormones, or pesticide residues.
- If you can't obtain or afford raw or organic dairy products, avoid dairy altogether. Most of the calcium in dairy is not absorbed by the body anyway, so dairy is not necessary for a healthy diet. Obtain calcium from other sources, such as leafy green vegetables, broccoli, sardines (with bones), and salmon.

10: Soy

Because I recommend eliminating cow's milk from the diet, most people ask me how to replace it. Most often, they ask about soy milk.

Unfortunately, many people have been led to believe that soy and soy products are wonderfoods, but I believe that soy milk is much worse than conventional cow's milk. A lot of the "health" claims made by the soy industry are simply marketing tactics to make us spend money on soy products. The little soybean is big business; retail sales increased from \$0.852 billion to \$3.2 billion from 1992 to 2002. To accomplish this feat, the soy industry has had to convince a lot of people that soy is good and suppress a lot of evidence to the contrary. This truth has come to anger the many vegetarians who have long used soy as a meat replacement and now suffer from a long list of reproductive difficulties or hypothyroidism (Daniel 2005).

In this chapter, I explain why to avoid soy.

History

The soybean is an oil-rich Asian legume (bean) that grows in fuzzy green pods. Traditionally, soybean plants were grown in Asia as green manure—a crop to be plowed under to enrich the soil between crop plantings. The Chinese found that soy consumption led to digestive discomfort, bloating, and gas. Not until they came up with fermentation methods did soy begin to be used as a food for humans.

Fermented soy products such as miso, tempeh, natto, shoyu (soy sauce), and tamari are fine to eat occasionally; fermentation deactivates some of the anti-nutrients in soy that cause digestive distress and mineral loss in bones. However, the majority of soy products sold in the United States are unfermented, so the naturally occurring toxins are intact. Unfermented soy products also are processed in a way that makes their proteins impure and increases the amount of carcinogens (Daniel 2005, 156).

Some people argue that Asians have been eating soy for thousands of years and have an incidence of cancer far lower than Americans, and small amounts of natural fermented soy in the average Asian diet (9.3–36 grams [2–4 teaspoons] of soy per day as a condiment) may well have a protective effect. Unfortunately, Americans have taken this information and applied it incorrectly to highly processed, unfermented, low-quality soy products like tofu (a single cup of which weighs 252 grams). Many Americans eat several cups of soy products daily.

Soyfoods

In the West, the soybean has been used mostly as soybean oil, which is found in most products labeled as vegetable oil, margarine, or shortening. The soy protein left over from soy oil extraction originally was fed exclusively to animals—poultry and, more recently, farmed fish. The problem is that animals can consume only so much soy before developing serious reproductive and other health problems. So, the soy industry started marketing these by-products of soybean oil production to people.

A product of the industrial revolution, soy gave food technologists an opportunity to develop cheap meat substitutes. The most unhealthy modern soyfood products are manufactured using high-tech processes. They include ready-made foods such as soy sausages, soy burgers, chicken-like soy patties, packaged soy milk, protein powders, energy bars, veggie burgers, low-carbohydrate pastas, and chilis as well as countless foods containing soy protein isolate, soy protein concentrate, and texturized vegetable protein.

Soy Isoflavones

Hormonal Effects

Just about all soy products on the market contain the phytoestrogens (plant-derived estrogens) known as isoflavones (Daniel 2005, 11 and 336). Soy isoflavones have been shown to decrease the testosterone levels of rats, monkeys, and other animals, including humans.

In adults, soy consumption may disrupt normal hormone levels, affecting the reproductive system in women (resulting in heavier menstrual flow, increased cramping, and infertility) and decreasing testosterone levels in men (which decreases libido and lowers sperm count). In fact, a Japanese old wives' tale says that women punish straying husbands by feeding them a lot of tofu!

The effects of soy are no laughing matter, especially when it comes to the health and development of infants fed soy formula. Infants are extremely susceptible to the effects of soy because formula constitutes most if not all of their diets. Figures from the Swiss Federal Health Service indicate that, every day, an infant fed soy formula receives an amount of estrogen equivalent to that found in three to five birth control pills (Daniel 2005, 331)! That's a lot of estrogen for anyone, but this amount is especially dangerous for infants whose development requires the right hormones in the right place at the right time. In boys, the onset of puberty may be delayed, and pediatricians are increasingly reporting cases of emasculated boys who reach puberty with breasts and tiny penises (Daniel 2005, 370). In girls, the onset of puberty may be accelerated, and reproductive problems may occur in adulthood.

Thyroid Effects

Soy isoflavones damage more than the reproductive system in adults and children. People who consume high amounts of soy protein each day (e.g., in soy milk and in high-protein energy bars, which contain soy isolates—the most concentrated source of soy, still containing its isoflavones and phytoestrogens) often complain of fatigue, low energy, depression, hair loss, poor skin, weight gain, and diminished sex drive—all symptoms of low thyroid function (Daniel 2005, 329). When tested for hypothyroidism, such people almost always test positive.

Action Steps

- Discard everything in your cupboards that contains soy protein isolate, soy protein concentrate, texturized vegetable protein, or soy (or soybean) oil. Possible products include many packaged energy bars, crackers, veggie burgers, and vegetarian look-alike products.
- If you have been consuming soy for a long time, get your thyroid function checked. If you suffer from hypothyroidism, then eliminating soy from your diet may have a positive effect on your condition.

11: Grains

For several million years, humans survived on a diet of animals and plants. As hunter-gatherers, they ate whatever they could find. With the introduction of new farming practices 10,000 years ago, humans began eating sugar and starch (in the form of grains and potatoes).

Although 10,000 years sounds like a long time, it's really only a fraction of a second in evolutionary terms, and the human body and digestive system have not evolved to process and digest high amounts of carbohydrates from starch- and sugar-rich diets. Genetically speaking, humans still have the bodies of cavemen.

Carbohydrates

Most Americans eat far too many carbohydrates—in the form of bread, cereal, pasta, corn (a grain, not a vegetable), rice, potatoes, and processed cakes and snacks—with severe consequences to their health. Making matters worse, most of these carbohydrates are consumed in the form of processed foods. After 130 years of consuming highly processed grains in the form of breads, pastries, and cereals, chronic diseases such as heart disease, elevated cholesterol, and obesity are rampant among most industrialized nations.

I do not suggest that everyone should follow a low-carbohydrate diet; everyone needs a certain amount of carbohydrates. What most people haven't realized is that the body's storage capacity for carbohydrates is quite limited, and any excess is stored as fat. Therefore, it is important to remember that vegetables and fruits also contain carbohydrates and to make the appropriate carbohydrate choices for your metabolic type. For example, the ideal foods for a Protein Type may include more above-ground vegetables and few fruits, whereas a Carb Type can tolerate starchier root vegetables and grains.

Any meal or snack high in carbohydrates generates a rapid rise in blood glucose (sugar). To compensate for this increase, the pancreas secretes insulin into the bloodstream, which lowers the glucose. Insulin, though, is essentially a hormone that stores excess carbohydrate calories (as fat in the thighs, abdomen, and buttocks) in case of famine. Even worse, high insulin levels suppress two other important hormones: glucagon and human growth hormone, which regulate the burning of fat and promote muscle development, respectively. So, the insulin from excess carbohydrates promotes fat, then inhibits the body's ability to lose that fat.

The goal to successful weight loss is to first find the right quantity of carbohydrates that provide enough fuel and energy for the day (but not so many that we end up storing most of it as fat), then consume the right kind of carbohydrates to feel good and satiated after a meal.

Bread

Probably the most consumed and most popular of all carbohydrates among Americans is bread. Americans consume far too much bread, and the negative effects of its consumption are manifest in poor health and excess weight. Americans also consume the wrong kinds of bread.

The only bread allowed on the Diet Solution Program is Food for Life brand's Ezekiel 4:9 organic sprouted whole grain products. The process of sprouting changes a grain's composition in numerous ways to make it more beneficial as a food. It increases the content of vitamins (e.g., C, B2, B5, and B6) and beta carotene dramatically, up to eightfold. Even more important—especially considering how many people suffer from indigestion—it breaks down phytic acid (a mineral blocker). Present in the bran of all grains and the coatings of nuts and seeds, phytic acid inhibits the body's absorption of calcium, magnesium, iron, copper, and zinc and can neutralize digestive enzymes, resulting in digestive disorders. Sprouting breaks down the complex sugars responsible for intestinal gas and transforms a portion of the starch into sugar. It also inactivates aflatoxins, which are toxins produced by fungus and potent carcinogens often found in grains (Chek 2004, 64).

The whole wheat bread that the American public has been led to believe is healthy contains processed wheat, which is deficient in nutrients. Hence the extremely high prevalence among Americans of digestive disorders such as irritable bowel syndrome and constipation. Chronic constipation can lead to many potentially dangerous health disorders and also can make losing weight quite difficult. Simply replacing bread with sprouted grain bread can radically improve your digestion and your ability to lose weight.

Note that if you are intolerant of gluten or wheat, then you also will be intolerant of Ezekiel 4:9 organic sprouted whole grain bread. Even though sprouted grains are healthy foods for most people, the Ezekiel 4:9 ingredients include wheat and other grains that contain gluten.

Glycemic Index

Because the body converts different types of carbohydrates into sugar at different rates, the glycemic index (GI) was established to indicate how quickly a food affects blood sugar levels. Foods that have a high GI cause a rapid increase in blood glucose levels, thus a rapid release of insulin, which is exactly what you don't want when

trying to lose weight and maintain good health. Foods that have a low GI cause a slow increase in blood glucose levels and a slow and controlled insulin release.

As explained in **Chapter 11: Grains** (Carbohydrates, page 46), insulin is a fat-storing hormone, so the more you have coursing through your bloodstream, the more likely you are to gain weight. Also, high-GI foods tend to leave you feeling hungry and craving more, whereas low-GI foods make you feel satiated and free from cravings. Refer to the Glycemic Index Chart (page 174) to learn the GI of each carbohydrate.

Weight loss will be much easier if you choose low-GI carbohydrates: vegetables and some (not all) fruits. Certain types of grains and beans also have a low GI. I highly recommend that you stay away from high-GI foods when weight loss and overall health are your goals.

Gluten Intolerance

Many people cannot digest gluten—a protein found in wheat and some other grains that forms the structure of bread dough—and suffer from a mild to severe gluten intolerance. Possible symptoms of gluten intolerance include

- abdominal pain and cramping,
- bloating and flatulence,
- bone and joint pain,
- chronic diarrhea,
- emotional disturbances such as anxiety and depression,
- fatigue (especially after eating gluten-containing foods),
- infertility,
- painful skin rash, and
- weight gain or the inability to lose weight.

If you suspect that you may be intolerant to gluten, I encourage you to eliminate gluten from your diet for at least 4–6 weeks to determine whether your symptoms are alleviated. Some gluten-containing foods and ingredients to avoid include the following:

- barley
- beer
- cold cereals (some—read ingredient lists)
- couscous
- hydrolyzed vegetable protein
- oats
- pasta
- rye

- semolina
- soy sauce
- spelt
- starch and vegetable starch
- wheat
- wheat germ

Allowable gluten-free foods and ingredients include the following:

- amaranth
- arrowroot
- bean flours (e.g., garbanzo, sorghum)
- buckwheat
- corn
- millet
- quinoa
- rice

If you feel relief from any of the above-named symptoms after following a gluten-free diet for 4–6 weeks, then you may be able to maintain a healthy weight more easily without gluten. Because most individuals who are intolerant to gluten also are intolerant to dairy, lactose, or both, I encourage you to also eliminate dairy and dairy-containing products while you're on a gluten-free diet.

Eliminating Grains

Many health experts recommend that people who suffer from chronic disease (e.g., diabetes, high blood pressure, high cholesterol, or heart disease), have struggled with obesity their whole lives, or are genetically predisposed to obesity or chronic disease completely eliminate grains from their diet. Joseph Mercola, an internationally renowned natural health physician and doctor of osteopathy, says that the major culprit behind various chronic diseases and the obesity epidemic is the overconsumption of grains and sugar. His *Total Health Program* (Mercola 2005) and *The No-Grain Diet* (Mercola with Levy 2003) teach optimal health and weight through grain elimination.

Mercola's No-Grain Diet (which also eliminates some other foods, such as dairy and beans) has been referred to as the Paleolithic Diet or the Caveman Diet because the allowed foods are those that were available to man before the discovery of grains. It is essentially how the first humans ate 2 million years ago. Some dietitians believe the Paleolithic Diet is the only diet coded in human genes—it allows only those foods that were available during our long evolution and discards those that were not.

Foods eliminated on a grain-free diet include

- all gluten and gluten-free grains (as well as bread, pasta, and noodles made from grains)
- corn and corn-based products
- dairy products
- legumes (e.g., string beans, kidney beans, lentils, peanuts, snow peas, and green peas)
- potatoes (white and sweet) and yams
- sugar

Foods allowed on a grain-free diet include

- eggs
- fruits and berries
- meat, chicken, and fish
- tree nuts (except cashews)
- vegetables (especially green vegetables)

I prescribe this way of eating to clients who have a history of diabetes, high blood pressure, high cholesterol, and heart disease or who have a long history of weight gain and difficulty losing weight. The results are truly amazing. Clients have told me that within the first week, their aches and pains went away and that they felt so much lighter and more energetic throughout the day. People suffering from digestive difficulties often feel relief in just a few days.

Action Steps

- For all of your bread needs, consume only Food for Life's Ezekiel 4:9 organic sprouted whole grain products (e.g., original, sesame, and cinnamon raisin loaves; rolls; English muffins; and tortillas). Use this bread to make bread crumbs for meatloaf and meatball recipes.
- Accept that breakfast and lunch do not have to include toast and sandwiches. Depending on your metabolic type, eggs, fruits, and nut butters may be great options for breakfast. Salads or vegetables with poultry, fish, or other meats may be great options for lunch.
- If you experience gastrointestinal distress (gas or bloating) while following the Diet Solution Program, you may be gluten-intolerant. Try eliminating all gluten grains for 4–6 weeks to see whether the condition improves.

- If you continue to suffer from gastrointestinal distress after eliminating gluten grains for 4–6 weeks or if you do not lose weight after 4 weeks on the Diet Solution Program, eliminate all grains from your diet. To make this easier, I have provided grain-free Sample Meal Plans (page 149) for all types.

12: Salt

Many people follow a low-salt diet because they have been led to believe that salt and sodium are bad and unhealthy. Well, this belief may only be partially true. Salt is important in the body for several functions.

Chemically, culinary salt is NaCl—sodium chloride, made up of equal amounts sodium (Na) and chloride (Cl). “Sodium is an essential nutrient that the body cannot manufacture, yet is required for life itself. Chloride is vital for optimum health, it preserves the acid–base balance in the body, aids potassium absorption, supplies the essence of digestive stomach acid, and enhances the ability of the blood to carry carbon dioxide from respiring tissues to the lungs” (Regenerative Nutrition n.d.). But the only way to receive all of the life-sustaining benefits of salt is to consume the right kind of salt: unrefined sea salt, not processed table salt.

Salt has such a bad reputation because 99% of the world’s salt research has been done on commercial table salt—the only salt that most Americans know. Some of the best scientific research on the healthy properties of unrefined sea salt are written in French, German, and Portuguese; unfortunately, few American doctors have read them. So instead of suggesting that patients use unrefined sea salt, American doctors suggest avoiding salt altogether, which can be dangerous. In many parts of France, when a person visits a physician about a heart problem or high blood pressure, the first question asked may be, “What kind of salt do you use?”

Some doctors believe that a low-salt diet can cause high blood pressure. A salt-free diet can damage heart valves and negatively affect the contractibility of the heart muscles. Biochemically, cells starve without salt.

In brief, salt

- aids in balancing blood sugar levels,
- is needed for the absorption of food particles through the intestinal tract,
- is a strong natural antihistamine,
- can help prevent muscle cramps,
- is needed to make bones strong,
- regulates and normalizes blood pressure,
- increases energy levels,
- helps regulate the metabolism,
- helps maintain proper electrolyte balance, and
- supports the immune system.

The refined white table salt typically found at the grocery store is different from unrefined sea salt, so its effects on the body are not the same. The body cannot assimilate isolated synthetic sodium chloride (from typical refined salt), which contains none of the valuable minerals and trace elements of unrefined sea salt, so the system recognizes it as a poison. Refined table salt often contains anti-caking agents, some of which are aluminum based. (Aluminum is linked with heavy metal toxicity and possibly even Alzheimer's disease.) One such example is sodium silicoaluminate, which is thought to be associated with kidney problems and mineral malabsorption. Sodium acetate, a preservative, may cause elevated blood pressure, kidney disturbances, and water retention (Chek 2004, 78).

I recommend that you replace refined table salt with Celtic sea salt, which can be found at most health food stores or purchased online (see Salt in **Chapter 16: Shopping List**, page 64). It is extremely healthy and has the exact opposite effect of refined salt. It provides sodium chloride in a form that the body needs to function. It offers the perfect balance of minerals, nutrients, and sodium chloride that the body needs for optimum health. Your body can recognize and absorb these essential nutrients efficiently. Ninety trace elements found in the Earth's crust give unrefined Celtic sea salt its vital grayish color, and its slight moistness keeps the salt and minerals in a form that the body can assimilate (Regenerative Nutrition n.d.).

Even heart patients and people with high blood pressure can use Celtic sea salt (but they will receive its benefits only if they eliminate all forms of processed salt, sodium, and table salt from their diets). The heart is fed by a saline solution from the blood and lymph and requires proper amounts of sodium and potassium to function. Without salt in the diet, the heart cannot contract normally, and the valves may be damaged (Regenerative Nutrition n.d.). If you don't salt your food, add a pinch of sea salt to each liter bottle of water you drink to maintain electrolyte and energy levels.

Clearly, salt is important to optimum health. Simply eating salty food is not the answer; using Celtic sea salt is. As with other dietary recommendations, moderation is always essential.

Action Steps

- Avoid all refined white table salt.
- Avoid all high-sodium packaged and canned foods.
- Use unprocessed, unrefined Celtic sea salt or Redmond's real salt. (Other types of sea salts may contain mercury or other toxic heavy metals.)
- Always taste food before adding salt.

13: Water

If ever there were a magic potion for weight loss, water would be it. Every good nutritional program insists that you drink a minimum of 8–10 glasses of water per day. Most people don't drink the recommended amount because they don't fully understand how important water is in maintaining good health and losing weight.

Our bodies are composed of approximately 75% water. Any variation from the natural balance causes serious disruptions in many metabolic processes that are crucial to weight loss.

- **Water helps the body metabolize stored fat.** The kidneys cannot function properly without enough water. When they are not working at full capacity, the liver must take over some of the load. The liver's function is crucial to weight loss, and if the liver has to do some of the kidneys' work, it cannot adequately do its job (metabolizing fat). As a result, the liver metabolizes less fat, more fat is stored in the body, and weight loss becomes slow or stagnates.
- **Water is crucial in ridding the body of waste.** During weight loss, the body has a lot of waste to eliminate: excess fat and stored toxins. Adequate water consumption helps the body flush out these wastes.
- **Water is a natural diuretic.** Many people retain fluid and become dependent on synthetic diuretics to lose excess water weight. Surprisingly, drinking enough water is actually the best treatment for water retention. When it doesn't get enough water, the body perceives a threat to its survival and begins to hold on to every drop of water that it can. If you give your body the amount of water that it needs, it will quickly release any retained water.
- **Water is a natural laxative.** When the body does not get enough water, it takes it from other internal sources. If the colon becomes dry, stool becomes dry and difficult to pass, resulting in constipation—possibly with gas, bloating, and painful elimination. If the body receives sufficient amounts of water, the colon will be rehydrated and proper bowel function restored.

To experience significant weight loss and optimal health, it is crucial to drink a sufficient amount of water every day. By “sufficient,” I mean that you should drink half your body weight (in pounds) in ounces of water each day: (body weight, in pounds/2). For example, a 200-pound person should drink 100 ounces of water.

In addition to this baseline recommendation, I suggest that you add 8 ounces of water for every 8 ounces of caffeinated beverage consumed and another 8 ounces if

you have exercised. Also, drink water at room temperature. Cold water will sit in your stomach until it has warmed to body temperature; only then will it move to the small intestine for absorption (Chek 2004, 79).

Many people mistake thirst for hunger because both sensations tell the brain that the body is in need of energy. So, a person who is dehydrated may misinterpret this feeling and end up overeating. Several studies have been done in which people were told to drink water at the first sign or feeling of hunger. In most cases, the hunger quickly passed, and subjects lost 35–40 pounds in less than a year (Batmanghelidj 1992, 99). If you do not drink the recommended amounts of water for your weight and experience hunger pangs during the day, then chances are your body is thirsty. Because water is a natural appetite suppressant, drink 8 ounces of water at the first sign of hunger and 15 minutes before the start of every meal.

Although drinking the appropriate quantity of water is essential, it is equally important to drink high-quality water. Unfortunately, no matter where you live, tap water is contaminated with heavy metals, chlorine, and waterborne toxins. I highly recommend that you filter the drinking water in your home. (Some sources are listed under Water Filtration Systems in **Chapter 16: Shopping List**, page 64.) If you buy bottled water, some of the best brands are Evian, Volvic, and Fiji.

Glass containers are best to keep stored water fresh and pure. Plastic containers can leach plastic by-products into the water, affecting taste and purity, especially if exposed to direct sunlight, so always keep bottled water in a dark, cool area. Never purchase water in smoky plastic containers, which leak estrogenic chemicals (which can disrupt hormone levels) and phthalates (which have been linked to asthma and allergies) into the water.

Ideally, you also should install shower filters or, better, a whole-house water filtration system. Your skin is a living organ, and absorbing high levels of metals and chlorine from your shower and bathwater can be dangerous.

Action Steps

- Drink half of your body weight (in pounds) in ounces of water each day. Add 8 ounces of water for each 8-ounce caffeinated beverage you drink and another 8 ounces if you have exercised that day.
- Drink 8 ounces of water when you feel hungry.
- Drink 8 ounces of water 15 minutes before each meal.
- If you use plastic water bottles, keep them out of the sun and away from heat.
- Install filters for your drinking water and bathing water, or invest in a whole-house water filtration system.

14: Sweeteners

I introduced some caution foods as part of the “Must Dos” for each metabolic type in **Chapter 3: Metabolic Typing**. However, most commercially available sweeteners are counterproductive to a healthy lifestyle for everyone.

Sugar

It's said that for every American who eats only 5 pounds of sugar each year, another eats 295 pounds. This statistic is hard to deny, because about 60% of the U.S. population is now overweight or obese (Chek 2004, 75).

Part of my professional responsibility to you is to not downplay the serious damage that sugar can do to your body. I am passionate about communicating the harmful effects of sugar because I have seen clients and loved ones suffer from severe complications of type 2 diabetes, the onset of which was caused directly by their consumption of sugar and refined carbohydrates. Processed sugar (which is in cakes, cookies, processed cereals, and many other foods) can literally be considered a poison, which is anything that directly causes harm and can lead to a diseased state when you ingest it.

For starters, daily sugar consumption produces a continuous acidic condition in the body. The body combats an acidic condition by taking minerals from body tissues to buffer against the acidic environment and rectify the imbalance. For example, the body may absorb calcium from bones and teeth to protect the blood. As a result, bones weaken (resulting in osteoporosis) and teeth decay (resulting in cavities). Excess sugar eventually affects every organ in the body.

Sugar has been proven to be the cause of several diseases, including diabetes, cardiovascular disease, and cancer (Mercola 2005, 12). When the liver has stored all the sugar that it can, the excess is returned to the blood in the form of fatty acids. These fatty acids are then stored as fat in the most inactive areas of the body: belly, buttocks, breasts, and thighs. When these areas become completely filled with fat, fatty acids are then distributed among active organs (heart, liver, and kidneys), increasing the risk of developing diabetes and disease in these organs.

It is well known and well documented that cancer cells can survive only in an acidic environment and will die in an alkaline (non-acidic) environment (Quillin 2005, 120). Sugar keeps the body in an acidic state, and tumors are enormous sugar absorbers.

Sugar consumption causes a hormonal roller coaster of alternating high levels of insulin and blood sugar. These hormonal shifts can dramatically affect your attitude and your ability to concentrate during the day. Also, if you replace nutrient-dense foods with processed sugar, the chances of acquiring one of the following diseases or side-effects skyrockets (Chek 2004, 76):

- atherosclerosis
- attention deficit disorder and attention-deficit/hyperactivity disorder
- behavior problems
- cancer
- chronic fatigue syndrome
- colon cancer
- coronary heart disease
- food intolerance
- kidney disease
- liver disease
- malnutrition
- osteoporosis
- overgrowth of yeast, especially *Candida albicans*
- tooth decay
- violent tendencies

Even if you don't consume candy or sweets outright, once you begin to read the labels of most snacks, cereals, and drinks you consume, you will notice that it doesn't take much to consume approximately 80 grams of sugar—the equivalent of 20 teaspoons—in a day! When reading labels, don't be thrown off by strange words like sucrose, maltose, dextrose, glucose, and the like; any word ending in -ose is a sugar. Quite often, one product will contain five or six different types of sugar. When you add up all its many forms, sugar is frequently the greatest source of total calories.

How about fruit? Fruit contains sugar, but solely in the form of fructose, whereas processed sugar (sucrose) is made up of both glucose and fructose. By itself, fructose breaks down more slowly in the body; sugar and insulin levels remain relatively constant. In contrast, sucrose is processed extremely quickly, causing a “spike” in insulin levels—rather like a power surge followed by a rapid return to baseline levels—that is stressful for the body. Fructose puts a lot less stress on the body than sucrose, and most fruits have a low GI.

The biggest mistake people make is falling for the marketing hype from juice manufacturers. They want you to think their “fresh juice” is actually good for you. If you read the package, you'll see that many such products are made “from concentrate,” which could easily be translated to mean “from syrup” (Chek 2004, 77).

Artificial Sweeteners

Some diets encourage the use of artificial sweeteners and products sweetened with them. I don't. Consuming artificial sweeteners will keep you craving sweetness. You'll never be able to stop your carbohydrate cravings. Worse, some research indicates that artificial sweeteners create the same insulin surge as sugar (Kirsch 2005, 120).

Artificial sweeteners signal to your taste buds, "Sweet stuff has arrived," which is translated to the brain as, "Nutrition has arrived." When the artificial sweetener reaches the small intestine, the receptors find no nutrition and send a message back to the brain, saying, "We've been tricked. There's no nutrition here." The appestat (the part of your brain that triggers satiety) therefore signals to "keep eating ... to help process all this nonfood" and keep the body functioning (Chek 2004, 76). For this reason, many people who constantly drink diet sodas are overweight and always hungry.

If you eat foods that contain some form of artificial sweetener, add up how much you consume each day. Knowing now that artificial sweeteners are toxic to the liver, how overwhelmed do you think your liver is? Does it have the ability to work properly? If weight loss or avoiding sweets has always been a problem for you, then take particular notice of how much artificial sweetener you have been ingesting. It just may be the culprit. I have seen many people experience dramatic weight and health changes just by quitting diet soda!

Even if you don't intentionally use artificial sweeteners, you must read labels. Almost every diet or sugar-free product on the market has added artificial sweetener, as do some children's snacks and most flavored waters. Read ingredient lists, and avoid all products that contain saccharin (Sweet'N Low), aspartame (NutraSweet), and sucralose (Splenda).

Stevia: A Natural Alternative

Eliminating sugar and artificial sweeteners may be difficult if you are accustomed to sweet tastes. A wonderful natural alternative to both sugar and artificial sweeteners is an herb called stevia. Extraordinarily sweet (200–300 times sweeter than sugar), stevia also is almost free of calories, so it is perfect for people who are watching their weight. Unlike sugar, it doesn't trigger a rise in blood sugar, so you won't experience a sudden increase in insulin levels. Because insulin levels and blood sugar are not affected, you won't experience a burst of energy followed by fatigue and cravings.

Stevia also presents great advantages over saccharin and other artificial sweeteners in that it isn't toxic and has been used safely for hundreds of years. It can be used to sweeten drinks and even in baking.

If you are addicted to sodas or other beverages sweetened with sugar or artificial sweeteners, try my Tea Juice recipe (page 69). After only 72 hours off of

sugar and sugar-containing products, your cravings will decrease drastically. You can get stevia here: www.stevivasweetener.com

Chocolate

Good news for chocoholics.

As a chocolate lover myself, I do enjoy a piece of healthy chocolate every now and then. Healthy chocolate you say? Yes you heard that right. One of the biggest problems with chocolate is the heavy processing it goes through and the added sugar. Luckily I have found one of the best resources for chocolate that can actually be good for you:

www.wildfamilynaturals.com (look under Raw Organic Cacao)

The raw Cacao Bean is one of nature's most fantastic superfoods due to its mineral content and wide array of unique and varied properties. Since many of the special properties of cacao are destroyed or lost by cooking, refining, and processing, we feel that planet Earth's favorite food is still unknown to most of us. Now we get to reconnect with the power of real chocolate: raw Cacao Beans.

With Cacao Beans there is fantastic hope for chocoholics everywhere! You can turn cravings for cooked, processed, chocolate into super-nutrition with raw chocolate (Cacao Beans).

Cacao Beans are extraordinarily nutritious!

Action Steps

- Read labels! The sugar content of any food is listed right under the carbohydrate listing. Also pay attention to where the sugar is listed in the ingredients. (The order indicates relative quantity.)
- Avoid all foods that contain artificial sweeteners, sugar, or sugar derivatives.
- Avoid all sweetened beverages, including fruit juices that are not freshly juiced.
- For all your baking and sweetening needs, use only stevia and raw organic cacao

15: Alcohol

Because alcohol is extremely detrimental to health as well as weight-loss efforts, you must understand just how bad it is.

You may have heard that certain types of alcohol are good for your heart and reduce cholesterol levels. Unfortunately, because of its high calorie content and toxic effects on the liver, alcohol does not support weight-loss efforts. I also argue that wine consumption could negatively affect heart function more than help it.

A standard mixed alcoholic drink contains 100–250 calories, but that's only part of the problem. Most people eat more when they drink. So although you may rationalize your drink choice by thinking that you will eat less at dinner, it rarely works that way. Alcohol often makes you crave the foods you should avoid: more carbohydrates and sugar. It also may cause you to eat unhealthy foods the day after, if you feel groggy and dehydrated. Why drink something that will make it difficult for you to make healthy choices?

Alcohol is considered a carbohydrate, but your body processes it differently from other carbohydrates. Made from fermented wheat, barley, grapes, or some other carbohydrate (e.g., potatoes), alcohol contains 7 calories per gram, compared with 4 calories per gram in most carbohydrates. The human body treats alcohol as a toxin, and as a result, the liver processes alcohol calories before all others in an attempt to clean the toxins from the bloodstream. As other calories wait on line, so to speak, the body senses a rise in calories and stores many of them away in fat cells, which is exactly what you don't want when you're trying to lose weight.

In short, alcohol is the absolute worst beverage you can drink when you are trying to control the amount and types of carbohydrates in your diet. For all the reasons stated here and more, keep alcohol consumption to an absolute minimum while on a weight-loss program (Kirsch 2005, 118). After you have improved your eating habits, your body will become unable to handle as much alcohol as it did before, and you'll likely feel better overall without it. As a result, most people find that they feel best drinking no more than one glass of wine with dinner, on occasion.

Action Steps

- While following the Diet Solution Program to lose weight, drink no more than one glass per week, or, preferably, eliminate alcohol completely.

- If you drink alcohol, choose organic red wine. The rich flavor encourages you to drink slowly. Red wine also contains fewer calories and carbohydrates than other types of alcohol.
- A second-choice alcohol option is vodka on the rocks; fruit juice only adds empty sugar calories. The best brand is Chopin, which is made from potatoes, not wheat.
- After you reach your ideal weight, you can be a little more lenient, but minimize alcohol consumption to maintain a healthy weight.

16: Shopping List

Following the Diet Solution Program can mean a big lifestyle shift for many people. This chapter is meant to help you choose among the many brands available and source the new staple foods in your Diet Solution Meal Plan. Many healthy foods and supplements are increasingly available online, so if your local sources are limited or inconvenient, check out online vendors like Amazon.com, among others—you might be surprised to find a case of a product you use regularly at an affordable price.

I mention specific brands throughout this manual because they are the ones I have researched and found to fit the program best. If you cannot find these brands and cannot order them online, you can make substitutions using your judgment and the principles you have learned here. However, I strongly encourage these as I have already eliminated several brands that claim one thing and deliver another.

I keep an up-to-date list of healthy choices I have compiled online at:

<http://shop.thedsp.info>

Add this link to your favorites and refer to it often for the latest healthy and delicious items available.

Bread

Choose Food for Life brand's Ezekiel 4:9 organic sprouted whole grain products. Sources include health food stores (often in the freezer section) and the following:

- Food for Life (www.foodforlife.com)

***Most people tend to prefer Ezekiel Bread toasted

Dairy

Choose raw organic dairy products. The following Web sites provide information about obtaining raw organic dairy products in the United States:

- Butter and Cheese (www.grasslandmeats.com)

- A Campaign for Real Milk (www.realmilk.com)
- Organic Pastures (www.organicpastures.com)
- The Weston A. Price Foundation (www.westonaprice.org)

Meats, Poultry and Fish

All of the animal protein you choose should be hormone- and antibiotic-free, organic, and preferably grass-fed. Sources include local health food stores and the following:

- U.S. Wellness Meats (www.grasslandmeats.com)
- Vital Choice (www.vitalchoiceorganics.com)

Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and the following:

- Nut Butters (www.wildfamilynaturals.com)
- Nut Butters (<http://nutbutter.worldofrawfood.com>)

Oil

For high-heat cooking, **coconut oil** is your best choice. It should be certified organic, unrefined, no chemicals (including hexane) added, unbleached, not deodorized, not hydrogenated, made from traditional coconut palms only (no GMO varieties), and cold-pressed (no heat used in the extraction process). Sources include local health food stores and the following:

- Extra Virgin Traditional Philippine (www.wildfamilynaturals.com)
- Extra Virgin Coconut Oil (www.naturalsunfood.com)
- Tropical Traditions (www.tropicaltraditions.com)

For medium-heat cooking (sautéing) and use straight from the bottle (on salads and cooked foods), choose organic extra-virgin **olive oil**. It should be cold-pressed, cloudy (unrefined), and sold in a dark bottle. Sources include local health food stores and the following:

- Bariani EVOO (www.naturalsunfood.com)
- Organic EVOO. (<http://evoo.vitalchoiceorganics.com>)
- Bragg EVOO (www.truefoodsmkt.com)
- Purely Organic, Ltd. (www.purelyorganic.com)
- Whole Foods Market (www.wholefoodsmarket.com)

Omega-3 Supplements

Cod liver oil should be taken in the winter because of its higher vitamin D content. (Although our bodies synthesize vitamin D from the sun's ultraviolet rays, sun exposure typically is insufficient during the winter.) The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle.

Fish oil should be taken in the summer because of its lower vitamin D content. The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle, or 1 milliliter for every 10 pounds of body weight (1 teaspoon = 5 milliliters).

The following brands, available at local health stores and online, are tested by independent laboratories for the absence of heavy metals:

- Krill Oil (<http://fishoilforyou.getprograde.com/icon>)
- Sockeye Salmon Oil softgels (<http://salmonoil.vitalchoiceorganics.com>)

Salt

Choose pure unrefined sea salt with no additives, preferably Celtic sea salt. Sources include local health food stores and the following:

- Celtic Sea Salt brand (www.celticseas.com)
- Redmond's Real Salt (www.wildfamilynaturals.com)

Stevia

Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes. Sources include local health food stores and the following:

- Steviva (www.stevivasweetener.com)

Water Filtration Systems

Our bodies absorb water not only from food and drink but also through the skin, the body's largest organ. You should filter water for bathing as well as for drinking and cooking (i.e., at the kitchen sink). A whole-house filtration system takes care of this and more; it is installed where the main water line enters the home and filters the water before it flows throughout your plumbing system.

A good online resource is the following:

- Sun Water Systems (www.sws-aquasana.com) sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage – best news here is that we talked with Sun Water Systems and they are willing to give Diet Solution Program customers a **20% discount** using the link above.

***Remember the latest items that I have personally approved will all be on the DSP online shopping list here:

<http://shop.thedsp.info>

17: Recipes

This section includes some of my favorite recipes, adapted from cookbooks and online sources. Because the *Diet Solution* is not a diet in the traditional sense but a new way of eating that you want to adopt for life, it is essential that you keep your meals tasty, interesting, and creative. Eating the same foods again and again leads to boredom and abandonment. To prevent this from happening, I highly encourage you to try at least one new recipe per week that suits your meal plan. Also, be adventurous and try some foods that you have never tried before.

With all of the recipes presented here (and with any other recipe you may choose to use), adhere to all the principles taught in this manual and listed in **Chapter 16: Shopping List** (page 62). For example, organic ingredients are always best. Whenever possible, choose free-range, hormone- and antibiotic-free, fresh, and wild meats, poultry, eggs, and fish. Don't fear salt, but do use an unrefined sea salt or, preferably, Celtic sea salt. Oils should be cold expeller-pressed. Water should be pure and filtered. And the only breads you should consume should be made from organic sprouted whole grains (e.g., Food for Life brand's Ezekiel 4:9 products).

Also, remember that allowable food servings and portion sizes differ for each person, depending on metabolic type and the number of calories required daily. Please adjust recipe portions to suit your meal plan, as instructed in **Chapter 6: Daily Meal Planning**, according to the Allowable Servings Guide (page 142) and the Food Choices charts (which start on page 143). For example, if you are a Carb Type allowed four 1-oz servings of protein for dinner and a chicken recipe makes 6-oz servings (or doesn't specify a portion size), eat only 4 oz of chicken with your meal.

Remember, fresh food is best, and the more whole and natural the food you eat, the healthier you will be—and the better you will feel. Bon appétit!

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Beverage

Tea Juice

Drink this when you have a sugar craving. It's a great substitute for unhealthy diet sodas and other sweet beverages.

5–6 bags caffeine-free herbal tea (e.g., peach, mint, chamomile, or fruit tea)

3 quarts boiling water

stevia powder (or liquid) to taste

Pour water over tea bags in a large pot. Add stevia while tea is hot. (Adjust amount according to the desired sweetness.)

Let the tea cool, remove tea bags, transfer tea to a serving pitcher or individual water bottles, and refrigerate.

Dressings, Marinades, Seasonings, and Sauces

Basic Salad Dressing

(Sally Fallon, *Nourishing Traditions*)

MAKES: ~ $\frac{3}{4}$ cup

1 tsp Dijon-style mustard, smooth or grainy

2 tbsp + 1 tsp wine vinegar

$\frac{1}{2}$ cup olive oil

1 tbsp flax seed oil

Whisk mustard into vinegar. Add olive oil in a thin stream, whisking constantly until oil is emulsified. Whisk in flax oil, and use immediately.

Variation: Mix 1 tsp of finely chopped fresh herbs (e.g., parsley, tarragon, thyme, basil, or oregano) into the basic recipe after the mix has emulsified.

Lemon Pepper Dressing

Used in the Summer Salad recipe (page 76).

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

MAKES: ~ $\frac{3}{4}$ cup

2 tbsp fresh lemon juice
1 tbsp wine vinegar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tsp cracked black peppercorns
1 dash stevia powder
1 clove garlic, minced
 $\frac{1}{2}$ cup olive oil
1 tbsp flax seed oil

Place all ingredients in a bowl, and whisk vigorously until the mixture emulsifies.

Use-It-on-Everything Marinade

This delicious marinade works equally well on veggies, fish, poultry, and beef. It's particularly tasty on London broil, tri-tips, or chuck steak.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: overnight

MAKES: enough for 20 lb of food

1 red onion, sliced
1 whole head garlic, cloves minced
4 tsp salt
4 tsp ground white pepper
4 tsp freshly ground black pepper
4 tsp paprika
3 tsp dried basil
4 tsp Worcestershire sauce
1 cup lemon juice
1¼ cups red wine vinegar
4 cups (32 oz) olive oil

Mix all ingredients until well blended. Pour over food, and marinate overnight.

Tip: *Place food in a gallon-size plastic zipper-top bag, cover with marinade, and seal. This package travels well in coolers and is less cumbersome than a pan in the refrigerator. Flip the bag several times while marinating to cover the food evenly.*

Cilantro Marinade

This marinade is delicious on Grilled Swordfish (page 125) or eggplant.

(Sally Fallon, *Nourishing Traditions*)

MAKES: ½ cup

1 bunch cilantro, leaves only, finely chopped

juice of 1 lemon

3 cloves garlic, minced

½ cup olive oil

¼ tsp freshly ground black pepper

Mix all ingredients together.

Caribbean Jerk Rub

Dry rubs are low-calorie, low-carbohydrate seasonings that are simple yet flavorful. Use this recipe on Grilled Caribbean Chicken (page 91).

(Joseph Mercola, Dr. Mercola's Total Health Program)

6 tbsp minced garlic (or garlic powder)
6 tbsp minced onion
6 tbsp dried minced onion (or onion powder)
2 tbsp allspice
1 tbsp dried ground chipotle (or ground red chili pepper)
2 tbsp Hungarian paprika
1 packet Sweet Leaf stevia powder
2 tbsp dried thyme
2 tbsp ground cinnamon
2 tsp ground nutmeg
1½ tsp ground habanero pepper
zest of 2 lemons

Mix together all ingredients. Store in covered container, refrigerated, up to 1 month.

Béarnaise Sauce

Properly made, béarnaise sauce never attains more than medium heat, so the enzymes in the egg yolks are preserved. So delicious with meats and grilled fish, this sauce is worth mastering—and it's not difficult. Used in the Grilled Swordfish recipe (page 125).

(Sally Fallon, *Nourishing Traditions*)

MAKES: 1¼ cup

2 tbsp finely chopped shallots (or green onions)
1 tbsp finely chopped fresh tarragon (or 1 tsp dried tarragon)
2 tbsp white wine vinegar
2 tbsp dry white wine (or vermouth)
5 egg yolks, at room temperature
4 oz (1 stick) butter, cut into pieces
fresh lemon juice to taste
pinch of salt
pinch of freshly ground black pepper

In a small saucepan, combine the shallots, tarragon, vinegar, and wine. Bring mixture to a boil, and reduce to ~1 tbsp of liquid. Strain into a bowl and set aside.

In a small bowl, whisk the egg yolks and set aside.

Set the bowl with the reduced liquid over a pan of hot water over low heat. Piece by piece, add about half the butter to the liquid, whisking constantly until melted. Add the egg yolks slowly, drop by drop or in a thin stream, whisking constantly. Add the remaining butter, and whisk until well amalgamated. Sauce should be warm and slightly thickened. Remove from heat and whisk in lemon juice, salt, and pepper.

Set the bowl set over hot water to keep sauce warm, whisking occasionally, until ready to serve.

Vegetable Side Dishes

Summer Salad

This salad is best made several hours before serving. The secret to its success is to cut the vegetables in a fine dice. A food processor makes that task quick and easy.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

- $\frac{3}{4}$ cup Lemon Pepper Dressing (page 71)
- 1 bunch celery, finely chopped
- 2 cucumbers, peeled, quartered lengthwise, and finely chopped
- 2 bunches green onions, finely chopped
- 2 green peppers, seeded and finely chopped
- 1 bunch radishes, finely chopped
- 3 tomatoes
- 1 tbsp finely chopped fresh parsley (or chives)

Place the dressing in a large bowl. Add celery, cucumbers, green onions, peppers, and radishes. Toss well with dressing, cover, and refrigerate several hours.

Just before serving, slice the tomatoes thinly, then cut the slices in half. Arrange slices around the outer edge of six plates, and mound some salad in the center of each. Sprinkle with chopped parsley.

Garlicky Steamed Stuffed Artichokes

This dish is messy to eat but delicious.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 artichokes

½ cup olive oil (or melted butter)

4 cloves garlic, minced

2 cups breadcrumbs (make your own from fresh or stale sprouted whole grain bread)

salt and freshly ground black pepper to taste

Remove the artichoke stems and place, stem side down, in a vegetable steamer or a large pot containing about 1 inch of water. Steam, covered, no more than 30 minutes, or until just barely tender. Place artichokes in a colander to drain, stem side up.

Mix olive oil with garlic, breadcrumbs, salt, and pepper. Pull artichoke leaves open a bit, and snip points off leaves with kitchen shears. Press stuffing between leaves.

Return to steamer for another 5–10 minutes.

Asparagus with Sesame Seeds

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2½ lb asparagus, trimmed
2 tbsp olive oil (or melted butter)
2 tbsp minced shallots
2 tbsp sesame seeds, lightly toasted
1 lemon
salt to taste

Preheat oven to 400°F.

Place oil and asparagus in an ovenproof baking dish, and toss asparagus to completely coat with oil. Bake for about 8 minutes, shaking the dish every 2 minutes or so. Add the shallots and sesame seeds, shake the dish again, and bake 1 minute more.

Transfer asparagus to heated serving bowl, and squeeze lemon juice all over. Season to taste with salt.

Vegetable Frittata

A frittata is like a no-flip omelet or a no-crust quiche—a fast egg dish that can be made with any combination of vegetable, meat, and cheese that you can imagine.

(Joseph Mercola, Dr. Mercola's Total Health Program)

SERVES: 4

PREPARATION TIME: 15 minutes

2 tbsp butter (or coconut oil)
¾ cup chopped red onion
1 lb mushrooms (or red peppers), sliced
4 cups chopped low-GI vegetables (e.g., broccoli, cauliflower, zucchini, artichoke hearts, asparagus, spinach)
2 tbsp minced fresh marjoram
8 medium eggs
¼ cup milk
3 tsp dry mustard (or 2 tsp prepared mustard)
1 tsp freshly ground black pepper
1 tsp Spike vegetable seasoning (or salt)

Heat butter in large skillet over medium-high heat. Add onion and mushrooms and cook, stirring, for 1–2 minutes, or until onions are translucent.

Add chopped vegetables and marjoram. Sauté until vegetables turn bright green and begin to soften. Reduce heat to medium or medium-low.

Meanwhile, break eggs into a small bowl. Add milk, mustard, and black pepper. Use a fork to break yolks gently, without whisking (mixture will look marbled), and pour eggs over vegetables in skillet. Cook over medium heat until eggs are set.

Basic Spaghetti Squash

Spaghetti squash is tasty low-carbohydrate substitute for pasta.

(Sally Fallon, *Nourishing Traditions*)

1 spaghetti squash (any size)
butter, to taste
salt and freshly ground black pepper, to taste

Preheat oven to 350°F.

Cut spaghetti squash in half lengthwise; remove and discard seeds. Place squash, cut sides down, in a baking pan with about ½ inch of water. Bake for about 1 hour, or until tender when pricked with a fork.

Let squash cool slightly, then remove the strands of flesh, bit by bit, with a fork. Mix in butter, salt, and pepper.

Variation: *Serve topped with grated Parmesan cheese, pesto, or tomato sauce.*

Butternut Squash Puree with Pecans

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

3 medium butternut squash
1–2 tbsp butter (to grease the dish)
3 eggs, lightly beaten
¼ tsp nutmeg
salt to taste
2 tbsp butter, melted
¾ cup raw pecans, chopped

Preheat oven to 350°F.

Cut squash in half; remove and discard seeds. Place squash, cut side down, in a buttered ovenproof baking dish with about ½ inch of water. Bake about 1 hour, until tender when pricked with a fork.

After squash is cooked, scoop out flesh into a food processor and blend until smooth. Add eggs and nutmeg, and season to taste with salt. Transfer puree to an ovenproof serving dish. Pour the melted butter over the puree and sprinkle on pecans. Bake for about 30 minutes.

Wilted Spinach

(Sally Fallon, *Nourishing Traditions*)

SERVES: 3

1 bunch (~10 oz) whole fresh spinach leaves
butter, to taste

Cut stems off spinach and wash well in water—even if prewashed, so that the leaves are moist. Place in a large pot, cover, and heat over a medium flame. (Do not add more water to the pot; the water on the leaves will be sufficient to steam the spinach.)

When spinach begins to simmer, reduce heat to low. Cook several minutes, until leaves are just wilted.

Using a slotted spoon, transfer spinach to a heated serving bowl. Press spinach with the back of the spoon and discard any liquid that accumulates. Make a few cuts through the spinach, and top with a generous pat of butter.

Spinach-Stuffed Mushrooms

This delicious and elegant accompaniment to beef may be prepared in advance.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 8

1 cup steamed spinach
8 large whole fresh white button mushrooms
1 bunch green onions, finely chopped
2 tbsp butter
2 tbsp olive oil
¼ tsp nutmeg
salt and freshly ground black pepper to taste
1–2 tbsp butter (to grease the dish)

Preheat oven to 350°F.

Chop cooked spinach, place in a strainer, and press out liquid.

Wash mushrooms. Remove and finely chop stems; set aside whole mushroom caps.

Sauté mushroom stems with green onions in butter and olive oil until tender. Add the spinach, and cook another minute or so, mixing well, until all moisture has evaporated. Add nutmeg, and season to taste with salt and pepper.

Fill the hollow of each mushroom cap with a spoonful of stuffing, and place in a buttered ovenproof baking dish. Add ¼ inch of water to the dish, and bake for about 20 minutes.

Mary Jo's Spinach

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

2 bunches fresh spinach

1 tbsp butter

1 clove garlic, minced

1 tbsp pine nuts

1 tbsp sun-dried tomato flakes (optional)

Steam spinach as described for Wilted Spinach (page 82). Melt butter with garlic, pine nuts, and tomato flakes. Pour over spinach, mix slightly, and serve.

Baked Sweet Potatoes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 whole (4-ounce) sweet potatoes
4 tsp butter
salt to taste

Preheat oven to 350°F.

Prick each sweet potato in several places with a fork. Bake for 1½ hours, or until soft when pricked with a fork.

Mash the flesh with butter and salt.

Sweet Potato Dollars

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

3–4 whole (4-ounce) sweet potatoes
1 tbsp melted butter
2 tbsp olive oil
salt to taste

Preheat oven to 350°F.

Peel potatoes, and slice crosswise into ¼-inch rounds.

Combine butter and olive oil, and brush two cookie sheets with half of this mixture. Arrange the rounds in one layer, then brush tops with the remaining butter–oil mixture. Season lightly with salt. Bake about 45 minutes.

Sautéed Zucchini

Like all members of the squash family, zucchini is ruined by boiling. Even steaming gives watery results. Instead, sauté slices in butter or olive oil and finish with a squeeze of lemon and salt and pepper.

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

6 medium zucchini, washed and trimmed
2 tsp salt
2 tbsp butter (or olive oil)
juice of ½ lemon
salt and freshly ground black pepper to taste

Slice zucchini into thin matchstick-like pieces (or use the small julienne disk of a food processor). Add salt, stir well to mix, and let stand 1 hour.

Rinse zucchini with water in a colander, and squeeze dry in a tea towel.

Melt butter slowly in a heavy skillet over low heat. Raise heat to medium, and sauté zucchini for about 1 minute. Remove to a serving dish, and season with lemon juice, salt, and pepper.

Zucchini with Tomatoes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

2 medium zucchini, washed and trimmed
¾ tsp salt
2 tbsp butter, divided
2 tbsp olive oil, divided
2 medium onions, peeled and chopped
2 medium tomatoes, peeled, seeded, and chopped
1 or 2 cloves garlic, minced
½ tsp dried thyme
½ tsp freshly ground black pepper

Cut zucchini into quarters lengthwise, then slice each section into thin quarter-rounds. Mix with salt, and let stand about 1 hour. Rinse zucchini in a colander, and pat dry.

Warm 1 tbsp butter and 1 tbsp olive oil in a large skillet, and sauté zucchini in batches over medium-high heat until golden. Remove and set aside zucchini.

Sauté onion in 1 tbsp butter and 1 tbsp olive oil over medium heat until tender. Add tomatoes, raise heat, and cook a few minutes until liquid is almost all absorbed. Add cooked zucchini, garlic, thyme, and pepper. Sauté about 1 minute more to mix flavors. Don't overcook zucchini!

Poultry (Chicken, Cornish Game Hen, Turkey)

Basic Roasted Chicken

This recipe is quick, easy, and delicious! Refrigerate or freeze leftover chicken for quick meals during the week.

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 10 minutes

SERVES: 11

1 6- to 8-lb roasting chicken
1 tbsp butter, softened
1 medium garlic clove, minced
 $\frac{3}{4}$ tsp salt
4–5 grinds black pepper
2 tsp minced fresh thyme leaves

Note: *For a golden breast, turn the chicken before the last 30 minutes of cooking.*

Preheat oven to 350°F.

Wash chicken, and remove fat from inside cavity.

In a small bowl, combine butter, garlic, salt, pepper, and thyme to make a paste; rub it over the chicken. Place chicken in roasting pan, breast side down.

Roast, uncovered, basting frequently, for approximately 1½ hours (about 20 minutes per pound). Chicken is done when leg pulls off easily and juices no longer run red when chicken is pricked with a fork. Remove chicken from pan and let rest, covered, for 5–10 minutes.

Cut chicken into serving pieces, or slice and serve with gravy on the side. Remove skin before eating.

Tip: *Deglaze the roasting pan and make gravy, if desired, thickened with 1½ tbsp arrowroot dissolved in 2 cups water.*

Steamed Chicken and Vegetables

Steaming the chicken with vegetables is a simple, healthy method that reduces excess fat, cooking time, and kitchen mess.

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 15 minutes

SERVES: 4

1 medium head savoy cabbage, shredded
¾ cup baby carrots, split lengthwise
1 1-inch piece fresh ginger root, peeled, sliced, and cut into matchsticks
1 medium garlic clove, minced
6 scallions (or green onions), cut into thirds
½ cup coarsely chopped curly (or flat-leaf) parsley
1 tsp salt (or Spike vegetable seasoning, or Herbamare seasoned salt)
3–4 grinds black pepper
2 large boneless chicken breast halves, cut in half
2 tsp coconut oil (or butter)
½ cup chicken stock

Note: *The author suggests cooking in a Bundt pan as the steamer; however, a bamboo steamer tray or a metal colander also can be used in a covered stockpot.*

Bring 2–3 inches of water to a boil in a large stockpot. Lower heat to simmer.

Place shredded cabbage in the bottom of a Bundt pan. Meanwhile, combine carrots, ginger, garlic, scallions, parsley, and chicken in a large bowl. Add oil, and season with salt and pepper. Toss to mix. Pile mixture evenly on top of cabbage.

Place Bundt pan into simmering water. Pour chicken stock over the chicken and vegetables, cover, and steam lightly for 18–20 minutes.

Grilled Caribbean Chicken

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 5

2 broiler-fryer chicken halves

1 tbsp coconut oil (or butter)

6 tbsp Caribbean Jerk Rub (page 74)

Preheat grill to medium.

Rub broiler-fryer halves lightly with oil and then with Caribbean Jerk Rub.

Cook chicken, turning every 15–20 minutes until tender, approximately 1–1½ hours.

Bare Bones Low-Fat Chicken Salad

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 1

4 oz poached chicken breast, cut into 1-inch cubes
¼ cup coarsely chopped celery
1 tsp finely chopped parsley
1 tbsp sliced almonds, coarsely chopped
2 tsp Dijon-style mustard
2 tbsp chicken stock
1 or 2 dashes hot pepper sauce
salt and freshly ground black pepper to taste

In a medium bowl, mix chicken, celery, parsley, and almonds.

In another bowl, whisk mustard, stock, and hot pepper sauce together until well blended.

Combine mixtures, and stir well. Season with salt and black pepper.

Easy Grilled Chicken Breasts

Serve alongside grilled asparagus or a side salad.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 10 minutes

MARINATING TIME: 1 hour

COOKING TIME: 15 minutes

SERVES: 4

4 boneless skinless chicken breast halves

¼ cup olive oil

juice of 1 lemon

1 tsp salt

1 tsp freshly ground black pepper

Rinse chicken thoroughly with cool water. Whisk olive oil, lemon juice, salt, and pepper in large bowl. Refrigerate chicken in marinade for 1 hour.

Preheat grill until it reaches medium heat.

Cook chicken for 6–8 minutes per side, or until golden brown.

Garlic- and Herb-Marinated Chicken Breasts

(Wild Oats Marketplace online recipes)

MARINATING TIME: 2 hours or overnight

COOKING TIME: 15 minutes

SERVES: 4

5 cloves garlic, minced
1 tsp dried basil
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried tarragon
1 tsp salt
1 tsp freshly ground black pepper
juice and zest of 1 lemon
½ cup olive oil
6 boneless skinless chicken breast halves
1 tbsp olive oil

Mix the garlic, herbs, salt, pepper, lemon juice and zest, and olive oil in a large (1-gallon) plastic zipper-top bag. Add chicken, and marinate for at least 2 hours (up to overnight) in refrigerator.

Preheat a grill to medium-high.

Brush grate with oil. Sear chicken 5 minutes per side, or until its internal temperature reaches 165°F.

Tomato–Fennel Chicken with Cauliflower and Olives

(Finger Lakes Gourmet online recipes)

PREPARATION TIME: approximately 45 minutes

SERVES: 4

2 tsp olive oil
8 boneless skinless chicken thighs
8 cloves garlic, thinly sliced
1 cup dry white wine, divided
28 oz crushed tomatoes (canned is fine)
1 cup chicken broth
1 tsp fennel seeds
¼ tsp ground cayenne pepper
1 tsp sun-dried tomatoes, minced
zest of 1 lemon
1 cup pitted kalamata olives
¼ tsp salt
⅛ tsp pepper
4 cups cauliflower florets
1 tbsp chopped fresh parsley

Heat olive oil in a large pot over high heat. Brown chicken on both sides, cooking for about 3–4 minutes per side. Remove chicken from pot; reduce heat to low. Pour off excess oil.

To the same pot, add garlic and 1 tbsp wine. Cook 1 minute. Stir in remaining wine, crushed tomatoes, broth, fennel seeds, cayenne, sun-dried tomatoes, zest, olives, salt, and pepper. Return chicken to pot. Increase heat to high to bring sauce to a boil. Reduce heat to low; cover pot. Simmer 25 minutes.

Stir in cauliflower florets. Simmer 10 minutes more, until chicken is cooked through and cauliflower is tender.

Remove chicken to a serving platter, and top with sauce. Sprinkle with fresh parsley.

Chicken Margarita

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

1 tsp ground cumin
1 tbsp chili powder
juice of 3 limes
10 cloves garlic, finely chopped
3 tbsp olive oil, divided
3½ lb chicken pieces
½ cup tequila, white or gold
½ cup water
fresh cilantro leaves (for garnish)

In a large bowl, combine cumin, chili powder, lime juice, garlic, and 1 tsp olive oil. Marinate chicken pieces in this marinade for 20 minutes.

In heavy skillet, heat remaining olive oil. Brown chicken pieces on all sides. Add marinade, tequila, and water. Cook for approximately 10 minutes. Transfer chicken pieces to a platter.

Reduce sauce over high heat until it thickens to a good coating consistency, pour over chicken, and serve garnished with cilantro.

Chicken in Coconut–Lime Sauce

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

3 tbsp coconut oil
4 bone-in chicken thighs
4 bone-in chicken drumsticks
½ cup sliced green onions
½ cup prepared salsa
1 tbsp minced garlic
2 dried red hot peppers
1 tsp curry powder
½ tsp salt
¼ tsp freshly ground black pepper
13½ oz (1 can) coconut milk
½ cup fresh lime juice
a few lime slices (for garnish)
a few fresh red hot peppers (for garnish)
½ cup grated coconut (for garnish)

In large frying pan, warm coconut oil over medium-high heat. Brown chicken in batches, about 5 minutes on each side; remove from frying pan and keep warm.

To frying pan, add green onions, salsa, garlic, dried hot peppers, curry powder, salt, and black pepper; cook about 2 minutes, stirring, until onion is browned. Return chicken to pan; pour coconut milk and lime juice over chicken. Simmer over low heat about 30 minutes, or until fork can be inserted into chicken with ease. Remove and discard hot peppers.

Remove chicken to a platter. Garnish with lime slices and fresh red hot peppers, and sprinkle lightly with grated coconut before serving.

Coriander Chicken

Because cilantro is the leaf and coriander the seed of the same plant, either seasoning can be used in this recipe.

(Free-Gourmet-Recipes.com online recipes)

SERVES: 3–4

1 small (3- to 4-lb) chicken, cut into pieces
1 tbsp butter
4 tbsp olive oil
4 large cloves of garlic, crushed
1 tsp turmeric (or saffron)
salt and freshly ground black pepper to taste
1 sprig of fresh cilantro, finely chopped (or 2 tsp ground coriander)
1 cup (or more) water
¼ lb purple olives, pitted
1 lemon, sliced

Brown the chicken in butter and oil in a large heavy skillet over medium heat. Add garlic, turmeric, salt, pepper, and cilantro. Cook about 10 minutes, turning chicken occasionally to distribute sauce evenly. Stir in enough water to cover (about 1 cup), and simmer over low heat until the chicken is tender, adding more water if necessary.

Add olives and lemon slices, and cook 8–10 more minutes, or until sauce is reduced.

Country Chicken

(Free-Gourmet-Recipes.com online recipes)

SERVES: 4

4 slices bacon
1 small (3-lb) chicken, cut into 8 pieces
1 green bell pepper, seeded and chopped
1 onion, chopped
2 cloves garlic, minced
 $\frac{3}{4}$ cup minced celery
6 tomatoes (canned with juice is fine)
1 cup orange juice
2 tbsp curry powder
 $\frac{1}{2}$ tsp dried thyme
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup almonds, toasted and chopped coarsely
 $\frac{1}{4}$ cup minced parsley

In a skillet, sauté the bacon until crisp, then drain on paper towels. With the hot bacon fat that remains in the pan, brown the chicken pieces quickly, a few at a time, turning often. Set the browned pieces aside.

Drain all but 2 tbsp of fat from the pan. Add the pepper, onion, garlic, and celery, and sauté for 5 minutes. Coarsely chop the tomatoes, and add to the pan with a little of their juice and the orange juice. Season with curry powder and thyme. Bring mixture to a boil, then reduce the heat and simmer for 5 minutes.

Return the chicken to the pan, and stir to cover them with sauce. Cover and simmer 30 minutes more.

Remove chicken to a platter. Spoon sauce over chicken, and garnish with raisins, almonds, and parsley before serving.

Roasted Chicken with Rosemary and Garlic

(Free-Gourmet-Recipes.com online recipes)

SERVES: 8

1 large (5- to 6-lb) roasting chicken
1½ tbsp minced garlic
1½ tbsp chopped fresh rosemary
4 medium onions
2 whole heads garlic
1 tbsp olive oil

Preheat oven to 450°F.

Rinse chicken and pat dry. Remove and discard neck, giblets, and any excess fat. Loosen skin from breast and drumsticks. Place minced garlic and rosemary beneath skin. Lift wing tips up and over back; tuck behind chicken. Place chicken, breast side up, in a broiler pan.

Cut thin slices from the ends of each onion, and peel. Cut tops off garlic, leaving root end intact. Brush onions and garlic heads with olive oil; place around chicken.

Bake for 30 minutes. Reduce heat to 350°F, and bake an additional 1 hour and 15 minutes, or until the internal temperature registers 180°F.

Cornish Game Hens with Grapes

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

2 Cornish game hens, split lengthwise
2 tbsp olive oil
2 tbsp butter, melted
salt and freshly ground black pepper to taste
½ cup dry white wine (or vermouth)
2 cups chicken stock
2 cups red (or green) seedless grapes
2 tbsp arrowroot mixed with 2 tbsp water

Note: *Arrowroot is a fine white powder that resembles cornstarch. Because it thickens when heated in liquid, it is an excellent ingredient in sauces.*

Preheat oven to 375°F.

Place game hens, skin side up, in a roasting pan. Brush with a mixture of butter and oil, and season with salt and pepper. Bake for about 1½ hours. Remove to a heated platter, and keep warm in the oven.

Pour wine into the roasting pan and bring mixture to a boil, scraping up any accumulated juices in the pan. Add chicken stock, bring to a rapid boil, skim, and let the sauce reduce for about 10 minutes. Add the grapes, and simmer about 5 minutes more. Add arrowroot mixture by the spoonful until the desired thickness is obtained.

Transfer game hens to individual plates, and pour sauce over to serve.

Quick Turkey Cutlets

This tasty recipe could get dinner on the table in a hurry any weeknight.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1¼ lb boneless turkey thighs
1¼ tsp salt
4–5 grinds black pepper
4 tsp butter (or coconut oil)
4 tsp minced fresh rosemary (or 2 tsp crushed dried rosemary)
¼ cup lemon juice
2 tbsp green olives, pitted, sliced in half

Pound turkey (between pieces of waxed paper or plastic wrap) with large flat knife or meat mallet to an even thickness of ⅛ inch. Season with salt and pepper.

Melt butter in a large sauté pan or skillet over medium-high heat. Sear turkey cutlets on one side. Turn cutlets, and cook for 1 minute.

Season cutlets with rosemary, lemon juice, and olives. Cook for 2–3 minutes more. Remove cutlets to a serving platter and keep warm.

Scrape up any browned bits from the bottom of pan, and continue heating until sauce is reduced to about 2 tbsp. Pour sauce over cutlets, and serve immediately.

Tarragon Turkey Burgers

These burgers are delicious! And not much more trouble than making beef burgers.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 5 minutes

SERVES: 4

1 lb ground turkey
½ cup coarsely shredded zucchini
¼ cup chopped red onion
1 tbsp fresh (or dried) tarragon leaves
2 tsp Dijon-style mustard
½ tsp Spike vegetable seasoning (or salt)
3 grinds black pepper
2 large eggs

Preheat broiler or grill.

In a large bowl, combine all ingredients and shape mixture into patties.

Cook 5 minutes per side, or until browned. (Do not overcook.)

Stir-Fry Turkey

Whether done in traditional wok or a heavy skillet, a stir-fry is a quick and healthy meal. This recipe even makes use of leftover turkey!

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 15 minutes

SERVES: 4

1 tbsp coconut oil (or butter)
3 slices fresh gingerroot, minced
1 large garlic clove, minced
1 medium red onion, chopped
2 cups celery sliced on the diagonal
1 medium carrot, cut in half-round slices
1 broccoli stem, peeled and sliced
2 medium kohlrabi, peeled and diced
1 cup broccoli flowerets
3 cups chopped kale (or spinach)
8 oz fresh mushrooms, sliced (or quartered)
2 cups cooked turkey (or chicken), cubed
2 tsp dried thyme (or dried marjoram)
¼ tsp curry powder
1 tbsp tamari

Note: *Prepare and have all ingredients close at hand before beginning to cook.*

Heat coconut oil in a wok or heavy skillet over high heat. Add ginger and garlic; stir constantly for 30–45 seconds. Add onion, celery, carrot, broccoli stem, and kohlrabi and stir-fry, stirring constantly, for 3–4 minutes, or until vegetable colors brighten. Add broccoli flowerets, kale, and mushrooms, and continue to stir-fry for 1 minute. Add cooked turkey, thyme, and curry powder. Cover. Reduce heat to medium-low, and let steam continue the cooking for about 2 minutes.

Turn off heat. Stir in tamari, and serve immediately.

Variation: *To use uncooked meat or poultry, add uniformly cut up pieces after the dense vegetables have been cooking for a couple of minutes.*

Slow-Cooked Turkey Stew

This warm, welcoming one-dish-meal is perfect in fall or winter.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

2 lb turkey pieces
1 medium leek, sliced
2 stalks celery, chopped
2 tsp fresh thyme leaves
2 tsp fresh oregano leaves
1 tsp Spike (or Mrs. Dash) vegetable seasoning (or salt)
1 cup winter squash, peeled and cubed
1 medium carrot, chopped
1 stick cinnamon
16 oz diced tomatoes (canned is fine)
2 cups water (or chicken stock)
1 cup cooked lentils

Place turkey pieces, skin side down, in a slow cooker set on high, and sauté 3–5 minutes to release fat. Turn turkey, then add leek, celery, thyme, oregano, and Spike, and continue to sauté until leeks start to become translucent.

Add squash cubes, carrots, cinnamon, tomatoes, and water. Cover and simmer for 2–3 hours on high (or 6–8 hours on low).

A few minutes before serving, remove cinnamon stick and stir in cooked lentils.

Turkey Chili

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 4

2 tsp butter, divided
1 lb lean ground turkey
salt and freshly ground black pepper to taste
1 cup coarsely chopped red bell pepper
1 medium onion, coarsely chopped (~ $\frac{3}{4}$ cup)
 $\frac{2}{3}$ cup coarsely chopped celery (~ $\frac{2}{3}$ stalk)
1 clove garlic, minced
2 tsp chili powder
1 tsp paprika
1 tsp ground cumin
 $\frac{1}{8}$ tsp ground cayenne pepper
14½ oz plum tomatoes, chopped (canned with juice is fine)
 $\frac{1}{2}$ cup chicken stock (or low-fat low-sodium chicken broth)
1 bay leaf

Heat 1 tsp butter in a 3-quart saucepan over high heat. Add the turkey, and season to taste with the salt and black pepper. Break up the turkey and cook for 2–3 minutes, or until browned. Remove to a bowl and cover to keep warm.

Reduce the heat to low, heat the other 1 tsp butter, and cook the red pepper, onion, celery, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder, paprika, cumin, and cayenne and cook, stirring, for 1 minute. Increase the heat to medium, and add the tomatoes, stock, and bay leaf. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.

Add the browned turkey, and simmer 5 minutes more. Remove and discard the bay leaf before serving.

Herb-Roasted Turkey

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 20 Minutes

COOKING TIME: 2–3 hours

1 12- to 14-lb turkey, brined (see <http://bbq.about.com/cs/turkey/a/aa110103a.htm>)

1 lemon, cut into wedges

¼–½ cup olive oil

4 tbsp unsalted butter, softened

salt and cracked black peppercorns to taste

3 sprigs fresh rosemary

3 sprigs fresh thyme

3–5 cups chicken broth (enough to cover the bottom of the pan ¼ inch)

1 cup white wine

1 bay leaf

1 tbsp dried thyme

1 tbsp dried rosemary

1 tbsp dried basil

Note: To create a golden skin, uncover turkey and increase oven temperature to 450°F about 30 minutes before the turkey is expected to be done.

Preheat oven to 325°F.

Squeeze lemon juice over the turkey. Place juiced lemon wedges inside the chest cavity. Mix olive oil, butter, salt, and peppercorns, and rub over the entire turkey. Place fresh rosemary and thyme underneath breast skin. Tie legs together with kitchen string, and close cavity. Pour broth and wine in the bottom of the roasting pan; add bay leaf and dried herbs. Place turkey, breast side up, on a roasting rack in the pan, and cover the pan.

Roast turkey until juices run clear and a meat thermometer reads 160°F when inserted into the thickest part of the breast without touching the bone. (Estimate 15 minutes per pound; a 12- to 14-pound turkey should be done in 2–3 hours.) Allow the turkey to rest 20 minutes out of the oven before carving.

Meat (Beef, Buffalo, Lamb, Venison, Pork, and Veal)

Quick Beef Steaks with Mushrooms and Wine

Using cube steaks instead of the usual cuts can shorten cooking time and calories.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

4 large (4- to 6-ounce) beef cube steaks
½ cup red wine
8 oz fresh mushrooms, quartered
2 medium garlic cloves, minced
2 tbsp fresh parsley, finely chopped
2 tbsp butter

Place cube steaks in a quart-sized plastic bag, then set in a bowl to help bag stand up. Add wine, mushrooms, garlic, and parsley. Marinate mixture, refrigerated, for at least 30 minutes (to add flavor) and up to 24 hours (to tenderize the meat).

Melt butter in a large skillet over medium-high heat. Braise steaks, two at a time (reserving marinade for sauce), 2 minutes on each side. Remove steaks to serving platter and keep warm.

Pour reserved marinade into pan, and bring to a boil over medium-high heat. Cook for a couple of minutes, then pour over steaks. Serve immediately.

Variation: *If you are short on time, simply heat marinade ingredients together in a small pan for 2–3 minutes while searing steaks in butter as directed. Remove steaks from pan. Deglaze pan and add to the warmed marinade. Pour over steaks.*

Herb-Seasoned Steak Broil

This tasty center-of-the-plate dinner option is ready in minutes.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 5

1 lb top-sirloin steak
2 tsp coconut oil
2 tbsp Dijon-style mustard
2 tsp grated horseradish (or prepared horseradish sauce)
2 tsp dried thyme
1 tsp ground celery seed
1 tsp onion powder
1 tsp coarse salt
½ tsp freshly ground black pepper

Take steak out of refrigerator at least 30 minutes before cooking. Preheat oven to broil. Set oven rack 6 inches from broiler unit.

Rub both sides of steak with coconut oil. Combine mustard and horseradish, and spread evenly on both sides of steak. Place steak on lightly greased broiler pan.

In small cup, mix thyme, celery seed, onion powder, salt, and pepper. Divide mixture, sprinkling half on each side of meat.

Broil steak for 3–4 minutes per side, or until browned. Remove steak to serving platter; let rest 1 minute. Slice and serve.

Grilled Cracked Pepper and Herb Steak

(Wild Oats Marketplace online recipes)

COOKING TIME: 20 minutes

SERVES: 2–3

1 lb bone-in beef rib steak
2 tsp olive oil
3 tbsp coarse salt
4 tbsp cracked black peppercorns
1 tbsp garlic powder
1 tbsp dried rosemary, crushed
1 tsp dried thyme
1 tsp ground coriander
1 tsp dried basil
1 tsp dried oregano
½ tsp ground cayenne pepper (optional)

Rub steak with oil, and set aside on the counter for about 1 hour. (Bringing the steak to room temperature decreases grilling time and encourages even cooking.) Preheat grill to medium-high.

Combine salt, pepper, herbs, and cayenne (if using); coat the steak generously with this dry rub.

Sear steak 4–5 minutes per side for medium rare. Allow the steak to rest 5–10 minutes before carving for peak juiciness.

Garlic and Red Wine Filet Mignon

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 25 minutes

SERVES: 4

4 6-ounce filet mignon portions, each ~2 inches thick

4 cloves garlic, thinly sliced

salt to taste

½ cup olive oil

¼ cup balsamic vinegar

1 tbsp olive oil

4 oz white mushrooms, thinly sliced

½ bottle red wine (cabernet sauvignon)

Slice into each filet lengthwise, creating a small pocket. Stuff each pocket with the equivalent of 1 clove of garlic, and season filets with salt. Mix olive oil and vinegar, and brush liberally over each filet.

Heat olive oil in a large skillet over medium-high heat. Sear filets for 2 minutes per side. Remove filets from skillet; add mushrooms and cook for 3–4 minutes, or until soft. Push mushrooms to the edges of the pan, and return filets. Add the wine, cover, and simmer for 10 minutes for filets that are medium done.

Roasted Garlic–Stuffed Rib Eyes

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 30 minutes

COOKING TIME: 6 minutes

SERVES: 3–4

2 8-ounce rib-eye steaks

2 whole heads garlic

4 tsp olive oil

salt and freshly ground black pepper to taste

Preheat oven to 400°F.

Rub each head of garlic with 1 tsp of olive oil, and place in a covered casserole dish. Bake for 15–20 minutes. Remove garlic from oven to cool, uncovered, but leave the oven on. Squeeze out roasted garlic; mash with a pinch each of salt and pepper.

Slice a 3-inch pocket lengthwise in each rib-eye steak. Fill each pocket with roasted garlic paste. Season both sides of each steak with salt and pepper.

Heat the remaining oil in an ovenproof skillet over medium-high heat. Sear steaks 3 minutes per side, then place in oven for 6 minutes for medium rare; add 1 or 2 minutes for each degree of doneness. Allow steaks to rest 10 minutes before serving.

Indian-Spiced Beef Burgers

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

SERVES: 2

½ cup plain yogurt

⅓ cup chopped cucumber

¼ cup finely chopped onion

1 medium fresh jalapeño pepper, chopped

1 tbsp chopped fresh mint (or 1 tsp crushed dried mint)

½ tsp ground cumin

½ tsp minced garlic (or ⅛ tsp garlic powder)

¼ tsp salt

8 oz lean ground beef (or ground turkey)

Mix yogurt and cucumber in a small bowl. Refrigerate until ready to serve.

Preheat grill or broiler.

Combine onion, jalapeño, mint, cumin, garlic, and salt in a medium bowl, then add the ground beef. Mix all ingredients well. Form mixture into two ¾-inch-thick burgers.

Grill burgers over medium heat, uncovered, for 14–18 minutes (or 8–10 minutes if using turkey), turning once, or until meat is no longer pink. Top each burger with yogurt sauce, and serve.

Buffalo Chili

With this recipe, you'll discover that buffalo tastes a lot like beef—only better.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 4

1 tbsp coconut oil
½ cup chopped onions
2 medium garlic cloves, minced
1½ cups chopped celery
1 cup chopped green bell pepper
1½ lb ground buffalo
2 tsp dried thyme leaves
2 tsp chili powder
2 tsp ground cumin
1 tsp salt
8 oz diced tomatoes (canned is fine)
12 oz (1 jar) prepared salsa

Melt coconut oil in a large skillet over medium-high heat. Sauté onions, garlic, celery, and green pepper 3–4 minutes, or until onion is translucent.

Add buffalo, thyme, chili powder, and cumin and cook for 5–6 minutes, stirring frequently.

Add salt, tomatoes, and salsa to pot. Cover, reduce heat, and simmer for a minimum of 1 hour.

Serve in bowls alone or over tiny steamed florets of cauliflower.

Buffalo Steaks with Red Pepper Sauce

A crust of crushed peppercorns, lemon, and salt and an easy sauce give these buffalo steaks a spicy kick.

(Joseph Mercola, Dr. Mercola's Total Health Program)

PREPARATION TIME: 15 minutes

SERVES: 4

2–3 tbsp whole green and black peppercorns
1 tsp coarse salt
1 tsp lemon zest
1 lb buffalo rib-eye steaks
1 tsp coconut oil (or butter)
4 cups Chinese cabbage sliced on the diagonal into ¼-inch pieces
1 medium garlic clove, minced
1 pinch salt
8 oz roasted red peppers (jarred are fine)
1 tsp tamari (or Spike vegetable seasoning)

Crush peppercorns with the back of a spoon, with a mortar and pestle, or in a spice grinder; mix with coarse salt and lemon zest. Season both sides of the steaks with this mixture, then set them aside to marinate for up to 30 minutes.

Sear steaks by broiling, grilling, or frying in heavy cast-iron skillet over medium-high heat, 3 minutes per side. Set aside steaks and keep warm.

In a heavy cast-iron skillet, heat 1 tsp coconut oil over high heat, then stir-fry Chinese cabbage and garlic with a pinch of salt until cabbage is wilted.

Meanwhile, blend roasted red peppers in blender with tamari.

To assemble, pile serving platter with braised cabbage, top with steaks, and pour red pepper sauce over top. Serve immediately.

Horseradish Buffalo Burgers

This recipe goes nicely with Asparagus with Sesame Seeds (page 78) and a salad.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1 lb ground buffalo

2 tbsp prepared horseradish

½ tsp Spike vegetable seasoning (or salt)

3–4 grinds black pepper

Mix the ground meat with the remaining ingredients. Form into patties.

Broil in the oven, grill, or fry in a hot cast-iron skillet over medium-high heat, 3–4 minutes on a side, until browned. Do not overcook. Serve immediately.

Roasted Leg of Lamb (or Chevon)

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4–6

1 6- to 8-lb leg of lamb (or chevon [baby goat])
½ cup Dijon-style mustard
¼ cup soy sauce
1 tbsp minced fresh rosemary
1 clove garlic, slivered
1 1-inch piece of fresh gingerroot, peeled and minced
2 tbsp olive oil

Preheat oven to 350°F.

Blend mustard, soy sauce, rosemary, garlic, and ginger in a bowl. Whisk in oil to make a creamy mixture, then set aside the sauce.

Make four shallow slashes in the lamb with a sharp knife; tuck a sliver of garlic into each. Brush the lamb liberally with sauce, and let stand on the counter for 1–2 hours.

Roast lamb on a rack for 1¼ to 1½ hours, or until a meat thermometer reads 150°F (medium doneness). Allow the roast to rest for at least 15 minutes before carving; the temperature will increase to about 160°F as it rests.

Herbed Lemony Lamb Chops

The lemony seasoning makes delicious lamb chops, whichever cut you prefer.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 30–35 minutes

SERVES: 4

1 tsp lemon zest (or ½ tsp lemon pepper seasoning)
½ tsp dried rosemary, crushed
1 tsp dried oregano
1 tsp dried tarragon
3 tbsp lemon juice
1 tbsp soy sauce
2 tbsp butter
4 lamb shoulder chops

Combine lemon zest, herbs, lemon juice, and soy sauce in a small bowl; set aside.

Heat butter in a large skillet over medium-high heat. Brown lamb chops on both sides, and leave in skillet. Pour seasoning over chops in skillet. Cover, and simmer over medium-low heat for 20–25 minutes, or until chops are tender.

Variation: *The same seasoning ingredients could be used on lamb loin chops to be broiled. Reduce the amount of lemon juice to 1 tbsp and mix with herbs to make a paste. Spread on loin chops and broil 3–4 minutes per side, depending up thickness. Do not overcook.*

Venison Stew

Venison is low in fat and especially good in stews, where it is cooked in liquid.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes

SERVES: 6

1½ lb stewing venison
1 pinch salt
1 pinch freshly ground black pepper
1 tbsp coconut oil (or butter)
1 medium red onion, sliced
3 stalks celery, sliced on the diagonal
2 tsp dried thyme
1 tsp ground cinnamon
1 tsp orange zest
½ cup fresh cranberries
3 medium kohlrabi, peeled and chopped
3 cups beef stock

Season venison with salt and pepper.

Heat coconut oil in large stockpot or Dutch oven over medium heat. Sauté onion and celery until onion starts to become translucent. Remove and set aside vegetables.

Add venison to pan, and sear until browned on all sides. Stir in thyme, cinnamon, orange zest, cranberries, kohlrabi, and stock. Return the sautéed vegetables to the pan.

Heat the mixture until it starts to bubble, cover, and lower heat to medium-low. Simmer for 45–50 minutes, or until venison is tender.

Grilled Pork Tenderloin with Rosemary–Mustard Rub

Pork is easy to prepare and offers a flavorful alternative to chicken.

(Wild Oats Marketplace online recipes)

PREPARATION TIME: 15 minutes

MARINATING TIME: 30 minutes

COOKING TIME: 15–20 minutes

SERVES: 4

4 sprigs fresh rosemary
2–3 cloves garlic, peeled
3 tbsp olive oil
2 tsp coarse salt
2 tsp cracked black peppercorns
2 tbsp stone-ground mustard
1 lb pork tenderloin, trimmed

Strip rosemary leaves from stems and place in a small food processor bowl with garlic, oil, salt, pepper, and mustard. Pulse the mixture to make a paste.

Smooth the paste over the pork, place on a baking sheet, cover, and place in the refrigerator for 30 minutes.

Preheat gas grill to high.

Brush grate with olive oil. Sear pork for 3 minutes per side. Reduce heat to medium-low, cover, and cook pork for 8–10 minutes, or until the internal temperature reaches 145°F. Transfer pork to a platter. Let rest for 6–8 minutes before slicing and serving.

Variation: Try the rosemary–mustard rub on turkey breast, a whole roasting chicken, or a fish fillet.

Marinated Pork Chops

(Wild Oats Marketplace online recipes)

SERVES: 6

6 pork chops, each ~¾ inch thick
2 cloves garlic, minced
3 tsp paprika
salt and freshly ground black pepper to taste
1 cup white wine

Place pork chops in one layer in a shallow ovenproof baking dish. Combine garlic, paprika, salt, and pepper, and spread over chops. Pour the white wine over all. Cover and refrigerate for 6 hours.

Preheat oven to 300°F.

Uncover the dish and bake chops uncovered in the marinade for 1 hour.

Veal Chops

(Sally Fallon, *Nourishing Traditions*)

SERVES: 4

4 veal chops
juice of 1 lemon
½ tsp dried thyme
2 tbsp butter
2 tbsp olive oil
½ cup dry white wine (or vermouth)
2 cups beef stock

Marinate the veal chops for several hours in lemon juice mixed with thyme.

Dry chops thoroughly. Heat the butter and oil in a heavy skillet, and brown the chops, two at a time, on both sides. Remove chops to a plate.

Discard the browning oil from the skillet, and add wine and stock. Bring the mixture to a rapid boil, stirring to scrape up accumulated veal juices. Skim sauce, and return the chops to the skillet. Reduce heat to a simmer, cover, and cook about 30 minutes, or until chops are tender.

Remove chops to a heated platter and keep warm. Bring the liquid to a rapid boil, and skim occasionally until sauce thickens. Spoon sauce over chops to serve.

Fish

Easy Broiled Halibut

(Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*)

SERVES: 6–8

2 lb center-cut halibut steak
salt (or Herbamare seasoned salt) to taste
freshly ground black pepper to taste
¼ cup (or more if desired) lemon juice
1 tbsp butter (or coconut oil)

Wipe halibut with a damp cloth. Season with salt, pepper, and lemon juice, and dot with butter. Broil, turning frequently, till brown.

Mustard-Crusted Halibut

Serve on a bed of baby spinach, arugula, and water chestnuts.

(David Kirsch, *The Ultimate New York Body Plan*)

SERVES: 1–2

6 oz center-cut halibut steak
1 tsp whole-grain mustard
1 tsp chopped fresh thyme
1 tbsp chopped fresh oregano
1 tsp chopped fresh rosemary
½ tsp freshly ground black pepper
1 tsp water
1–2 tbsp butter

Preheat oven to 350°F.

In a small bowl, combine the mustard, thyme, oregano, rosemary, pepper, and water and blend well to make a paste.

Butter an ovenproof baking dish. Place halibut in the dish and spread with the mustard–herb paste. Bake for 15–20 minutes, or until fish flakes easily with a fork.

Grilled Swordfish

(Sally Fallon, *Nourishing Traditions*)

SERVES: 6

1½ lb swordfish steaks

¾ cup Cilantro Marinade (page 73)

1 cup Béarnaise Sauce (page 75)

Brush both sides of the swordfish with Cilantro Marinade, cover, and marinate in the refrigerator for several hours.

Broil or grill swordfish for 5–10 minutes per side, depending on the thickness of the steaks. Be careful not to let the swordfish burn. Serve topped with Béarnaise Sauce.

Easy Smothered Salmon

(Stephen Byrnes, *The Lazy Person's Whole Food Cookbook*)

SERVES: 6

2 tbsp coconut oil (or butter)
2 slices turkey bacon, chopped
 $\frac{3}{4}$ cup diced celery
 $\frac{3}{4}$ cup chopped onion
1 tsp salt
1–2 tbsp butter
2 cups canned salmon
 $\frac{1}{2}$ cup boiling water

Preheat oven to 375°F.

Melt oil in a heavy skillet. Add oil, bacon, celery, onion, and salt and fry until celery and onion are light brown.

Butter a covered ovenproof baking dish, and place salmon in center. Arrange vegetable mixture around salmon. Add water and cover.

Bake for 30 minutes. Remove cover and bake another 10 minutes.

Salmon with Pecan Pesto

(Jordan S. Rubin, *The Maker's Diet*)

SERVES: 4

~5 oz shelled pecans
1 3-inch sprig of rosemary
4 salmon fillets (~1¼–1½ lb total)
3 oz cold butter, cut into ½-tbsp pats
2–3 fresh jalapeño peppers, seeded and coarsely chopped
zest of ½ small lemon (or small orange), finely chopped
1 tbsp olive oil
salt and freshly ground black pepper to taste

Preheat oven to 300°F.

Toast pecans on a cookie sheet about 20–30 minutes, or until they release their aroma. Set aside to cool.

Strip rosemary leaves from stems, mince, and set aside.

Rinse salmon and pat dry. Butterfly fillets with a sharp knife, if desired. Rub salmon with olive oil; season with salt and pepper. Heat heavy skillet over medium heat. Pan-fry fillets until firm to the touch.

Place the toasted pecans, rosemary, butter, jalapeños, and lemon zest in a food processor. Process for 5–8 seconds, scrape the bowl, and repeat two or three times until a paste (pesto) forms. Do not overprocess.

Spread the pesto over the cooked salmon, and serve immediately.

Baked Herbed Salmon

A traditional Mediterranean pesto makes an low-carbohydrate salmon dish that's quick, elegant, and tasty. The fish bakes with the sauce while you prepare the rest of the meal.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

4 6-ounce salmon fillets
salt and freshly ground black pepper to taste
1 tbsp olive oil
2 medium garlic cloves, coarsely chopped
½ tsp Spike vegetable seasoning (or salt)
1 tsp ground cumin
½ tsp freshly ground black pepper
1 tbsp capers (or green olives)
1 cup coarsely chopped flat-leaf Italian parsley
1 cup coarsely chopped cilantro leaves
2 tsp lemon zest
~5 oz fresh lemon juice

Preheat oven to 350°F.

Rinse salmon and place on lightly greased cookie sheet or in an ovenproof baking dish. Season with salt and pepper.

In food processor, process olive oil, garlic, Spike, cumin, pepper, capers, parsley, cilantro, lemon zest, and lemon juice until well combined. Pour sauce over fish.

Bake for 13–15 minutes, or until salmon flakes easily with a fork.

Broiled Lemon Salmon

Fresh lemon juice is the key to making broiled salmon exceptional.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

MARINATING TIME: 20–30 minutes

COOKING TIME: 10 minutes

SERVES: 4

1 tbsp tamari
1 clove garlic, minced
½ cup fresh lemon juice
1 tsp olive oil
2 tbsp chopped chives
4 6-ounce salmon fillets
1 whole lemon, cut into ⅛-inch slices

Whisk tamari, garlic, lemon juice, olive oil, and chives. Pour over fillets, and marinate with lemon slices, turning occasionally, for 20–30 minutes.

Broil salmon (with lemon slices around broiling pan) with rack set 6 inches beneath broiler unit for 3–4 minutes. Turn salmon carefully, and continue to broil another 3 minutes, or until fillets are brown and flake easily with a fork.

Remove salmon to a serving platter. Place broiled lemon slices on top of fish. Pour any remaining marinade over. Serve immediately.

Salmon Ceviche

In South America, Japan, and elsewhere, marinated raw fish is served as an appetizer. It is a popular way to preserve the flavor, nutrition, and digestibility of fresh fish. Serve with butter lettuce or other leafy salad greens.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 10 minutes

SERVES: 4

1 lb salmon

1/3 cup finely diced red onion

1 cup fresh lime juice

2 tbsp seeded and finely chopped serrano pepper (or 1 chili pepper, minced)

2 tsp salt

1 cup chopped tomatoes

2 cups chopped cilantro (or parsley)

Skin salmon, and chop into 1/4- to 1/2-inch pieces. Combine salmon, onion, lime juice, hot pepper, and salt. Marinate for several hours or overnight.

About 10–15 minutes before serving, add chopped tomatoes and cilantro to salmon mixture, and stir to combine.

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PART 3

This section contains various tools to help you create your new lifestyle—that is, to lose weight and achieve optimum health. Refer to these materials when instructed throughout this manual. Return to them as needed thereafter until this healthy way of eating becomes second nature.

Metabolic Typing Test

Adapted from *The Metabolic Typing Diet* (Wolcott and Fahey 2000, 135), this simple test is the most basic way to determine your metabolic type.

Circle the letter of the phrase that best completes the following 25 statements according to how you actually feel, not how you think you should feel. If you don't usually pay attention to your body's cues before and after eating, then do so for a few days (while continuing your present eating habits) before taking the test. To ensure a valid result, be honest and do not skip any questions!

Instructions for scoring follow.

Questions

1. When I feel anxious, angry, or irritable,

- A. heavy fatty foods such as meat or salty nuts make me feel better.
- B. fruit, vegetables, or fruit juice makes me feel better.

2. I feel best when I eat the following for breakfast:

- A. sausage, eggs, and/or bacon.
- B. cereal, fruit, and/or toast.

3. If I attended a buffet and could eat whatever I wanted (all health rules aside), I would choose

- A. steak, pork chops, ribs, gravy, and a salad with creamy dressing.
- B. chicken, turkey, fish, vegetables, and a dessert.

4. I feel best when the temperature is

- A. cool or cold; I don't like hot weather.
- B. warm or hot; I don't like cold weather.

5. Coffee makes me feel

- A. jittery, jumpy, nervous, hyper, shaky, or hungry.
- B. okay, as long as I don't drink too much.

6. In the morning, I am

- A. hungry and ready to eat breakfast.
- B. not hungry and don't feel like eating.

7. At midday, I am

- A. hungry and ready to eat lunch.
- B. not noticeably hungry and have to be reminded to eat.

8. In the evening, I am

- A. hungry and ready to eat dinner.
- B. not noticeably hungry and have to be reminded to eat.

9. I concentrate best if I have eaten a meal that includes

- A. meat and fatty foods.
- B. fruits, vegetables, and grains.

10. When I have cravings, I tend to want

- A. salty and fatty snacks (peanuts, cheese, or potato chips).
- B. baked goods or other carbs (bread, cereal, or crackers).

11. When I eat sugar or a sugary snack,

- A. I feel a rush of energy, then am likely to crash and feel fatigued.
- B. my energy levels are restored.

12. If dessert is served,

- A. I can take it or leave it; I would rather have cheese, chips, or popcorn.
- B. I definitely will indulge; I like to have something sweet after a meal.

13. If I have a dessert, I most often choose

- A. cheesecake or creamy French pastries.
- B. cakes, cookies, or candies.

14. For dinner, I feel best (satiated) after eating

- A. steak and vegetables.
- B. skinless chicken breast, rice, and a salad.

15. I sleep best if my dinner is

- A. heavy and includes more proteins.
- B. light and includes more carbohydrates.

16. I wake up feeling well rested if

- A. I don't eat sweets in the evening.
- B. I eat sweets in the evening.

17. I feel best during the day if I eat

- A. small meals frequently, or three meals a day plus some snacks.
- B. two to three meals a day and no snacks; I can last pretty long without eating.

18. I describe myself as someone who

- A. loves to eat; food is a central part of my life.
- B. is not very concerned with food; I may forget to eat at times.

19. If I skip a meal, I feel

- A. irritable, jittery, weak, tired, or depressed.
- B. okay; it doesn't really bother me.

20. If I had fruit and low-fat cottage cheese for lunch, I would feel

- A. hungry, irritable, and sleepy soon after.
- B. satisfied and probably could go until dinner after that.

21. During the day, I feel hungry

- A. often and need to eat several times a day.
- B. rarely and have a weak appetite.

22. I would describe myself as someone who is more

- A. extroverted—I am a very social person.
- B. introverted—I usually keep to myself.

23. When a food or meal is very salty,

- A. I love it!
- B. I don't enjoy it.

24. If I get hungry midafternoon, I feel best (more energized) after eating

- A. cheese and nuts.
- B. something sweet.

25. After exercising, I feel best if I eat

- A.** a protein shake or food that contains protein.
- B.** a high-sugar drink or food, such as a Gatorade or a banana.

Scoring

First, count how many times you circled A and B to determine your scores:

Total number of A answers = _____

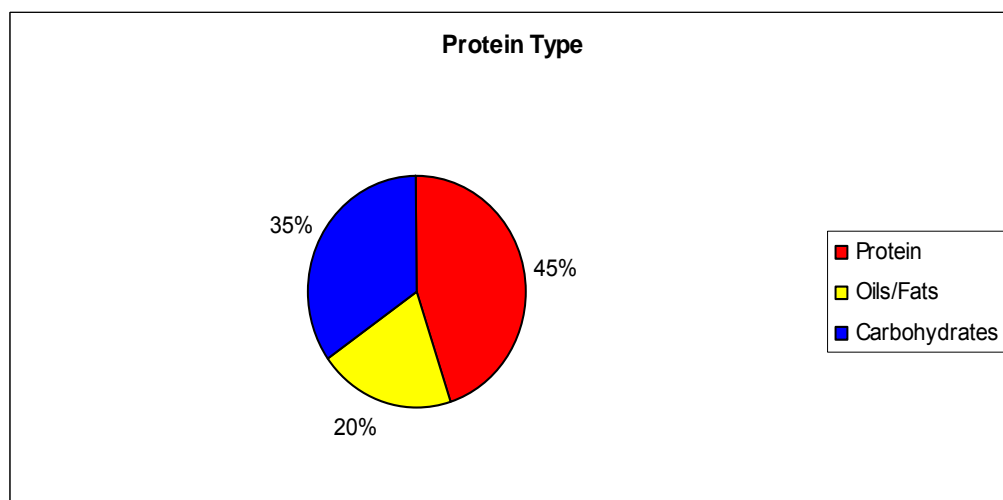
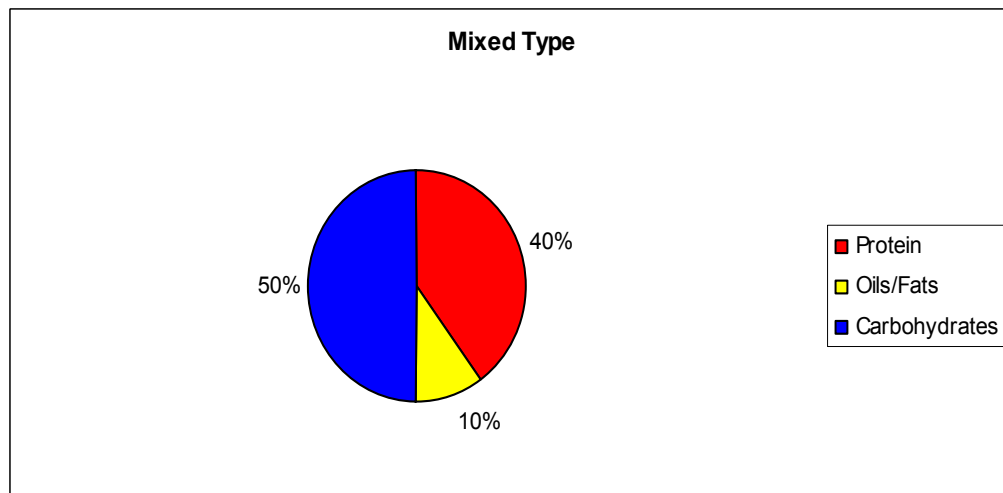
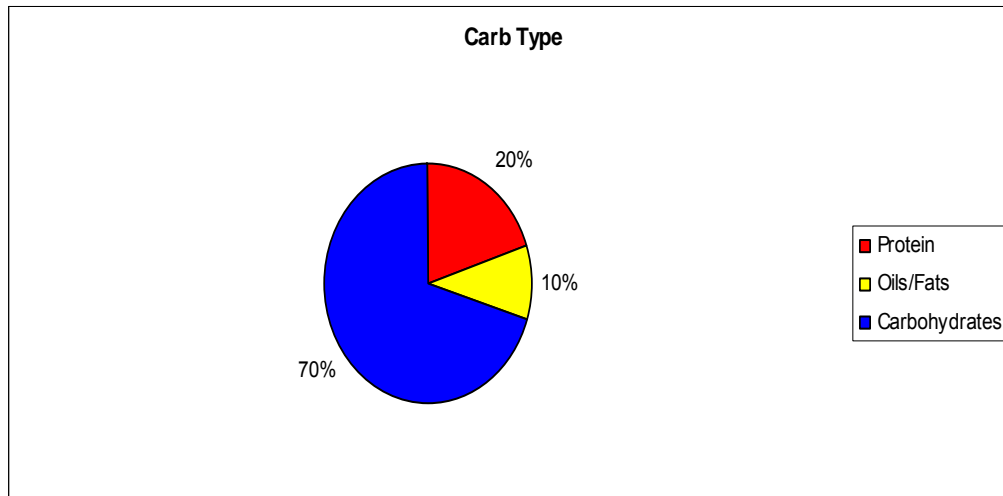
Total number of B answers = _____

Next, referring to these scores, select your metabolic type classification according to the following criteria:

- If your A score is 5 or more points higher than your B score (e.g., A = 15, B = 10), then you are a Protein Type.
- If your B score is 5 or more points higher than your A score (e.g., A = 10, B = 15), then you are a Carb Type.
- If your A and B scores are within 3 points of each other (e.g., A = 14, B = 11), then you are a Mixed Type.

Now return to **Chapter 3: Metabolic Typing** (page 11), and learn which foods and eating habits best suit your metabolic type.

Ideal Food Ratios for Each Metabolic Type



Diet Solution Food Journal

Date: _____

Three things I am grateful for: 1. _____
2. _____
3. _____

My positive affirmations: 1. _____
2. _____
3. _____

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	()	()	()	
	Meal totals				
	SNACK	()	()	()	
	Meal totals				
	LUNCH	()	()	()	
	Meal totals				
	SNACK	()	()	()	
	Meal totals				
	DINNER	()	()	()	
	Meal totals				
	Daily totals				

Daily water intake

Goal: _____ ounces

Actual: _____ ounces

Diet Solution Food Journal (sample)

Date: October 10, 2007

Three things I am grateful for: 1. spending each day doing what I love
2. my incredibly supportive family
3. the opportunity to live each day on my own schedule

My positive affirmations: 1. God is my universal source. He provides all that I need.
2. I feel great and nourish my body well every day.
3. Exercise keeps me healthy and happy.

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
8:00 AM	BREAKFAST	(3)	(1)	(0)	<i>Immediately:</i> satisfied <i>2 hours later:</i> starting to feel hungry
	2 eggs	2			
	1 slice turkey bacon	1			
	1 cup cooked spinach		1		
	Meal totals	3	1	0	
10:30 AM	SNACK	(2)	(1)	(0)	<i>Immediately:</i> curbed my hunger
	1 ounce walnuts	2			
	1 med banana		1		
	Meal totals	2	1	0	
1:00 PM	LUNCH	(4)	(2)	(3)	<i>Immediately:</i> feel full—maybe too full <i>2 hours later:</i> feel good
	4 ounces broiled salmon	4			
	1 cup green salad		1		
	1 cup raw cauliflower		1		
	1 tbsp cod liver oil			3	
	1 tbsp apple cider vinegar	—	—	—	
	salt, pepper, spices	—	—	—	
	Meal totals	4	2	3	
3:30 PM	SNACK	(2)	(1)	(0)	<i>1 hour later:</i> not satisfied; white-meat turkey might not be a good option
	2 ounces sliced turkey	2			
	1 cup carrot sticks		1		
	Meal totals	2	1	0	
6:00 PM	DINNER	(4)	(2)	(2)	<i>Immediately:</i> feel great, satisfied—but not overly full
	4 oz chicken legs	4			
	1 cup sautéed collards		1		
	1 cup green salad		1		
	2 tsp olive oil			2	
	1 tbsp apple cider vinegar	—	—	—	
	Meal totals	4	2	2	
	Daily totals	15	7	5	

Daily water intake

Goal: 70 ounces

Actual: 70 ounces

Allowable Servings Guide

Type	Mixed	Carb	Protein	Mixed	Carb	Protein	Mixed	Carb	Protein
Meal	1,400 calories/day			1,600 calories/day			1,800 calories/day		
Breakfast	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
Snack	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
Lunch	3 Protein 1 Carb 1 Fat	3 Protein 2 Carb 1 Fat	3 Protein 1 Carb 2 Fat	4 Protein 1 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb	2 Protein 1 Carb	2 Protein 3 Carb	2 Protein 1 Carb
Dinner	3 Protein 2 Carb 2 Fat	3 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat	4 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
	2,000 calories/day			2,200 calories/day			2,400 calories/day		
Breakfast	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 2 Carb
Snack	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
Lunch	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	4 Protein 2 Carb 1 Fat	4 Protein 3 Carb 1 Fat	5 Protein 1 Carb 2 Fat	4 Protein 3 Carb 2 Fat	4 Protein 3 Carb 2 Fat	5 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 3 Carb	3 Protein 1 Carb	2 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb
Dinner	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat	5 Protein 2 Carb 2 Fat	4 Protein 3 Carb 1 Fat	6 Protein 1 Carb 2 Fat

Note: Refer to the Food Choices charts (which start on page 143) to choose the appropriate foods in each category for your metabolic type.

Food Choices

For all charts in this section, the “best bet” food items are shaded in gray.

Protein Choices: Carb Types

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts ^a and Seeds
1 slice	bacon (pork)	1 oz	abalone	1 oz	roughy	½ oz	almonds
1 slice	bacon (beef)	1 oz	anchovy	1 oz	salmon	½ oz	Brazil nuts
1 oz	beef	1 oz	bass (freshwater)	1 oz	sardines	½ oz	cashews
1 oz	buffalo	1 oz	bass (sea)	1 oz	scallops	½ oz	chestnuts
1 oz	lamb	1 oz	catfish	1 oz	shark	½ oz	filberts
1 oz	liver (beef or chicken)	1 oz	caviar	1 oz	shrimp	½ oz	hickory nuts
1 oz	pork (lean)	1 oz	clams	1 oz	snapper	½ oz	macadamia nuts
1 oz	rabbit	1 oz	cod	1 oz	squid	½ oz	peanuts ^b
1 oz	venison	1 oz	crabmeat	1 oz	swordfish	½ oz	pecans
	Poultry	1 oz	crayfish	1 oz	trout	½ oz	pine nuts
1 slice	bacon (turkey)	1 oz	flounder	1 oz	tuna (white)	½ oz	pistachios
1 oz	chicken (dark)	1 oz	grouper	1 oz	whitefish	½ oz	pumpkin seeds
1 oz	chicken (white)	1 oz	halibut		Dairy and Eggs	½ oz	sunflower seeds
1 oz	duck	1 oz	herring	1	egg	½ oz	walnuts
1 oz	goose	1 oz	lobster meat	¼ cup	cottage cheese (raw)	1 tbsp	nut butter ^c
1 oz	Cornish hen	1 oz	mackerel				
1 oz	pheasant	1 oz	mahimahi				
1 oz	quail	1 oz	mussels				
1 oz	sausage (chicken)	1 oz	octopus				
1 oz	turkey (dark)	1 oz	perch (freshwater)				
1 oz	turkey (white)	1 oz	rockfish				

^a All nuts and seeds must be raw. ^b Peanuts are legumes but are listed with tree nuts here for ease of presentation.

^c Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

Protein Choices: Protein Types

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts ^a and Seeds
1 slice	bacon (pork)	1 oz	abalone	1 oz	roughy	½ oz	almonds
1 slice	bacon (beef)	1 oz	anchovy	1 oz	salmon	½ oz	Brazil nuts
1 oz	beef	1 oz	bass (freshwater)	1 oz	sardines	½ oz	cashews
1 oz	buffalo	1 oz	bass (sea)	1 oz	scallops	½ oz	chestnuts
1 oz	lamb	1 oz	catfish	1 oz	shark	½ oz	filberts
1 oz	liver (beef or chicken)	1 oz	caviar	1 oz	shrimp	½ oz	hickory nuts
1 oz	pork (any cut)	1 oz	clams	1 oz	snapper	½ oz	macadamia nuts
1 oz	rabbit	1 oz	cod	1 oz	squid	½ oz	peanuts ^b
1 oz	venison	1 oz	crabmeat	1 oz	swordfish	½ oz	pecans
	Poultry	1 oz	crayfish	1 oz	trout	½ oz	pine nuts
1 oz	bacon (turkey)	1 oz	grouper	1 oz	tuna (dark)	½ oz	pistachios
1 oz	chicken (dark)	1 oz	halibut	1 oz	whitefish	½ oz	pumpkin seeds
1 oz	chicken (white)	1 oz	herring		Dairy and Eggs	½ oz	sunflower seeds
1 oz	Cornish hen	1 oz	lobster meat	1	egg	½ oz	walnuts
1 oz	duck	1 oz	mackerel	¼ cup	cottage cheese (raw)	1 tbsp	nut butter ^c
1 oz	goose	1 oz	mahimahi				
1 oz	pheasant	1 oz	mussels				
1 oz	quail	1 oz	octopus				
1 oz	sausage (chicken)	1 oz	perch (ocean)				
1 oz	turkey (dark)	1 oz	pompano				
1 oz	turkey (white)	1 oz	rockfish				

^a All nuts and seeds must be raw. ^b Peanuts are legumes but are listed with tree nuts here for ease of presentation.

^c Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

Carbohydrate Choices: Carb Types

Serving	Bread	Serving	Fruits (cont'd)	Serving	Legumes	Serving	Low-Starch Veg
1 slice	SWG bread	1 cup	cranberries		adzuki beans	1	artichoke
½	SWG roll	1 cup	currants	½ cup	black beans	1 cup	asparagus
1	SWG English muffin	1	date	½ cup	black-eyed beans	½ cup	bamboo shoots
1	SWG wrap (small)	¾ cup	elderberries	½ cup	fava beans	1 cup	bok choy
1 slice	rice bread	2	figs (large)	½ cup	garbanzo beans	1 cup	broccoli
1 slice	spelt bread	1 cup	gooseberries	½ cup	great Northern beans	1 cup	brussels sprouts
10	rice crackers	1	grapefruit (small)	½ cup	green beans	1 cup	cabbage
2	rye crackers	17–20	grapes	½ cup	green peas	1 cup	cauliflower
	Grains	1 cup	guava	½ cup	lentils	1 cup	celery
½ cup	brown or wild rice	1 cup	honeydew melon	½ cup	lima beans	1 cup	cucumber
½ cup	amaranth	2	kiwifruit (medium)	½ cup	mung beans	1 cup	daikon ^a
½ cup	barley	6	kumquat ^b	½ cup	navy beans	1 cup	eggplant
½ cup	buckwheat	free	lemons	½ cup	pink beans	1 cup	fennel
½ cup	corn	free	limes	½ cup	pinto beans	free	garlic
½ cup	kamut	1 cup	loganberries ^c	½ cup	red beans	free	gingerroot
½ cup	millet	½	mango	½ cup	white beans	1 cup	jicama
1 cup	oatmeal	2	nectarines (small)	½ cup	High-Starch Veg	1 cup	kale
½ cup	quinoa	1	orange (large)	1 cup	beets	1 cup	lettuce ^d
½ cup	rye	½	papaya (large)	1 cup	carrots	1 cup	mushrooms
½ cup	spelt	1	peach (medium)	½ cup	Jerusalem artichoke	1 cup	okra
½ cup	SWG cereal	1	pear (medium)	½ cup	parsnips	5	olives
½ cup	raw granola	2	persimmons	½ cup	potato (white)	1	onion (medium)
	Fruits	1 cup	pineapple	½ cup	potato (sweet)	1 cup	pepper (bell)
1	apple (medium)	2	plums (small)	¼ cup	water chestnuts	free	pepper (hot)
4	apricots (small)	1	pomegranate (small)		Dairy	½ cup	pumpkin
½	banana (medium)	4	prunes (small)	½ cup	milk (raw)	½ cup	radishes
1 cup	blackberries	¼ cup	raisins			½ cup	rutabaga ^e
1 cup	blueberries	1 cup	raspberries			1 cup	salad greens ^d
1 cup	boysenberries	2 cups	rhubarb			1 cup	spinach
1 cup	cantaloupe	1 cup	strawberries			½ cup	squash (winter) ^f
1 cup	casaba melon ^g	2	tangerines (small)			½ cup	turnip
17	cherries	1	tomato (large)			1 cup	zucchini
		1 cup	watermelon				

Notes: Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw. SWG = sprouted whole grain (e.g., Ezekiel 4:9 products). Free = Use as needed for seasoning. ^a Japanese radish.

^b Similar to an orange but small like a grape. ^c Cross between a blackberry and raspberry. ^d Any but iceberg. ^e Similar to a turnip. ^f Orange-fleshed squashes (e.g., acorn, butternut, and kabocha). ^g Similar to a cantaloupe.

Carbohydrate Choices: Protein Types

Serving	Bread	Serving	Fruits (cont'd)	Serving	Fruits (cont'd)	Serving	Low-Starch Veg
1 slice	SWG bread	1 cup	casaba melon ^a	1 cup	strawberries	1	artichoke
½	SWG roll	17	cherries	2	tangerines (small)	1 cup	asparagus
1	SWG English muffin	1 cup	cranberries	1	tomato (large)	½ cup	bamboo shoots
1	SWG wrap (small)	1 cup	currants	1 cup	watermelon	1 cup	bok choy
1 slice	rice bread	1	date		Legumes	1 cup	broccoli
1 slice	spelt bread	¾ cup	elderberries	½ cup	adzuki beans	1 cup	brussels sprouts
10	rice crackers	2	figs (large)	½ cup	black beans	1 cup	cabbage
2	rye crackers	1 cup	gooseberries	½ cup	black-eyed beans	1 cup	cauliflower
	Grains	1	grapefruit (small)	½ cup	fava beans	1 cup	celery
½ cup	brown or wild rice	17–20	grapes	½ cup	garbanzo beans	1 cup	cucumber
½ cup	amaranth	1 cup	guava	½ cup	great Northern beans	1 cup	daikon ^b
½ cup	barley	1 cup	honeydew melon	½ cup	green beans	1 cup	eggplant
½ cup	buckwheat	2	kiwifruit (medium)	½ cup	green peas	1 cup	fennel
½ cup	corn	6	kumquat ^c	½ cup	lentils	free	garlic
½ cup	kamut	free	lemons	½ cup	lima beans	free	gingerroot
½ cup	millet	free	limes	½ cup	mung beans	1 cup	jicama
1 cup	oatmeal	1 cup	loganberries ^d	½ cup	navy beans	1 cup	kale
½ cup	quinoa	½	mango	½ cup	pink beans	1 cup	lettuce ^e
½ cup	rye	2	nectarines (small)	½ cup	pinto beans	1 cup	mushrooms
½ cup	spelt	1	orange (large)	½ cup	red beans	1 cup	okra
½ cup	SWG cereal	½	papaya (large)	½ cup	white beans	5	olives
½ cup	raw granola	1	peach (medium)		High-Starch Veg	1	onions (medium)
	Fruits	1	pear (medium)	1 cup	beets	1 cup	pepper (bell)
1	apple (medium)	2	persimmons	1 cup	carrots	free	pepper (hot)
4	apricots (small)	1 cup	pineapple	½ cup	Jerusalem artichoke	½ cup	pumpkin
2 ounces	avocado	2	plums (small)	½ cup	parsnips	½ cup	radishes
½	banana (medium)	1	pomegranate (small)	½ cup	potato(white)	½ cup	rutabaga ^f
1 cup	blackberries	4	prunes (small)	½ cup	potato (sweet)	1 cup	salad greens ^e
1 cup	blueberries	¼ cup	raisins	¼ cup	water chestnuts	1 cup	spinach
1 cup	boysenberries	1 cup	raspberries		Dairy	½ cup	squash (winter) ^g
1 cup	cantaloupe	2 cups	rhubarb	½ cup	whole milk (raw)	½ cup	turnip
						1 cup	zucchini

Notes: Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw.

SWG = sprouted whole grain (e.g., Ezekiel 4:9 products). Free = Use as needed for seasoning. ^a Similar to a cantaloupe. ^b Japanese radish. ^c Similar to an orange but small like a grape. ^d Cross between a blackberry and raspberry. ^e Any but iceberg. ^f Similar to a turnip. ^g Orange-fleshed squashes (e.g., acorn, butternut, and kabocha).

Fat Choices: All Metabolic Types

Serving	Fat
1 tsp	olive oil
1 tsp	fish oil
1 tsp	cod liver oil
1 tsp	flax seed oil
1 tsp	raw butter
1 ounce	avocado ^a
free ^b	coconut oil

Note: The fat content of fattier foods such as eggs, meats, oily fish, and nuts has been accounted for in the allotted servings and calories for each metabolic type, so no separate fat servings need to be counted for these foods.

^a Avocado is a fruit. Protein Types also may use it as a carbohydrate choice (2 ounces).

^b The Diet Solution Program does not limit the amount of coconut oil that you can consume each day or account for it in the Sample Meal Plans (page 149) and Allowable Servings Guide (page 142). A reasonable amount would be 1–2 tsp three times per day for cooking.

Diet Solution Meal Plan

Date: _____

Time	Meal and Food Eaten	Food Servings			Notes (How do I feel?)
		Proteins	Carbs	Fats	
	BREAKFAST	()	()	()	
	Meal totals				
	SNACK	()	()	()	
	Meal totals				
	LUNCH	()	()	()	
	Meal totals				
	SNACK	()	()	()	
	Meal totals				
	DINNER	()	()	()	
	Meal totals				
	Daily totals				

Notes:

Sample Meal Plans

Mixed Type: Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (in an omelet)	2		
	1 cup chopped raw spinach, peppers, and onions (in an omelet)		1	
	1 slice SWG bread		1	
	1 medium pear		1	
Snack	1 oz almonds or walnuts	2		
	1 medium apple		1	
	1 cup cucumber slices		1	
Lunch	4 oz turkey, ground white and dark meat (in a burger)	4		
	8 oz carrot sticks		1	
	½ cup cooked brown rice		1	
	small green salad		½	
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
	apple cider vinegar			
Snack	1–2 tbsp peanut or almond butter	2		
	2 slices rye crisp bread		1	
	8 oz celery sticks		1	
Dinner	5 oz halibut steak (broiled)	5		
	½ cup green beans (sautéed with garlic)		½	
	4 oz sweet potato (baked)		1	
	small green salad or ½ cup raw vegetables		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Note: SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Mixed Type: Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz turkey or chicken breakfast sausage	2		
	1/3 cup dry cream of rice (in hot cereal)		1	
	1/2 cup blueberries or strawberries		1/2	
Snack	1–2 tbsp almond or walnut butter	2		
	1/2 medium banana or 1 medium apple		1	
	8 oz celery sticks and carrot sticks		1	
Lunch	4 oz salmon fillet (broiled)	4		
	4 oz sweet potato or yam (baked)		1	
	small green salad or 1/2 cup tomato, pepper, and cucumber		1/2	
	apple cider vinegar + 1 tsp olive oil			1
Snack	1 oz pumpkin or sunflower seeds	2		
	1 medium pear		1	
Dinner	5 oz shrimp (stir-fried)	5–6		
	1 cup green vegetables (stir-fried)		1/2	
	1/2 cup cooked brown rice		1	
	small green salad or 1/2 cup chopped raw vegetables		1/2	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type: Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 egg (poached or scrambled)	1		
	1 slice turkey or beef bacon	1		
	1/3 cup dry oatmeal (in hot cereal with cinnamon)		1	
	1/2 cup blueberries or strawberries		1	
Snack	1 oz cashews	2		
	1 medium pear		1	
	8 oz celery sticks and carrot sticks		1	
Lunch	4 oz buffalo, ground (in chili)	4		
	1/2 cup cooked kidney beans (in chili)		1	
	large green salad		1	
	1 tsp cod liver oil or olive oil			1
	apple cider vinegar			
Snack	1–2 tbsp walnut or almond butter	2		
	8 oz celery sticks and carrot sticks		1	
	10 grapes		1	
Dinner	5 oz lean steak (grilled)	5		
	1/2 cup spinach (sautéed)		1/2	
	1/2 cup spaghetti squash (baked)		1/2	
	1/2 cup cooked wild rice		1	
	apple cider vinegar			
	1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type: Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz leftover grilled steak	2		
	1 cup leftover spinach and spaghetti squash		½	
	½ cup cooked brown rice		1	
	½ medium apple		½	
Snack	1 oz pecans	2		
	1 cup strawberries		1	
	1 cup sliced cucumber		1	
Lunch	4 oz flounder (broiled)	4		
	½ cup cooked quinoa		2	
	8 oz celery sticks, cucumber, or pepper		½	
	1 tsp butter			1
Snack	1 egg (hard-boiled)	1		
	½ oz almonds	1		
	½ medium banana		2	
Dinner	1 small Cornish hen (roasted)	5		
	½ cup cauliflower (steamed)		½	
	4 oz sweet potato (baked) (optional)		1	
	½–1 tsp butter			1
	small green salad		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type (No Grains): Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (in an omelet)	2		
	1 cup chopped raw spinach, broccoli, and mushrooms (in an omelet)		1	
	1 medium pear		1	
Snack	1 oz almonds or walnuts	2		
	1 medium apple		1	
	1 cup cucumber slices		1	
Lunch	4 oz turkey, ground white and dark meat (in a burger)	4		
	8 oz carrot sticks		1	
	large green salad or 1 cup raw vegetables		1	
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
	apple cider vinegar			
	1 large orange		1	
Snack	1–2 tbsp peanut or almond butter	2		
	1 cup strawberries		1	
	8 oz celery sticks		1	
Dinner	5 oz halibut steak (broiled)	5		
	1 cup green beans (sautéed with garlic)		1	
	large salad or 1 cup raw vegetables		1	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type (No Grains): Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz turkey or chicken breakfast sausage	2		
	1 cup chopped peppers and onions		1	
	½ cup blueberries or strawberries		½	
Snack	1–2 tbsp almond or walnut butter	2		
	½ medium banana or 1 medium apple		1	
	8 oz celery sticks and carrot sticks		1	
Lunch	4 oz salmon fillet (broiled)	4		
	1 cup spinach (sautéed)		1	
	small green salad or ½ cup raw tomato, pepper, and cucumber		½	
	1 tsp olive oil			1
	apple cider vinegar			
Snack	1 oz pumpkin or sunflower seeds	2		
	1 medium pear		1	
	8 oz celery sticks and carrot sticks		1	
Dinner	5 oz shrimp (grilled)	5 to 6		
	1 cup green vegetables (stir-fried)		1	
	small green salad or ½ cup raw vegetables		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type (No Grains): Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 egg (poached or scrambled)	1		
	1 slice turkey or beef bacon	1		
	1 cup broccoli and cauliflower (steamed or raw)		1	
	1 cup blueberries or strawberries		1	
Snack	1 oz cashews	2		
	1 medium pear		1	
	8 oz celery sticks and carrot sticks		1	
Lunch	4 oz buffalo, ground (in chili)	4		
	½ cup cooked kidney beans (in chili)		1	
	large green salad		1	
	1 tsp cod liver oil or olive oil			1
	apple cider vinegar			
Snack	1–2 tbsp walnut or almond butter	2		
	8 oz celery sticks and carrot sticks		1	
	10 grapes		1	
Dinner	5 oz lean beef steak (grilled)	5		
	½ cup spinach (sautéed)		½	
	½ cup spaghetti squash (baked)		½	
	small green salad or ½ cup raw vegetables		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Mixed Type (No Grains): Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz leftover grilled steak	2		
	1 cup leftover spinach and spaghetti squash		1	
	1 medium apple		1	
Snack	1 oz pecans	2		
	1 cup strawberries		1	
	1 cup sliced cucumber		1	
Lunch	4 oz halibut steak (broiled)	4		
	small green salad		½	
	4 oz celery sticks, cucumber, or peppers		½	
	1 tsp olive oil			1
	apple cider vinegar			
	17 cherries		1	
Snack	1 egg (hard-boiled)	1		
	½ oz almonds	1		
	1 medium banana		2	
Dinner	1 small Cornish hen (roasted)	5		
	1 cup cauliflower (steamed)		1	
	½–1 tsp butter			1
	small green salad or ½ cup raw vegetables		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type: Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (poached or scrambled)	2		
	1 slice Canadian bacon	1		
	½ cup string beans or spinach (add to eggs)		½	
	1 slice SWG bread or 1 medium apple		1	
Snack	1 oz almonds or walnuts	2		
	1 medium pear		1	
Lunch	5–6 oz chicken or turkey, more dark meat than white (grilled or baked)	5–6		
	4 oz carrot sticks		½	
	½ cup cooked brown rice		1	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	2 tbsp macadamia nut butter	2		
	8 oz celery sticks and carrot sticks		1	
Dinner	5–6 oz salmon fillet (broiled)	6		
	½ cup green beans (sautéed)		½	
	4 oz potato (baked)		1	
	1 tsp butter			1
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Note: SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Protein Type: Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 slices pork or beef bacon	2		
	1/3 cup cream of rice (in hot cereal)		1	
Snack	2 tbsp almond or walnut butter	2		
	1 medium apple		1	
Lunch	4–5 oz shrimp (grilled)	5		
	2 oz avocado			1
	1/2 cup cooked lentils or other legumes		1	
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1/8 cup sunflower seeds	2		
	1 medium pear		1	
Dinner	5 oz beef steak (broiled)	5		
	1/2 cup cauliflower (steamed)		1/2	
	1/2 cup cooked brown rice		1	
	1 tsp butter			
	small green salad		1/2	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type: Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (poached or scrambled)	2		
	1/3 cup dry oatmeal (in hot cereal with cinnamon)		1	
Snack	1 oz cashews	2		
	1 medium pear		1	
Lunch	5–6 oz beef, ground (in a burger or chili)	6		
	1/2 cup cooked kidney beans (in chili)		1	
	small green salad or 1/2 cup raw vegetables		1/2	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	2 tbsp walnut or almond butter	2		
	8 oz celery sticks and carrot sticks		1	
Dinner	5–6 oz chicken, dark meat (baked or grilled)	6		
	1/2 cup spinach (sautéed)		1/2	
	1/4 cup cooked couscous		1/2	
	small green salad		1/2	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type: Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 leftover chicken leg	2		
	½ cup leftover sautéed spinach		½	
	1 medium apple		1	
Snack	1 oz almonds	2		
	1 medium pear		1	
Lunch	5–6 oz canned sardines in water	6		
	½ cup cooked brown rice		1	
	4 oz asparagus (steamed)		½	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1 oz pumpkin seeds	2		
	8 oz carrot sticks		1	
Dinner	5–6 oz pork chop (grilled or broiled)	6		
	½ cup cauliflower (steamed)		½	
	1 tsp butter			1
	¼ cup cooked quinoa		½	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type (No Grains): Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (poached or scrambled)	2		
	1 slice Canadian bacon	1		
	½ cup string beans or spinach (cooked with eggs)		½	
	1 medium green apple		1	
Snack	1 oz almonds or walnuts	2		
	1 medium pear		1	
Lunch	5–6 oz chicken or turkey, more dark meat than white (baked or grilled)	5–6		
	large green salad or 1 cup tomato and cucumber		1	
	4 oz carrot sticks		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	2 tbsp macadamia nut butter	2		
	8 oz celery sticks and carrot sticks		1	
Dinner	5–6 oz salmon fillet (broiled)	6		
	½ cup green beans (sautéed)		½	
	½ cup spaghetti squash (baked)		½	
	1 tsp butter			1
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type (No Grains): Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz pork or beef bacon	2		
	1 medium pear		1	
Snack	2 tbsp almond or walnut butter	2		
	1 medium apple		1	
Lunch	4–5 oz shrimp (grilled)	5		
	2–3 oz avocado			2
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1 oz sunflower seeds	2		
	8 oz carrot sticks		1	
Dinner	5 oz beef steak (broiled)	5		
	½ cup cauliflower (steamed)		½	
	1 tsp butter			1
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type (No Grains): Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (in an omelet)	2		
	1 cup peppers, onions, and mushrooms (in an omelet)		1	
Snack	1 oz cashews	2		
	1 medium pear		1	
Lunch	5–6 oz beef, ground (in a burger or chili)	6		
	1 portabella mushroom cap		½	
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	2 tbsp walnut or almond butter	2		
	8 oz celery sticks and carrot sticks		1	
Dinner	5–6 oz chicken, dark meat	6		
	½ cup spinach (sautéed)		½	
	½ cup spaghetti squash (baked)		½	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Protein Type (No Grains): Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz leftover chicken	2		
	½ cup leftover sautéed spinach and spaghetti squash		½	
	½ medium apple		½	
Snack	1 oz almonds	2		
	1 medium pear		1	
Lunch	5–6 oz canned sardines in water	6		
	½ cup asparagus (steamed)		½	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1 oz pumpkin seeds	2		
	8 oz carrot sticks		1	
Dinner	5–6 oz pork chop (grilled)	6		
	½ cup cauliflower (steamed)		½	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type: Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 or 2 eggs (poached or scrambled)	1 or 2		
	2 slices SWG bread		2	
	1 large orange		1	
Snack	½ oz almonds or walnuts	1		
	1 medium apple		1	
Lunch	4 oz turkey, ground white meat (in a burger)	4		
	small green salad or ½ cup raw vegetables		½	
	¼ cup cooked brown rice		½	
	1 medium pear		1	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1–2 tbsp cashew butter	2		
	2 slices rye crisp bread		1	
Dinner	4 oz codfish (baked)	4		
	½ cup green beans (steamed)		½	
	4 oz sweet potato (baked)		1	
	½ tsp butter			½
	small green salad		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Note: SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Carb Type: Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz turkey or chicken breakfast sausage	1		
	½ cup cream of rice (in hot cereal)		1.5	
	½ cup blueberries		½	
Snack	½ oz pumpkin or sunflower seeds	1		
	½ medium banana or 1 medium apple		1	
Lunch	4 oz flounder (broiled)	4		
	½ cup cooked quinoa		1	
	½ cup lettuce and tomato		½	
	½ cup chopped raw vegetables		½	
	1 tsp butter (add to fish or sweet potato)			1
Snack	1 tbsp peanut or almond butter	1		
	10 rice crackers		1	
Dinner	1 small Cornish hen (roasted)	5–6		
	½ cup cauliflower (steamed)		½	
	4 oz sweet potato or yam (baked)		1	
	½–1 tsp butter			1
	small green salad		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type: Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 egg (poached or scrambled)	1		
	½ cup dry oatmeal (in hot cereal with cinnamon)		1	
	½ cup strawberries		1	
Snack	½ oz cashews	1		
	1 medium pear		1	
Lunch	4 oz buffalo, ground (in chili)	4		
	1 cup cooked kidney beans (in chili)		2	
	small green salad		½	
	apple cider vinegar + 1 tsp olive oil			1
Snack	1 tbsp peanut or almond butter	1		
	4 oz celery sticks and carrot sticks		½	
	1 large orange		1	
Dinner	4 oz halibut steak (broiled)	4		
	½ cup spinach (sautéed)		½	
	½ cup spaghetti squash (baked)		½	
	½ cup cooked brown rice		1	
	small green salad		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type: Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 slices turkey bacon	2		
	½ cup cooked millet or quinoa (in hot cereal)		1	
	½ large grapefruit		1	
Snack	½ oz almonds	1		
	½ large grapefruit		1	
Lunch	4 oz chicken (grilled)	4		
	¼ cup cooked kamut		½	
	½ cup cooked lentils		1	
	½ cup broccoli (steamed or sautéed)		½	
	small green salad		½	
	apple cider vinegar +1 tsp olive oil			1
Snack	1 tbsp walnut butter	1		
	4 oz celery sticks		½	
	20 grapes		2	
Dinner	4 oz shrimp or scallops (grilled or baked)	4		
	½ cup green vegetables (stir-fried)		½	
	½ cup cooked brown rice		1	
	small green salad or ½ cup raw vegetables		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type (No Grains): Day 1

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 or 2 eggs (in omelet)	1 or 2		
	1 cup tomato, onion, and pepper (in omelet)		1	
	1 large orange		1	
Snack	½ oz almonds or walnuts	1		
	1 medium apple		1	
Lunch	4 oz turkey, ground white meat (in a burger)	4		
	2 portabella mushroom caps		1	
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar			
	1 medium pear		1	
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1–2 tbsp cashew butter	2		
	1 medium banana		2	
Dinner	4 oz codfish (baked)	4		
	½ cup green beans (steamed)		½	
	½ cup spaghetti squash (baked)		½	
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type (No Grains): Day 2

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 oz turkey or chicken breakfast sausage	1		
	1 cup leftover green beans and spaghetti squash		1	
	1 cup blueberries and strawberries		1	
Snack	½ oz pumpkin or sunflower seeds	1		
	½ medium banana or 1 medium apple		1	
Lunch	4 oz mahimahi (broiled)	4		
	large green salad		1	
	½ cup raw cucumber and tomato slices		½	
	1 tsp olive oil			1
	apple cider vinegar			
	10 grapes		1	
Snack	1 tbsp peanut or almond butter	1		
	½ medium banana or 1 medium apple		1	
	⅛ cup raisins		½	
Dinner	1 small Cornish hen (roasted)	5–6		
	½ cup cauliflower (steamed)		½	
	½ cup broccoli (steamed)		½	
	½ tsp butter			½
	large green salad		1	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type (No Grains): Day 3

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	1 egg (poached or scrambled)	1		
	1 cup zucchini and tomato		1	
	1 cup strawberries		1	
Snack	½ oz cashews	1		
	1 medium pear		1	
Lunch	4 oz buffalo, ground (in chili)	4		
	1 cup cooked kidney beans (in chili)		2	
	small green salad		½	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1
Snack	1 tbsp peanut or almond butter	2		
	4 oz celery sticks and carrot sticks		1	
	1 large orange		1	
Dinner	4 oz halibut steak (broiled)	4		
	½ cup spinach (sautéed)		½	
	½ cup spaghetti squash (baked)		½	
	large green salad or 1 cup cucumber and tomato		1	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Carb Type (No Grains): Day 4

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 slices turkey bacon	2		
	½ cup sliced tomato		½	
	1 grapefruit		2	
Snack	½ oz almonds	1		
	1 medium apple		1	
Lunch	4 oz chicken breast (grilled)	4		
	½ cup artichoke hearts		½	
	large green salad or 1 cup cucumber and pepper		1	
	apple cider vinegar + 1 tsp olive oil			1
	17 cherries		1	
Snack	1 tbsp walnut butter	1		
	4 oz celery sticks		½	
	20 grapes		2	
Dinner	4 oz shrimp or scallops (grilled or baked)	4		
	1 cup green vegetables (stir-fried)		1	
	large green salad or 1 cup raw vegetables		1	
	apple cider vinegar			
	1 tsp (or 2 softgels) fish oil or cod liver oil			1

Guidelines for Cooking with Fats

The following guide to commonly used culinary fats will help you choose the proper fats for each type of cooking according to their smoke points (Chek 2004, 73).

Always use unrefined organic oils and raw organic butter!

No-heat fats should never be used for cooking:

- borage oil
- fish oil or cod liver oil
- flax seed oil
- hemp seed oil

Low-heat fats should be heated to no more than 212°F:

- pumpkin oil
- safflower oil
- sunflower oil

Medium-heat fats should be heated to no more than 325°F (light sautéing):

- hazelnut oil
- olive oil
- pistachio oil
- sesame oil

High-heat fats should be heated to no more than 375°F (frying or browning):

- butter (for cooking at medium-high heat only; do not allow to turn brown)
- coconut oil
- ghee or clarified butter

Glycemic Index Chart

	INDEX	SUGAR	DAIRY	FRUIT	GRAIN	VEGETABLES
HIGH	>100	maltose beer alcohol		date		parsnip
	90–99	glucose sports drinks			instant rice puffed rice	
	80–89	jelly beans			Rice Chex white rice pretzels Rice Krispies Cornflakes Rice Cakes	potato (white, baked) potato (white, instant mashed)
	70–79	Life Savers jams, jellies		watermelon	wheat cereal graham crackers Cheerios bagels whole wheat bread white bread millet	pumpkin rutabaga
MEDIUM	60–69	honey		melon (all types) pineapple raisin banana (ripe) apricot mango	cornmeal rye crisp bread shredded wheat brown rice brown rice pasta	beet
	50–59			kiwifruit	corn popcorn oatmeal buckwheat	potato (sweet) yam carrot green peas
LOW	40–49	lactose		grape orange	wheat bran bulgur wheat whole wheat pasta	beans (pinto or baked)
	30–39		yogurt whole milk butter	apple pear strawberry	rye	tomato soup beans (navy, lima, black, or garbanzo) peas (black-eyed or dried split)
	<30	fructose		peach grapefruit plum cherry tomato	barley rice bran	beans (kidney or lentil) peas (dried) eggplant summer squash cauliflower green vegetables ^a peanut

Notes: On the GI scale, high-GI foods are rapid insulin inducers and should be avoided; low-GI foods are slow insulin inducers and your best choices for weight loss.

^a Vegetables with a GI of ~15 are ideal carbohydrate servings: artichoke, asparagus, broccoli, celery, cucumber, green bean, lettuce, green bell pepper, spinach, and zucchini.

Source: Adapted from Wolcott and Fahey 2000, 272–274.

Frequently Asked Questions

Dairy

1. How will I get enough calcium if I greatly reduce my dairy intake? Will that increase my risk for osteoporosis?

I strongly suggest most people give up dairy and dairy products. As a result, people often wonder “Where will I get my calcium from?” Yes, calcium is vital for many functions in the body, but the amount the body actually needs and can absorb is much less than most people think. The worry that a deficiency in calcium will result when excluding dairy products is completely unnecessary.

The fact is that all leafy, green vegetables and grasses are inherently high in calcium (as well as iron, magnesium, Vitamin C, and many of the B vitamins) as are celery, cauliflower, okra, onions, green beans, avocado, black beans, chickpeas, almonds, hazelnuts, and sesame seeds. You can get plenty of calcium by adding in servings of the above foods. Take into consideration that most cows only eat grass and their bodies are naturally very high in calcium. That in itself tells us a lot.

It is also important to evaluate how much calcium is really necessary to keep your bones strong and free of osteoporosis. To do so, you must understand that one of the functions calcium has in the body is to help neutralize the acid created by eating acid forming foods like sugar, coffee, soda and artificial sweeteners. If many of these acid forming, calcium robbing foods are eliminated, there will be more available calcium to create and maintain strong bones and a healthy body.

2. Where does cheese fit into my meal plan?

Cheese should always be organic and preferably raw. Please refer to the Dairy chapter for a fuller explanation of raw dairy.

1 oz of raw organic cheese = 1 fat serving

Cheese does not contain enough protein by itself to be a protein choice.

3. Where does yogurt fit into my meal plan?

Organic Yogurt can be included as a carbohydrate choice. Always look for the plain varieties and ensure that it does not contain added sugar (make sure to read the ingredients for any word ending in –ose).

6 oz of organic plain yogurt = 1 carbohydrate serving

4. Can I use Almond Milk, Rice Milk or Hemp Milk?

Almond Milk and/or Rice Milk may be good alternatives for some when dairy and soy milk are no longer an option. Unfortunately, many brands of Almond Milk and Rice Milk contain some form of unhealthy oil (like safflower oil) and high amounts of sugar. If you can find a brand that does not add sugar or oil, it is ok. In many cases, people may choose to make their own Almond Milk with the following recipe:

Ingredients

1. 1 cup raw almonds, soaked 4 or more hours
2. 3-6 cups water
3. 1 Tbsp Stevia
4. A pinch of sea salt

Directions – Blend everything together until the texture is creamy. You can vary the amount depending on your taste. Add more water and strain if you like it thin, or add less water to get a thicker, “whipped cream” consistency. Store in a lidded jar in the fridge.

5. What happens to milk when you heat it?

The temperatures at which we heat milk over the stove are not as high as those temperatures used in pasteurization. To ensure not to denature milk and its beneficial enzymes when heating, use a low temperature and heat slowly.

Drinks

6. Can I still keep drinking coffee on this plan?

Yes. You may continue to drink coffee but in moderation. You should never exceed 2 – 8 oz cups of coffee in one day. Remember that caffeine is a drug and when you attempt to go without it, you will suffer severe withdrawal symptoms similar to any drug.

Coffee should always be organic as the conventional varieties are filled with pesticides. Pesticides are again a harmful toxin to your body. Organic Espresso is also permitted.

Drinking lots of water with coffee

The water you are drinking is only countering the dehydration you may experience from so much coffee. This still does not resolve the high amount of acidity in your body. I would slowly work towards decreasing your intake until you get to 1-2 cups. I know it's tough (I've been there) but your body will thank you :)

Decaf coffee

Most decaf coffees still contain some caffeine so they are never "caffeine-free". Also, many harmful chemicals are used in the decaffeination process so their chemical content is many times higher than regular coffee. Decaf coffee that is labeled naturally decaffeinated or Swiss water processed is much better. This still does contribute to the acidity in your body so you will want to keep your intake of decaf coffees to the same 2 cups a day maximum.

7. Can I drink green or black tea on this plan?

Yes. You can drink green, black, white, oolong and all varieties of herbal teas while on The DSP. Green tea has been found to contain catechins and polyphenols which act as antioxidants contributing to the prevention of cancer and accelerated aging.

While some studies have shown some teas to contribute to accelerated fat loss, the amounts are so minimal as compared to following a healthy eating and exercise regimen.

8. Can I occasionally indulge with alcohol (including wine)?

I am sure you are familiar with the old saying, "It's not what you do between Christmas and New Year's, but what you do between New Year's and Christmas."

An occasional indulgence every now and then won't hurt you. Just beware of the consequences. Once your body gets used to eating healthy regularly, you may experience discomfort when you indulge, such as stomach pain, bloating, or even a skin rash.

As for alcohol, there are healthier options. For instance, organic wines such as Frey are free of sulfites. Other suggestions are Skyy vodka, which

is free of sulfites or unpasteurized sake. If you are still trying to lose weight, limit yourself to one or two drinks.

Food

9. I know Organic food is better, but it's just so expensive, what should I do?

Start by first checking the prices on some of the expensive processed foods you may be buying. For example, many unhealthy cereals today are quite pricey.

Next begin by buying the organic foods that are the most important (meats and poultry).

Next move on to those vegetables that do not have a protective skin (spinach, celery, berries)

Seek out local farmers markets in your area that provide local fresh food.

Start slowly and transition to Organic food slowly. Changing your eating habits, based on the information in The DSP will still have a great affect on your health even if you incorporate organic foods at a reasonable pace for you.

10. Is there a specific way to cook my eggs that is best?

No. Eggs can be scrambled, boiled, and/or cooked in butter or coconut oil.

11. Can I eat raw eggs?

Yes. Raw eggs are safe to eat but they **MUST** be organic. Conventional eggs many times come from sick and mistreated chickens, which then produce unhealthy eggs.

12. Is it ok to use unrefined Sea Salt even if I have high blood pressure?

Yes. Unrefined Sea Salt is safe even for those with high blood pressure. It has been found that the sodium in this healthy form of salt is the actual sodium that our bodies need to function properly. Processed table salt is what's causing so many people to suffer from health problems such as high blood pressure. I highly recommend you stay away from all refined table salt and include unrefined sea salt into your meal plans.

Unfortunately many sea salts, even most of the ones sold at Trader Joe's, are still refined.

I get all my salt from this site: www.celticseas.com

13. What is Apple Cider Vinegar and can I use it on this plan?

Organic and unpasteurized Apple Cider Vinegar has been used for years for its many medicinal properties and health benefits. Just some of the amazing benefits of using Apple Cider Vinegar regularly are:

- i. Control and normalize weight
- ii. Improved digestion, often improving elimination
- iii. Combats Acid reflux naturally
- iv. Helps relieve arthritis stiffness
- v. Helps relieve sore throats
- vi. Helps remove toxins from the body
- vii. Helps prevent dandruff and itchy scalp

I highly recommend using Bragg Organic Raw Apple Cider Vinegar as your vinegar of choice. It is a wonderful addition to homemade salads and salad dressings.

14. Why must nuts always be raw and not roasted?

Avoid eating roasted nuts because the roasting process is at such high heats that it causes the fats and oils in the nuts (and the oils used in the roasting process) to go rancid, increasing free-radical damage in your body. This may put you at a higher risk for cancer and accelerated aging.

Some people find they digest nuts best when soaked overnight in filtered water and sea salt then dried in the oven the next day at a low temperature (no more than 150 degrees).

15. Will Acai Berry help me lose weight?

Acai Berries are filled with vitamins and minerals that can aid in weight loss, building muscle and increasing overall energy and are rich in antioxidants, fatty acids, fiber and other plant compounds that can increase your health. I don't believe that Acai Berries hold a "magic key" that will help you lose weight, but it will help make your body healthy. When your body is healthy and well-balanced, it will be easier to reach your perfect weight.

To benefit from some of the wonderful antioxidant and health properties of Acai Berries, look here: www.wildfamilynaturals.com

16. Can I eat smoked foods like smoked salmon on The DSP?

Smoke foods like smoked salmon are allowable on your meal plan, but consider that it is a slightly less healthy choice than freshly cooked salmon. Smoking salmon has been found to substantially reduce its omega 3 content, which is one of the greatest benefits of eating salmon. Another reason cooked salmon is preferable is smoking of foods can create toxic substances in the foods called polycyclic aromatic hydrocarbons (PAHs). The toxins (like all other substances considered toxins to your body) can increase your cancer risk. With that being said, smoked salmon can be a good option 1 time per week when fresh is not available. I include it as part of my own healthy eating plan but not in replacement of fresh when available.

17. What about Rice, wheat and grains which are very prominent in my native foods?

Rice and wheat are very high in calories and carbohydrates, even in small servings. Many people are also intolerant to wheat and this intolerance makes it very difficult for them to lose their unwanted weight. Please refer to the "Grains" chapter in The Diet Solution Program for a thorough explanation on how grains and wheat affect weight loss.

18. Can I eat Tofu as a source of protein?

Unfortunately most of the tofu out on the market is really only processed tofu that is harmful to our bodies. I highly recommend you stay away from it.

19. What other leafy greens can we incorporate into salad?

Kale, collard greens, swiss chard, escarole, spinach, arugula, chicory, mustard greens and all varieties of lettuce (except for iceberg which contains no nutritional value).

20. Can we use salad toppings, or tabasco sauce to season?

Yes, Just nothing with added sugar.

21. Can we use other salad features such as red onions, and snap peas or red cabbage

Yes

22. What are the best sources of healthy fats?

The best sources of healthy fats are coconut oil, fresh coconut, avocados, olive oil, fish oil and flax oil.

Sugar, Artificial Sweeteners and Natural Alternatives

23. Can I use Xylitol or Agave syrup instead of Stevia?

Xylitol is a naturally occurring sugar in the bark of a birch tree. It is completely natural and can be used as a sweetener instead of sugar. Xylitol still does contain some calories (approximately 2.4 calories per gram compared to 4 calories per gram of sugar). Although Xylitol is a great alternative for those who wish to decrease their sugar intake, many people have a difficult time digesting Xylitol and begin to suffer from painful gas and gastrointestinal distress. Make sure to pay attention to any side effects you may be experiencing from using Xylitol.

Agave syrup comes from the agave plant and is also a great sweetener alternative to sugar. It contains 90% fructose (the type of sugar naturally occurring in fruits) and is much lower on the glycemic index than sugar. It is also much sweeter than sugar, so less can be used to achieve the same desired sweetness. Agave syrup still contains calories and is classified as a carbohydrate. 1 TBSP (or 3 tps) of agave syrup is equivalent to 1 carb serving. As with any sweetener, moderation is key.

Stevia can also be found in powder form and you may enjoy that more (that is what I use). I would encourage you to try Xylitol and Agave Syrup before going to Honey. They are both lower in sugar content and much lower on the glycemic index. Let me know if either of those work better for you.

24. Can I use honey, molasses or maple syrup as a sweetener?

Organic, unpasteurized, and all natural honey, molasses and maple syrup are very high in sugar. Yes, they do contain some antibacterial properties and provide some beneficial minerals but these sweeteners are too caloric for frequent use. One tablespoon of maple syrup contains around 40 calories; a tablespoon of sugar has 50 calories, a tablespoon of honey has 64 calories. I recommend using these products minimally and choosing stevia, xylitol and/or agave syrup as your sweetener of choice to replace sugar.

25. What is sucanat and can I use it as a sweetener?

Sucanat is non-refined cane sugar. Because it is not refined, like typical white sugar, some consider it a bit healthier than sugar. Sucanat is still sugar and affects the body in a very similar way to sugar, causing high levels of insulin. Stevia, Xylitol and Agave Syrup are much better alternatives to sugar than sucanat and can all be used in replacement of sugar for baking.

26. How do I combat sweet cravings?

It may just be some old habits creeping in. I suggest some herbal teas sweetened with stevia for a bit of a sweet after meal drink. Even a tiny piece of organic dark chocolate can do the trick to combat cravings. If you have coffee, do so in moderation and only use stevia as your sweetener.

Exercise

27. What is the best exercise program to go on while on the Diet Solution?

The best exercise program is one that includes components of strength training and cardiovascular training including interval training,

Out of the hundreds of programs that I get asked to review, it means a lot when I put my endorsement on one. I have put together an analysis on my blog that describes the following for each fitness program

- What's Inside
- Who this program is for
- My Personal Experience

You can check out that analysis and make your own decision here:

<http://fitness.thedsp.info>

Supplements

I don't like to recommend that people take any supplements until they have incorporated all of the principals in the Diet Solution Program. Following the meal plans (especially the no-grain meal plans) have proven to effectively burn fat without the use of fat burners or supplements. The first exception to this is an Omega 3 Fish Oil supplement that everyone should be taking daily. This can effectively accelerate the fat burning process.

My only other recommendation for a supplement is an antioxidant supplement. Antioxidants are compounds that help us tackle free radicals in our bodies. Free radicals have been associated with both degenerative diseases and the aging process. I highly recommend Prograde's LONGEVITY as it contains the highest quality extract blend of coffeeberry, pomegranate, green tea, acai berry, and wolfberry and Biovin grape. You can find it here:

<http://fishoilforyou.getprograde.com/longevity>

28. Is there a healthy protein powder you recommend?

I don't use or recommend any protein powders in my nutrition practice. There is no powder that can take the place of protein from whole food sources. With protein choices spanning from meats, poultry, wild fish, raw nuts, whole eggs and some dairy products, there is really no need to depend on artificial food like protein powder.

29. Are there any protein bars you recommend?

I do not use or recommend protein bars in my nutrition practice. Most bars contain soy protein which is extremely harmful to the body and can cause weight gain in many people. Many bars also contain preservatives to increase their shelf life. With wonderful, healthy "on the go" choices like raw nuts and fresh fruits, there is no need to depend on artificial food like protein bars for snacks.

30. Are there any fat burning pills you recommend?

Fat burning pills are downright dangerous and can cause severe side effects and even death, in extreme cases. Fat burning pills unnaturally elevate your heart rate and blood pressure, and can become addictive very quickly. Many people who have used fat burning pills to lose weight, almost always gain it back, sometimes more than they initially lost. Stay away from fat burning pills at all costs.

31. Which fish oil supplements should I be taking?

My personal recommendation for fish oil is Prograde Krill Oil. They are a reputable company and I have personally met with the CEO and the nutritionist and chemist on staff. They are just as passionate about their work as I am about mine.

Here is a link to their products: <http://fishoilforyou.getprograde.com/icon>

The reason I recommend ICON is I know for sure that it is free of any mercury or toxic chemicals. I'm not sure that I can say the same about most brands on the market today.

Lifestyle

32. Can I really stick to this plan even with my busy lifestyle?

Yes. You can stick to any plan with the right commitment and preparation. Once you know which foods are best for you and your goals, you can then easily find these foods in supermarkets and restaurants that are most convenient to you. For example, if you are on the go and have not prepared your food ahead of time, you can stop at any supermarket and get raw nuts, fresh fruits or a salad and prepared meat, poultry or fish from the salad bar. The trick is to know which foods you are looking for so you can make good choices even when you are on the go.

33. Is this a realistic eating plan for someone with a busy lifestyle?

The DSP will teach you how a healthy eating plan is possible with any lifestyle, even those who are always on the go.

34. How much does sleep affect my weight loss?

If your body is sleep deprived, you may have difficulty losing weight or, worse, gain weight. Many people, including myself, tend to crave “sugar” foods when they are tired and deprived of sleep to get them through the day. This often leads to a roller coaster ride of sugar highs and lows, on top of an already exhausted body.

Our hormones are also affected by our sleep patterns. Lack of sleep increases levels of the hormone ghrelin, which **increases appetite**, while decreasing levels of the hormone leptin, which **makes people feel full**. These hormone fluctuations combined with feelings of exhaustion make sticking to a healthy eating plan much more challenging.

35. Can stress be causing me to not lose weight or gain weight?

Yes. Stress is many times the reason most people cannot shed their unwanted pounds. The more obvious reason is many people turn to food for comfort when they are stressed. This does nothing, but usually make the situation worse, as they are now still stressed and not feeling good about themselves.

Hormonally, stress has been found to increase levels of cortisol in the body for extended periods of time. Cortisol's job is to replenish the body after the stress has passed, often hanging around much longer than we would like. It significantly increases appetite to ensure that our bodies are well nourished after a stressful event. Unfortunately, in today's society, it is usually not just one stressful event, but a continuous stressful life. This state often leads to consistent high levels of cortisol in the blood stream and constant feelings of hunger and cravings.

36. I am suffering from constipation. What could I be doing wrong?

Constipation may be caused by many factors or a combination of some.

- Are you drinking half of your bodyweight in ounces of water each day?
- Are you incorporating healthy oils into your meal plan like organic coconut oil and extra virgin olive oil?
- Are you eating 4-5 servings of fruits and vegetables each day?
- Are you eating at least 2-3 servings of raw vegetables each day?
- Incorporating fresh ginger into salads may aid digestion..
- Incorporate freshly ground flaxseeds on your salads or in water. 1-2 tablespoons each day will greatly increase your fiber intake.

37. Can I use a microwave oven on this program?

I highly recommend people stay away from microwave ovens. Putting your foods through these dangerous microwave waves completely damages the molecular structure of the food you are heating up, making it unrecognizable to the body. Completely eliminating or greatly reducing the amount you use your microwave oven will have a significant positive impact on your health and you ability to lose weight.

38. What affect does chewing gum have on my metabolism?

The biggest problem with chewing gum is that most gums contains aspartame and many unnatural chemicals. Also, people who chew lots of gum during the day usually complain of gas and bloating. I would keep gum chewing to a minimum of 1-2 pieces per week or none at all.

39. I can't eat so many meals each day.

You can always tailor the program to best suit your needs. As long as you are eating the recommended foods and staying away from processed and artificial foods, you can plan your meals according to what feels best to you. If eating a few less meals a day works better for you, you can most definitely do that. Just make sure not to be hungry or starve your body throughout the day.

Implementing The DSP

40. Do I need to stick with the Specific brands of food you mention?

You don't need to stick to the specific brands for the program to still be effective. As long as you have access to fresh fruits, vegetables, natural proteins, and raw nuts, you can have much success on The Diet Solution.

41. What if my calorie requirements are above 2400 calories?

If your calorie requirement totals an amount above 2400 calories, begin on the 2400 calorie meal plan as your baseline serving amounts. Let your body dictate whether you need to add more or less to your plan. If you are experiencing hunger after the first 3 days, add 1-2 servings of protein, 1-2 servings of fat, and/or 1-2 servings of carbohydrate to your daily meal plan.

42. I want to gain weight. How do my calculations change?

If healthy weight gain is your goal, you will want to adjust your calorie calculations. Instead of subtracting 20% from your baseline calories, you will add 20%. For example, a very active male who wishes to gain weight, primarily in the form of muscle, would multiply his current weight by 15, multiply this number by 20%, and then add that total to the initial calorie calculation.

43. I am allergic to many foods. Will this program still work for me?

As with any meal plan, please stay away from those foods listed you are allergic to. Often people with allergies to wheat, gluten, and dairy do quite well on The DSP because these foods are not emphasized on this plan. On the contrary, I suggest most people (even those without allergies) eliminate these foods from their meal plans.

If you are allergic to peanuts and/or tree nuts, you can still have much success on The DSP as there are many other healthy protein choices available.

44. What if I am not hungry for every one of my meals?

If you are not hungry for your mid morning or mid afternoon snack, pay attention to your body and never force feed it. You may find that just 5-6 almonds between meals is enough to get you to lunch or dinner without feeling uncomfortably full. Most importantly do not skip your snacks in an effort to lose more weight. If your body is hungry, it is telling you it needs a bit more food. Not to mention, your metabolism will continue to work all day long as you feed it healthy foods throughout the day.

45. Should I do a detox before starting this program?

No. A detox is not necessary to begin starting The Diet Solution Program. You will find that by following the principles outlined in the manual, you will naturally be de-toxifying your body from harmful substances that are in processed foods, refined grains, sugar, and artificial sweeteners. If you wish to accelerate your weight loss in a healthy fashion, I recommend following the Quick Start Guide for the first 6 weeks.

46. Are the serving sizes given in the meal plans cooked or raw?

All serving sizes are listed as cooked.

47. What should I do if I'm hungry during the day or at night?

If you experience hunger while on The DSP, pay close attention to your body's cues. If you are hungry, it means you may have not eaten a sufficient amount of food or you ate enough food but in the wrong combination. Snack on healthy food choices like raw almonds, sliced apples, or slices of fresh turkey. Turn to foods with a higher protein content as they are the most filling and will better combat "in between meals" hunger.

48. Will your program get rid of my cellulite?

Cellulite is your body's way of storing toxins in your fat cells. The only way to rid your body of this cellulite is to first rid your body of these toxins. Once your body sees a decreased amount of toxins in your body, it will eliminate this unwanted fat. The best recipe for ridding your body of cellulite is to eat wholesome, natural foods, eliminate processed foods, and follow a consistent exercise routine that include strength training and cardiovascular exercise.

49. Can my children and the rest of my family also follow these meal plans?

Yes, and I highly recommend you feed your children and the rest of your family the foods and meal plans taught in The DSP. The principles taught in The DSP are the foundation to any healthy eating plan. It is by no means a crash diet or extreme meal plan that is unsafe for anyone. I do

recommend catering the portions to each individual. You may find that your children may need more or less food than you to feel energetic and satiated.

50. I am trying to put on muscle mass. Will these meal plans help me with that?

Yes. The DSP does include a sufficient amount of protein for men and women to put on muscle mass. My only suggestion would be to increase your protein serving by 1-2 servings and increase your complex carb serving in your post workout meal. For example, having a bit more chicken and an extra serving of sweet potato or brown rice would be great after a strength training workout.

You may also want to adjust your calorie calculations. Instead of subtracting 20% from your baseline calories, you may want to add 20%. For example, a very active male who wishes to gain weight, primarily in the form of muscle, would multiply his current weight by 15, multiply this number by 20%, and then add that total to the initial calorie calculation.

Maintaining muscle while losing weight

In order to maintain your current muscle mass while still burning unwanted fat, you may want to modify the calorie calculation a bit:

Instead of subtracting 20% from your baseline calories, you will add 20%. For example, a very active male who wishes to gain weight, primarily in the form of muscle, would multiply his current weight by 15, multiply this number by 20%, and then add that total to the initial calorie calculation.

You may also want to choose the "no grain" meal plans as they result in faster fat loss while still maintaining a sufficient amount of protein for muscle retention.

51. I have Celiac disease. Will this program work for me?

I think you will actually find that the meal plans will be particularly helpful for those with Celiac disease. I actually recommend that most people stay away from most grains (especially those containing gluten) and they will lose weight and feel so much better without them. If you must eliminate gluten containing foods from your daily meal plan, you will be able to do that easily on The Diet Solution Program.

52. I am a vegetarian. Is this program for me?

The Diet Solution Program has been an eye opening experience for many vegetarians, often encouraging them to include different sources of protein that they may have not been eating before.

Do you eat cottage cheese, raw nuts, nut butter and organic eggs? Those may be good protein choices along with your fish.

However, The Diet Solution Program does advocate including healthy protein choices into each meal. This includes natural meats, poultry, wild fish, organic eggs, raw nuts and some dairy. The meal plans and recipes are not vegetarian.

Meat substitutes and good and bad animal foods

You'll find all the answers to your questions about meat substitutes and the good and bad about eating animal products in Part 2 of The Diet Solution Program Manual. There, I am able to thoroughly cover which foods are a healthy part of a weight loss program and which foods to stay away from for long term weight loss and maintenance.

53. Can I follow the Diet Solution Program while pregnant or breast feeding

The foods and principles taught in The Diet Solution Program are the foundation to any healthy eating plan. You can definitely follow the guidelines while you are pregnant and breastfeeding. Actually, I would highly recommend it.

The meal plans include healthy foods like natural meats and poultry, wild fish, organic eggs, healthy fats and oils, and a variety of fruits and vegetables. All perfect foods during pregnancy and breast feeding.

Healing

54. Can the Diet Solution Program help with Arthritis?

Yes, you will receive a great benefit from the program as it recommends inflammation-lowering foods. Start off by eliminating dairy and wheat from your diet and you will already start to feel better.

55. Can I follow this plan if I have Type I or II Diabetes?

Our program is perfect for Diabetics. Not only will assist in stabilizing your blood sugar, it will help you lose weight at the same time.

As far as controlling diabetes, the best thing to do would be to determine your Metabolic Type and then follow the No-Grains Meal Plans for that type. This has proved successful with many of my clients. Making your primary source of carbohydrates vegetables and fruits helps to keep blood sugar much more controlled.

About the Author

Isabel De Los Rios is a nutrition, exercise, and lifestyle coach who counsels clients on all principles of good health, including nutrition, stress management, physical fitness, sleep habits, and healthy lifestyles. She teaches health and weight loss from a holistic approach, incorporating all aspects of healthy living.

Isabel began her career as an exercise and nutrition coach in the New York City-based Equinox Health Clubs. In 2001, she moved to New Jersey to open NEW BODY—Center for Fitness and Nutrition, a private wellness facility in Florham Park. She provides counseling to many special populations, including diabetics, heart disease patients, cancer survivors, and overweight individuals, as well as healthy individuals who wish to maintain health and prevent disease.

An avid speaker for local schools, women's groups, parents' associations, and athletic associations, Isabel teaches the principles of good nutrition and lifestyle habits and their importance in maintaining good health and preventing disease. She also has written many health and wellness articles for local newspapers.

Isabel is a graduate of Rutgers University with a degree in exercise physiology. She holds advanced certifications from the National Association of Sports Nutritionists, the National Strength and Conditioning Association, and the Corrective Holistic Exercise Kinesiology (C.H.E.K.) Institute based in San Diego, California.