

Four-Week Dietary Guidelines for Improved Health and Weight Management

The following information outlines how to start eating a healthier diet. Eliminating certain foods completely will show the quickest improvement in your overall health. It's important to cut them out completely to eliminate the craving for these types of foods and reduce overall cravings.

Weeks 1 & 2

- For the first 2 weeks, avoid grains of all kinds except brown rice
- Eliminate completely out of your diet the following things:
 - No hydrogenated or partially hydrogenated oils
 - No white flour or enriched wheat flour
 - No soda. (This includes any carbonated beverages)
 - No white sugar, high fructose corn syrup, or artificial sweeteners
 - (If need be, reduce gradually over the next two weeks until these items are eliminated)
- Limit these foods to 1 to 2 times per week:
 - Corn (popped or otherwise)
 - Red potatoes
 - Pork
 - Shellfish
 - Alcoholic beverages
- Foods or beverages limited to 1 to 2 times per day
 - Tea or Coffee
 - Dairy

Proteins

Lean meats, legumes, raw nuts or nut butters: You can have 4 to 6 servings per a day. A serving of lean meat is about the size of the palm of your hand. You can also have 2 to 3 eggs per a day.

Important: Have about 40 to 50 grams of protein first thing in the morning for improved energy and weight loss. This can best be done by having a protein rich shake in the morning.

Make sure you have 1 large salad per day with some protein on it. It's important to have protein from lots of different sources. No iceberg lettuce please!

Fats

It's important to have plenty of good quality fats in the diet - 2 to 4 servings daily. The following are some choices but you are not limited to only these: Nuts, Nut butters, Flax seed oil, Coconut oil, Organic or raw butter, Extra virgin olive oil, Avocados

General

Eat all the fresh fruits and vegetables that you want. Dark green vegetables are the best. Beets and sweet potatoes are very good for you as well. Sweet potatoes can be eaten as a raw snack. Other snack-like options are the following: carrots, celery, apples (organic if possible), oranges, grapefruit. You can have dried fruits as well but limit to 1 serving per a day.

Weeks 3 & 4

- Limit to 1 serving of fruit daily and increase vegetable intake.
- Drink at least 80 ounces of water per a day. That is 4 to 20 ounce bottles of water. Spring water is preferred. Water should be the main fluid you drink all day.
- Extra virgin olive oil is preferred for all your cooking. Coconut oil and organic or raw butter can also be used. You can use Real Sea Salt or Celtic Sea Salt. (It's better to use that instead of your other seasonings). Use natural herbs or seasonings liberally but make sure they do not contain MSG (monosodium glutamate).
- Make sure you start an exercise program if you are not currently doing one. Start with walking 20 minutes 3x/week and do strength training 3x/week. Pilates is preferred for strengthening your spinal cord. If you can eat some raw vegetables or fruit before a workout and eat a good meal the hour following a workout is preferred. This will maximize the health benefits you receive from working out.
- Add in whole grains, rice, pasta only under these guidelines
- Introduce one at a time (48 hours apart minimum)
- Keep notes on how you feel with introduction
 - Do you have foggy brain
 - Are you not eliminating as well
 - Low energy
 - Upset stomach
- Limit intro of the one food item to 2 servings a day; one serving = size of your palm
- Eat whole grains, oatmeal (not instant), brown rice and wild rice (not instant). A good cereal can count as serving of whole grains. Kashi cereal is acceptable.