



Natural Health Pro Training

Dietary Guidelines

1. You must eat three (3) complete meals everyday. Each should include a substantial portion of: meat, fish, poultry, eggs, cheese or cottage cheese - (equals 21 substantial meals weekly without fail).
2. Eat only three (3) meals every day. DO NOT snack in between meals. Hunger between meals simply mean that you did not eat enough meat, fish, poultry, eggs, cheese, etc. at your previous meal. Your appetite will be suppressed at least 5 hours by eating a proper meal.
3. The emphasis on eating meat, fish, poultry, eggs, cheese, etc. does not make up a “high protein” diet. The emphasis is NOT eating large quantities of these protein foods, but paying attention to eating a substantial portion of protein at each meal (instead of consuming a large amount of protein in 1 or 2 meals).
4. Avoid drinking fruit juice or other sweet beverages. Your #1 choice of beverages should be water. Milk is not a beverage (it is a food). Coffee, tea, herbal tea are considered water-blended and are generally okay to drink in moderation (as long as they are not sweetened).
5. Stay away from artificial sweeteners containing Aspartame (Nutra Sweet, Equal, Amino Sweet) or Sucralose. If you MUST use a sweetener, you may use Stevia. Sweeteners like Sweet N’ Low (saccharin) and Xylitol are okay to use in moderation.
6. Use Olive Oil, Butter or Coconut Oil for cooking or consuming. Avoid oils and fats that have been processed at high temperatures. This includes cooking oils, salad dressings, margarine, mayonnaise and eliminate all deep fried and pan-fried foods from your diet.
7. Cakes, pies, cookies, candy, etc. and other foods made with sugar should be kept to a minimum. While they don’t have to be totally removed from your diet, enjoy them at holidays or special occasions. However, eliminate them from your daily meal plan.
8. Regularly consume vegetables—at least 2 servings daily.



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Dietary Guidelines cont.

9. Consume water, water and more water. Water will definitely contribute to your health. Make certain to obtain a good source of drinking water free of toxic chemicals routinely added to municipal water supplies i.e. chlorine, fluoride, aluminum flocculates, etc.
10. Cook your vegetables—take care to NOT overcook
11. There are two (2) ways to preserve the high nutrient content of your meat, fish and poultry. DO NOT overcook! Cook as little as possible. Either broil or steam at a high temperature for a short period of time or cook at very low temperature for a long period of time (like in an oven or crockpot)



I hope you got value from the Dietary Guidelines . Visit www.NaturalHealthProTraining.com

OR www.StephanieLAnderson.com for more tips on Herbalism, Nutrition and Natural Health.