

Paleo-ish..RESET PROGRAM UPDATED FOR DOING OUR BEST UNDER THE CHALLENGING FOOD-AVAILABILITY CIRCUMSTANCES so I've loosened it up a bit: WITH ADDENDUM for Immune Support: What better time than now to be our healthiest?

NOTES: Try to purchase organic, grass-fed, pasture raised/cage free when available. Wild caught fish and sustainably harvested shellfish will be cleaner options as well-Vital Choice.com is one source. Avoid fried meats and conventional beef. No Dairy: Milk, cheese. For GI and Autoimmune condition, avoid eggs for the Initial 30-day cleanse phase.

	Options	Servings	Visual	Remember!
Protein	<p>Meal Protein: Chicken, Turkey Grass-fed Beef, Lamb, Bison</p> <p><u>Wild</u> Seafood: Cod, Salmon, Halibut, Flounder, Filet of Sole, Branzino, Shrimp, Scallops, Lobster: See below regarding fatty fish</p> <p>Protein Powder: Pure Paleo Powder-this is helpful to have on hand as a meal or snack-1-2 smoothies/day</p> <p>Vegetarian Options: Fermented Soy: Tempeh, Miso Legumes: Beans, rinsed, soaked, cooked, if canned: Eden Brand Hummus Fatty Fish: Wild salmon, Cod, sardines, mackerel, anchovies, herring: 2-3 six oz. servings/week. 2 servings if low risk for heart disease, 3 if higher risk. Processed <i>clean</i> meats such as turkey bacon, sausage, pepperoni, jerky, organic cold cuts (Applegate/Wegmans/ Whole Foods)-just 2 servings/week <u>(gluten/sugar/soy/nitrate free</u></p>	<p>Women: Three 3-5 oz servings per day as your MEAL protein.</p> <p>Men: Three 4-6 oz. servings</p> <p>Maximum one serving of the plant-based proteins for non-vegetarians not following a low FODMAP diet. 1cup (cooked) beans or 1/3 cup hummus.</p> <p>Optional: One-two 2oz protein servings per day as a SNACK</p> <p>Snack Protein Examples: 2 slices of organic cold cuts, hard boiled egg whites, protein powder, bone broth</p>	<p>4 oz is generally the size of a deck of cards.</p> <p>2 oz is about the size of the center of your palm.</p> <p><u>Some Tips: Stock up on canned fish, beans, and protein smoothie powders, Kettle and Fire soups-this is a good time to learn to like sardines and pull out the Crock Pot/Instapot. Freeze leftovers.</u></p>	<p>Protein is a molecule made from amino acids. These are essential, meaning we MUST get them from food. Protein makes up our hair, skin, nails, immune cells, muscles, and brain chemicals.</p>

Carbohydrate

Starchy Veggies: Sweet Potato, Yam, Pumpkin, Squash-Butternut and Spaghetti
Beets, carrots, parsnips, Plantains

Green beans, sugar peas and snap peas: max 3-4 servings/week

Fruit: Pear, Berries apricot, honeydew melon, citrus, apple, mango, peach, plum, pomegranate, watermelon, cherries

Non-starchy vegetables are Unlimited: Artichokes, asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, scallions, greens (beet, collard, dandelion, kale, kohlrabi, mustard, turnip), jicama, leeks, lettuce, mushrooms, okra, onions, parsley, peppers, radish, rutabaga, spinach, zucchini, Swiss chard, tomato.

Fermented veggies and fruits: Sauerkraut, kimchi, coconut kefir, pickles, beet kvass
Seaweed

Two-Three Servings per day total from starch and fruit combined. **If you are trying to lose weight/belly fat, keep it to 2 servings/max.**

Serving Size Starchy Vegetables: 1 cup cooked or one small sweet potato/yam

Fruit: Serving Size:1 fruit (apple, pear, plum, peach, orange), or 3/4 cup

Serving Size: At least 5 minimum: 1 cup raw leafy, ½ cup for all others cooked or raw: Start with more cooked than raw as you adjust to the increased fiber. With GI concerns, limit the gassier options: Broccoli, cauliflower, cabbage, bok choy, cauliflower, etc : You can roast, steam, saute, use in soups, smoothies, salads, for dipping, etc.

Aim for 1- 2 tbs. day

Use a measuring cup or eyeball an amount that is about the size of your fist.

Carbs are molecules consisting of linked sugars. We use them to fuel our brain, and to make energy. Too many carbs will cause our body to store the excess energy as fat. Best to place carbs before and after exercise.

Some Tips: Try to purchase frozen vegetables and fruit. Soups and stews work will for getting in your recommended vegetable servings as well as herbs/spices. Purchase some sauerkraut, olives, pickles to snazz up your meals.

Healthy Fats

For high heat cooking:
Ghee, extra light olive oil, refined expeller pressed coconut oil, MTC oil, macadamia oil, beef tallow (from organic animals only).

For lower heat cooking:
Extra Virgin Olive Oil, Extra Virgin Coconut Oil, nut oils (use sesame and nut oils in moderation).
Avocado (1/2), olives (10)

8 Walnuts, Hazelnuts,
Cashews or Pecans
15 Almonds,
4 Macadamia,
1 tbs. Tahini, nut butter
1/3 Cup Seeds: pumpkin,
sesame, sunflower.
Avoid: Hydrogenated and partially hydrogenated oils, Industrial seed and vegetable oils (soybean, corn, canola, safflower, sunflower, grapeseed, peanut, cottonseed, rice bran oil) found in packaged foods.

2-3 servings per day

Servings: 1 (women)
2 (men)

Flax/Chia Freebie:
Doesn't count
towards 1-2 tbs.
ground flax or chia.

1 tbs. oil
1/2 of an Avocado
10 olives
1 tsp of ghee or
avocado mayo

Some Tips: Coconut oil is great for oil pulling (an antiviral strategy).

Nuts are higher in arginine which is less desirable when promoting an antiviral diet. To balance: A higher lysine: arginine ratio is found in beets, papaya, pears, mango, apricot, avocados, summer squash, turnip root, tomatoes, peppers, and plain yogurt-***we are avoiding dairy and grains with this protocol.***

All hormones, cells, nerves and your brain NEED FAT to stay healthy. Fat helps regulate blood sugar. Fat enhances the digestibility of the nutrients in vegetables.

NOTES: AVOID: Hydrogenated and partially hydrogenated oils. Industrial seed and vegetable oils (soybean, corn, canola, safflower, sunflower, rapeseed, peanut, cottonseed) found in packaged foods. These oils are easily oxidized and oxidative stress is associated with all inflammatory diseases and damages our LDL cholesterol, making it more atherogenic (sticky). These oils have almost no nutritional value.

Avoid peanuts and peanut butter.

Additionally: Many nutrients in vegetables are fat soluble, so eating your veggies with fat improves nutrient absorption. Add olive oil, avocado, chopped nuts, olives to your veggie dishes.

NOTES: Avoid fruit juices, grains including GLUTEN. No processed or refined foods. Avoid sucrose, high fructose corn syrup, dextrose, agave, brown-rice syrup, Splenda, Equal, Nutra Sweet, -ol sugars. A small amount of stevia or Monk fruit is allowed. A tsp. of pure unprocessed honey is also allowed.

Snacks: Shakes/smoothies/green drinks. Hard boiled eggs. Kale chips. Wild salmon on cucumbers. 2 oz of sliced turkey/grass fed roast beef/chicken and olives. Bone broth. Bean and vegetable soups. Any meal in a smaller portion size, i.e. about 1/3. Lettuce wraps with avocado and chopped turkey bacon (2 slices). Guacamole (1/3 cup) with veggies.

For GI concerns: Limit raw vegetables and nuts initially. Remove stems and peels from veggies. Dice, mash, chop, grate, juice, blend and cook vegetables for enhanced digestibility (steam, boil, braise, roast). Fermenting is a good option since this is a form of pre-digestion. To make nuts more bioavailable and easier to digest, soak overnight and either dehydrate with a food dehydrator or roast at 150-170 degrees for 4-6 hours.

Some Tips: If you are feeling hungry an hour or two after meals, this is a clue that you may have been stingy with your fats/proteins or high fiber vegetables.

Use herbs, spices and teas liberally.

Apple cider vinegar is the recommended form.

Mineral Water is allowed.

Drink only from glass or stainless steel bottles, NOT PLASTIC.

Avoid: Dairy, grains, peanuts, foods from a bag or box (processed), industrial seed oils (soy, corn, safflower, sunflower, peanut, cottonseed, canola, rapeseed). Soda, fruit juices. Alcohol. *What better time than now to be your healthiest?*

Updated: Antiviral Recommendations:

Blackberries, raspberries, pomegranate (Amazon has organic pomegranate powder-but for those on medications that are not allowed with grapefruit, pomegranate has the same contraindications) are high in ellagic acid that interferes with viral attachment.

Vitamin A: It has been proven that Vitamin A deficiency reduces the immune response to infection. Vitamin A supports sIgA which is the immune border patrol for the sino-respiratory, gastrointestinal and genitourinary systems. It helps support the mucosal barriers and supports the white blood cell and natural killer cell responses. Infections can also reduce vitamin A levels in the body.

Best Food sources of vitamin A: Fruits and vegetables

Dark green leafy vegetables, ie spinach and chard

Cantaloupe

Orange-fleshed sweet potatoes

Grapefruit

Bell Peppers

Carrots

Squashes/pumpkins

Yellow maize

Mangoes

Papayas

Animal sources

Liver, eggs, milk (including breast milk)

Oils

Red palm oil

Selenium: Selenium has antiviral effects.

<https://www.ncbi.nlm.nih.gov/pubmed/22381456>

Best Food Sources: Brazil nuts are among the richest dietary sources of selenium, an essential mineral with antioxidant properties. Selenium plays an important role in reproduction, metabolism, and immune health.

A single Brazil nut contains 68 to 91 micrograms (mcg) of selenium, meaning that just one nut per day can provide the daily recommended adult allowance of 55 mcg.

In addition to selenium, Brazil nuts contain essential minerals and healthy fats.

Vitamin C: Humans cannot make their own vitamin C. It is a potent antioxidant, with immunomodulatory and anti-infectious properties. It is antimicrobial, antibacterial, antiviral, antiparasitic and antifungal. Vitamin C deficiency leads to weakened immunity and **higher susceptibility to infection**. Supplementation with Vitamin C helps to prevent and treat respiratory and systemic infections. Prophylactic prevention of infection requires dietary vitamin C intakes that provide at least adequate, if not saturating plasma levels (i.e., 100-200 mg/day), which optimize cell and tissue levels.

In contrast, treatment of established infections requires significantly higher (gram) doses of the vitamin to compensate for the increased inflammatory response and metabolic demand.

Best Food Sources of Vitamin C:

- Cantaloupe
- Citrus fruits and juices, such as orange and grapefruit
- Kiwi fruit
- Mango
- Papaya
- Pineapple
- Strawberries, raspberries, blueberries, and cranberries
- Watermelon

Mannose Binding Lectins are inhibitors of SARS-like coronaviruses: LEEKS are the champ, garlic, onions. **These are also good for those with Blood Type A.**

Herbs and Teas: Can interfere with viral attachment: Lemon balm, oregano, mint, basil, sage, rosemary, elderberry, nettle leaf, ginger, green tea, hyssop. Work well in combination.

Encourage Autophagy: This is the body's cleanup crew that is active only during fasting. This is when the immune system mops up infected cells. The number of hours between the last meal of the day and breakfast influences autophagy. 8 hrs. eating/16 hrs. fasting is optimal for immune function. Aim for at least a 13 hour overnight fast. More than 16 isn't better under these circumstances since that can instead activate stress hormones.

Exercise: Can profoundly influence the immune response. Prolonged intense exercise can actually depress immunity, while regular, moderate exercise is beneficial. Important to promote lymphatic circulation: Rebounder, jumping jacks, trampoline.

Reduce exposure to WiFi: WiFi is immunosuppressive. Suppresses melatonin production.