

Food & Beverage Guidelines

For your *Discovery Diet*, I made it easy for you to quickly get started by creating a cheat sheet of the recommended food and beverages you should be eating and drinking.

The best way to protect you and your family's health is to avoid packaged foods as much as possible!

Buy the freshest and highest quality, naturally healthy foods that you can afford.

Organic is always preferable. Use a good veggie wash for cleaning non-organic produce.

Choose these foods to create the healthiest easy meals!

Proteins:

Fresh lean meat, poultry, eggs and fish are all naturally gluten-free, grain-free, and dairy-free (Watch out for added broths, seasonings, and marinades).

Always choose these when possible:

- **Grass-fed bison or beef** for their healthy Omega-3 and CLA (conjugated linoleic acid), which reduces cholesterol. It also helps fight obesity, cancer, and diabetes
- **Organic free-range pastured poultry** for their healthy Omega-3 and CLA, lower saturated fat, and no antibiotics or hormones
- **Organic free-range pastured hen's eggs** for their higher healthy Omega-3, Vitamins A, D, & E, lower cholesterol and saturated fat, and no antibiotics or hormones
- **Wild-caught fish** for their higher nutritional value than farm-raised fish and better for the environment qualities
- **Organic fermented soybeans (tempeh)** for its high vegan protein, probiotics, fiber, isoflavones, calcium, manganese, vitamins B2, B3, B5, B6 and traces of B12.

It reduces cholesterol, increases bone density, reduces menopausal symptoms and promotes muscle recovery.

Choose gluten-free and grain-free options!

Carbohydrates:

- **Fresh vegetables and fruits** (seasonal and organic when possible)
- **Starches** including **potatoes, yams/sweet potatoes, and squashes** (acorn, butternut, etc.)
- **Fresh herbs** for fabulous flavor

The Discovery Diet

Healthy Fats:

- **Nuts:** All raw organic nuts (except for peanuts, which are legumes)
- **Seeds:** Organic chia seeds, flax seeds, pumpkin seeds, sunflower seeds, and sesame seeds
- **Avocados, olives and coconut flesh**
- **Organic virgin unrefined oils:** Olive oil, coconut oil, and nut oils

Dressings and Marinades – simply made with organic raw unfiltered apple cider vinegar, olive or nut oil, fresh herbs or fruit, sea salt and pepper

Sandwiches – Think wraps: *Julian Bakery* Paleo Wraps, *WrapP* Raw Vegan Flat Bread, fresh lettuce wraps, collard green leaf wraps, nori seaweed sheets, or thinly sliced jicama (as taco shells)

If you absolutely must have bread for sandwiches – Choose *Against the Grain* dairy-free rolls/bagels, *Julian Bakery* Paleo bread or gluten-free rice bread.

Condiments: Olive tapenade, hummus, dairy-free pesto, guacamole, salsa, homemade mayonnaise. (*Select condiments from the Shopping List section.*)

Pasta can easily be made by exchanging the grain-based noodles for veggies including spaghetti squash or zucchini made into fettuccini by using your veggie peeler or a spiralizer.

Beverages – Water is always best! Naturally flavoring your water with fresh lemon, lime, or orange slices, or adding a few drops of flavored *Sweetleaf* Liquid Stevia Sweet Drops™ makes it exciting. There is also herbal water, coconut water, *Kevita* or *Kombucha* probiotic drinks.

High protein packaged pasta:

- *Explore Asian* organic black bean spaghetti, mung bean fettuccini, or soybean spaghetti
- *Miracle Noodles* are soy free and calorie free (comes in many pasta shapes, a rice shape, orzo, and as a flour) made from Konjac Glucomannan—a water-soluble fiber from the konjac root
- *Sea Tangle* or *Gold Mine Natural* kelp noodles are high in minerals (calcium and iodine), contain no fat, cholesterol, protein, or sugar and are very low in calories
- *Nasoya* Shirataki Spaghetti – Pasta Zero Plus is soy-free (replaced with chickpea)

As you can see, there are many healthy pasta options. Just add your favorite sauce!

Note: Rice pasta is an available option if you are NOT on the *Grain-Free Lifestyle Path* or gradually switching. Remember that rice is a high *Glycemic Index* food (sugar) that raises insulin and stores fat. Use sparingly!

Vegetarian or Vegan? Tofu and Tempeh (Soy) Make sure it's organic or non-GMO, because 90% of U.S. soy crops are GMO (genetically modified organism). Organic fermented soy (tempeh,

miso, natto, and GF soy sauce) products are your healthy options. Beware of baked versions with seasonings that may contain wheat, soy sauce, etc. Totally avoid seitan made from vital wheat gluten, which is in many of the “meatless protein” vegan products.

Caution! *Soy is one of the top allergens, so pay attention to how it makes you feel. Keep a food diary. Soy should be used sparingly! It is NOT healthy for men, children, or women with a history of breast cancer.*

Dairy Substitutes

There are several healthy dairy / casein-free milk substitutes made from almonds, cashews, hazelnuts, coconut, and hemp seed.

They are also available in creamers, yogurt, and ice cream.

The *Silk Pure Almond Milk* is my personal favorite because it doesn't contain guar gum or carrageenan, which doesn't agree with my tummy. If you have a sensitive stomach like mine, then always check labels for ingredients such as carrageenan, which are in most of these milk substitutes.

Soy milk is NOT a healthy choice!

Give them all a try to see which one you like the best. These will also take time getting used to the new taste. Remember when it took you a few weeks to adjust from whole milk to skim milk?

Dairy-free vegan cheese alternatives – There are several on the market made from tapioca, almonds, cashews, or pea protein. *Daiya* cheeses are my personal favorite.

Note: Rice milk products are an available option if you are NOT on the *Grain-Free Lifestyle Path* or you have nut and soy allergies. Remember to use sparingly since they are high glycemic (turn to sugar).

Caution! *Always check labels for hidden ingredients. Some dairy-free cheeses actually contain the milk protein casein! When in doubt, call the manufacturer.*

Eating with Your Seasons

Foods grown locally in season help regulate the body's temperature. Example: Eating raw fruits and salads grown during summer will help cool your body while eating pumpkins /butternut squashes and nuts that grow during the fall will help warm your body.