

Vegetarian Diet

Do

Fresh, Organic, Seasonal, Local

- Eat some lacto-fermented, cultured, pickled side dishes
- For two meals a day have 5 colors on your plate.
- 70% of your food should be alkaline (see the foods highlighted in green)
- 2-3 servings of fresh fruit/day
- Eat 30-50% raw foods (dairy, meat, fruit & eggs, veggies, honey, fish eggs)
- Soak, sprout, ferment, naturally leaven all seeds, nuts and grains
- Eat sea salt and sea vegetables

- Drink lots of water (half your body weight in ounces)

- Nutritional Yeast will provide some B vitamins

Never Ever !

Hydrogenated and partially hydrogenated oil, soy products, farmed seafood, homogenized dairy, ultra pasteurized dairy, high Fructose corn syrup

Lots of low glycemic non-starchy vegetables mostly raw or lightly cooked

- Fruit: low glycemic is best - apples, pears, peaches, & berries

- Other Fruit: higher glycemic fruits include oranges, bananas, mango, pineapple, grapes, olives, pomogranate, cranberry, dried fruit.

- Dark green leafy vegetables! (kale, chard, spinach, lettuce, collard, dandelion, mustard ...)

- Beets, cabbage, broccoli, onions, asparagus, cauliflower, celery, cucumber, radishes, kohlrabi, leeks, parsley, peas, peppers, beans, carrots, squash, garlic, brussel sprouts, cabbage, eggplant, kohlrabi

Unrefined, mostly complex

Properly prepared grains (soaked, sprouted, ferment, naturally leavened)

Potatoes, brown rice, dried beans, legumes, sweet potatoes, yams, quinoa, oats, millet, wheat, lentils, pumpkin seeds, flax seeds, sesame seeds, corn

40% Carbohydrates

15% Starchy Carbs

30% Fats

60% Monounsaturated

30% Proteins

Complete Proteins
22 Amino Acids
10 Essential Proteins

Food Combining
Legumes & Grains
Seeds/Nuts & Legumes
Grains & Eggs/Dairy

Micro Algae, Bee Pollen

Soaked/Sprouted Nuts
(walnuts, almonds, cashews, chestnuts, pecans, peanuts, brazil nuts)

Very stable even when heated, good for cooking

Butter, coconut oil, palm oil

30% Saturated

Relatively stable, can use for lightly sauteing

Dairy, eggs, nuts, extra virgin olive oil, avocado oil, peanut oil, pecan oil

Pastured Eggs
Whole Raw Dairy (Milk, Yogurt, Kefir)
- complete protein

Fermented Soy Products (Tempeh, miso, natto)

Short & Medium Chain Fatty Acids

(Anti-microbial, quick energy, don't need bile)

Butter
Coconut Oil

Long Chain

Olive Oil
Barage Oil
Black Current Oil
Evening Primrose Oil

Very Long Chain

Butter
Egg Yolks

Very unstable, never heat. Cold Pressed Oil stored in refrigerated, dark colored bottles. Good for salad dressings

Oils from sesame, sunflower, black current, evening primrose

50% Omega 3

50% Omega 6

Oils from flax seeds, pumpkin seeds, walnuts, wheat germ, hemp, chia

10% Polyunsaturated

Avoid

White flour, refined grains & sugar, canned foods, skim & low-fat dairy, artificial vitamins, toxic additives & colorings, table salt, microwaves, pasteurized milk teflon & aluminum cookware.