



# The Vitality Food Guide

The goal of this food guide is to optimize your digestion and support the natural biorhythm of the body. The results are balanced blood sugar, decrease inflammation and more better energy.

**Breakfast** (7 am – 9 am) & **Lunch** (11:00 am - 1:30 pm)  
**Goal: Protein, Vegetable, Fat & No Starch** (no complex or refined carbs)

**Dinner** (3:00 pm - 7:30 pm)  
**Goal: Starch** (Complex Carbs), **Vegetables, Low to No Fat, Low to No Protein\*\***  
*\*\* If immune stress is present or if you have done heavy exercise that day, eating some animal protein is recommended, preferably within 1 hour of the workout. Otherwise, animal protein is not recommended at dinner.*

**Fruits:** Low Glycemic (low sugar) Fruits (Organic when possible and limit to one serving per day)

- |              |              |
|--------------|--------------|
| Strawberries | Raspberries  |
| Blueberries  | Blackberries |
| Apples       | Cherries     |

### Protein sources

**Fish:** (organic or wild caught preferred)

- |            |             |            |
|------------|-------------|------------|
| Dover Sole | Mackerel    | Salmon     |
| Anchovies  | Whitefish   | Astral     |
| Halibut    | Haddock     | Barramundi |
| Cordina    | Sardines    | Sole       |
| Swai       | Red Snapper |            |

### Red Meat:

- |                              |                     |                |
|------------------------------|---------------------|----------------|
| New Zealand lamb             | Grass-fed bison     | Grass-fed beef |
| <u>Less Desirable</u>        |                     |                |
| Organic uncured genoa salami |                     |                |
| Organic uncured bacon        | Organic uncured ham |                |
| <u>Avoid:</u>                |                     |                |
| Pork: cured ham and bacon    | Sausage             |                |
| Any meat with added nitrates | BBQ meats           |                |

Duck eggs, Goose eggs or Silkie chicken eggs (Silkie is preferred breed of chicken)

Eat poached or soft boiled eggs

Avoid:

Non-organic chicken eggs

**Poultry:** duck, turkey, goose, chicken

**Starches:** (Complex Carbohydrates): Eat 1 to 2 servings (1/2 to 1 cup each) organically sourced from below. NO refined carbs.

- Beans: cooked pinto, cannellini, black, navy and garbanzo (hummus made with no oil)
- Rice: organic brown rice, organic brown rice pasta
- Other grains: organic farro, farro pasta, gluten-free oats, buckwheat
- Potatoes, yams: organic Yukon yellow potatoes, organic russet potatoes, purple yams, sweet potatoes
- Corn: organic white corn, organic yellow corn (frozen is fine)
- Flat bread or pita bread: organic (ONLY if made with NO oil)

Be sure to avoid foods that add oils to the above starches. NO oil! Oils are a burden on the gallbladder, digestive and cardiovascular systems. Consider that it may be necessary to consume up to 3 times as much oil-free starch as you consumed while eating oil containing starches and oil rich foods.

## **Raw Fat**

- ½ - 1 avocado daily if desired.
- Organic English walnuts – 2 small handfuls (1/4 cup), twice per week
- Most preferred nuts (organic preferred): Organic walnuts, cashews, almonds, Brazil nuts and sunflower, pumpkin seeds

### Avoid:

Peanuts (including organic)

**NO Refined Oils!** Avoid refined oils and foods made with refined oils (including coconut oil, olive oil, canola oil, safflower oil, avocado oil, etc.). Also avoid most breads, crackers, cookies, etc. if they have added oils. Instead, eat foods that naturally contain oil (such as nuts or flax seeds).

## **Dairy** (butter, cheese)

Only consume grass-fed, raw, cultured milk products and cheese. Only eat aged cheese and only as a condiment on salads etc.

- Wallaby organic full-fat Greek yogurt
- Wallaby organic full-fat kefir – plain, no flavoring

**Do Not Eat:** unfermented soy products (such as soy milk or soy oil), margarine, canola oil (including organic), hydrogenated oil (AKA partially hydrogenated oil or fractionated oil), and all other vegetable oils (corn oil, safflower oil, etc.)

## **Condiments** (to go with salad or starch) (optional; organic preferred)

- Balsamic vinegar or raw apple cider vinegar
- Solar-dried sea salt: use sparingly
- Salsa (be sure there is NO oil)
- Hummus (be sure there is NO oil)
- High quality turmeric and other spices

## **Vegetables** (organic preferred)

- Large salad
- Recommended salad vegetables (organic preferred): Tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado, carrot, celery, garlic
- Raw vegetable soups (recipes available)
- Homemade fermented vegetables
- Cooked vegetables or vegetable soup

**Cooked vegetables:** cook them the least amount of time to soften their fiber – about 3 -10 minutes. (Cook them in a pan with a shallow amount of water (no oil) at boiling temperature until done.)

Avoid foods cooked over boiling or those boiled longer than 15 minutes to one hour (with the exception of beans).