

# Nutritional Balancing Diet Eating Plan

## Main diet plan:



### Vegetables - 50% or more (by volume)

Primarily cooked vegetables. Make sure they are cooked soft.

- Every day try to eat at least one from each type of vegetable:

#### Cruciferous

broccoli, cauliflower, brussels sprouts, cabbage, bok choy, etc.

#### Root

carrot, beet, parsnips, rutabaga, sweet potatoes, etc.

#### Leafy green

spinach, kale, greens, chard etc.

#### Others

peas green beans

### Secondarily raw vegetables.

- Mostly leafy greens are best, but also some carrots are good.

### Limited intake:

- Potatoes (once a week or less)

### Watch:

Your calories. Make sure you get enough for your body type. If you're going too high, cut out carbs first.



### Proteins - a serving of protein 1-2 times a day

Most people eat too much meat, you should only have small servings.

- **Meat:** 6-8 oz servings of: chicken, turkey, beef or lamb. Have organic meats; beef must be grass fed. Avoid pork or only have it once a month. (Do not eat animal organs; they contain toxins.)
- **Eggs:** 1-3 per serving. Organic eggs are best, more orange yolks are more nutritious.
- **Dairy:** small amounts of cheese. Milk: preferably sheep/goat or raw.
- **Beans:** once or twice a week if desired.
- **Soy foods:** Tofu and other natural soy sources for protein. Do not eat processed soy foods.
- **Fish:** ONLY sardines and other small fish. (Others contain too much mercury.)



### Complex Carbs - 1-2 small servings per day



- Most people eat too many carbs. Limit this intake.
- Brown rice (white is less nutritious), quinoa, millet, corn etc.
- Do not eat any wheat.
- There are gluten free breads that are fine.
- No added sugars.



### High Quality Fat/Oil

Have with meals for cooking and flavor. There are good and bad fats.

- **Good oils:** Olive, Avocado, Coconut and MCT oil. Avocado is great for high temp cooking. Olive oil is good for low-temp cooking and salads. Animal fat is good in small quantities if its organic from a good source. Generic cooking oil can cause inflammation. It should not be consumed.
- **Avoid:** Cottonseed Oil, Canola Oil, Soybean Oil, Sunflower Oil.
- **Other fat can come from meat and sardines.**

# Other Diet Guildines

## Occasionally:

3 times a week or less: fruit, best are berries  
(watch for pesticides.)

Once a week: nuts

Once a month: other types of fish

## Avoid:

Any added sugar. Artificial sweeteners. Processed food. Food with additives. Most fast food (use the above list as a guideline.) Wheat. Don't eat anything that you are allergic to or does not make you feel well.

## Drink:

Primarily spring water and/or mineral water. (You can also drink fully purified water like Reverse Osmosis (RO) if you add the proper minerals.) Filtered water can be used for cooking. Do not drink tap water. Mild teas are good. No more than one cup of caffeinated tea or coffee per day. Stevia can be used as a sweetener or a small amount of honey. Carrot juice is ok once a week. Can have milk occasionally. **Avoid alcohol.**

## Salt and spices:

Season food liberally with sea salt/Himalayan salt. (Consult your doctor or practitioner about salt intake.) Do not eat table salt. Spices and seasonings are good. Avoid processed condiments with added sugar (like ketchup.)

## Diet Guidelines:

This diet is one that is designed for life – it is not a temporary phase. Variety is always very good, try to have as much variety in the foods that are on the list as you can. Some people are very simple and are fine with just eating a seasoned piece of meat with some rice and a large serving of vegetables for meals. Others will enjoy creating recipes using ingredients from this list. As time goes on and health improves, small exceptions can be made: perhaps by eating a dessert once a week. However other dessert-type foods with less sugar can be consumed, such as having plain Greek yogurt with bananas and stevia.

It is important to have the mindset that this clean, healthy style of eating will be with you for life. The reason many diets fail is that when a person is “done” with them they return to their previous habits of eating. This diet will give you plenty of vegetables for digestive health and micronutrients, plus healthy protein that contains important amino acids and zinc. It avoids things that cause inflammation and health issues like sugar and processed vegetable oils. Live your life for ultimate health!

It is recommended that with any diet that you check with a practitioner before starting. This diet comes from research done while creating the **Adrenal Fatigue : Stress Maladaptation Syndrome documentary.**

## Additional Diet Modifications:

### Anti-Inflammatory diet

For the anti-inflammatory diet, add the following restrictions to the main diet above.

Avoid Nightshades – Tomato, potato, eggplant, peppers, okra, tomatillos

*\* This diet is designed to increase overall health and nutrition.  
It is not intended as diagnosis, treatment or prescription for any condition or disease.*