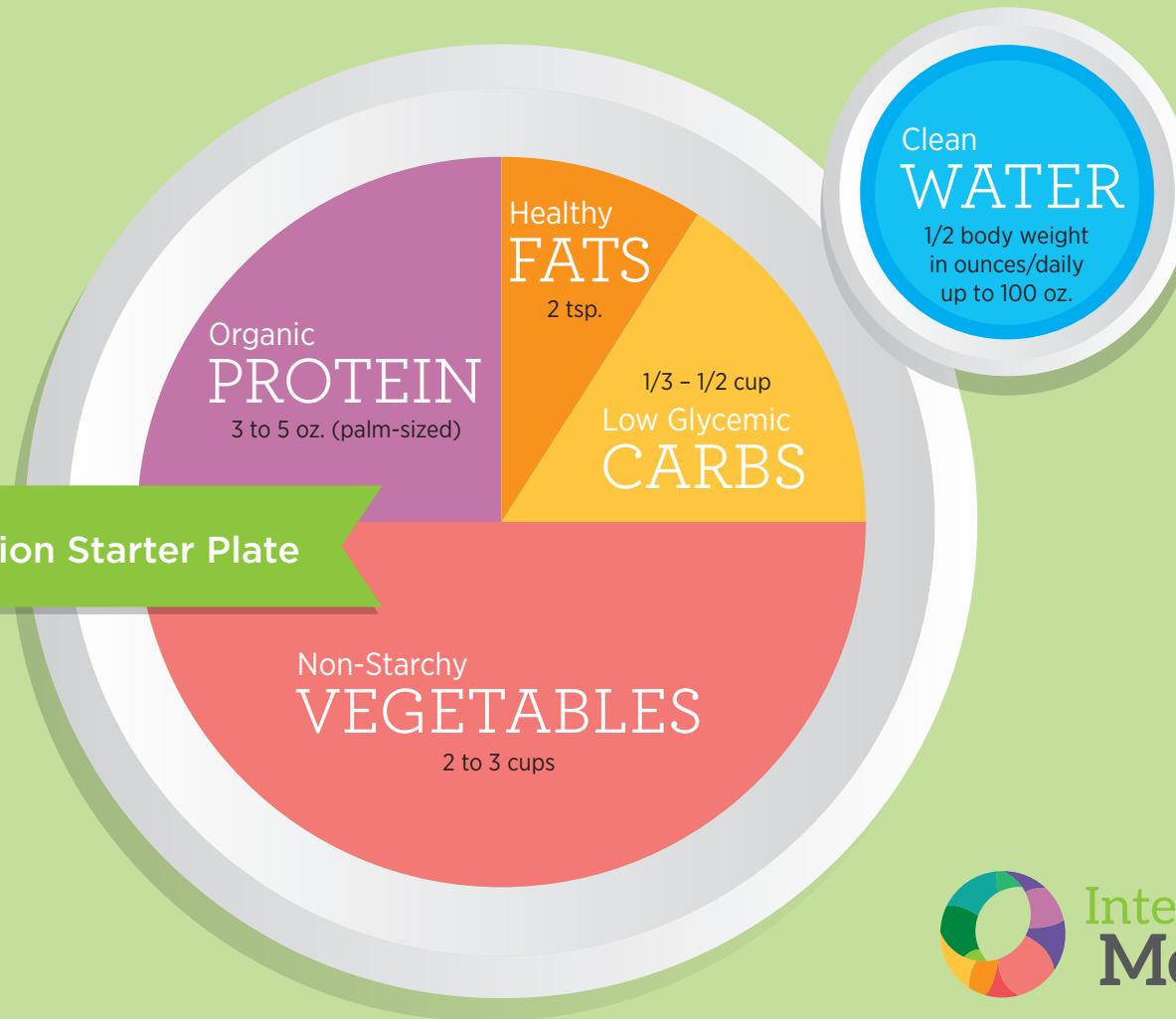




Integrative Nutrition Starter Plate



Non-Starchy VEGETABLES

- Leafy greens
- Red cabbage
- Carrots
- Red bell pepper
- Broccoli
- Spinach
- Kale
- Onion/Garlic
- Cucumber
- Cauliflower
- Asparagus
- Eggplant
- Zucchini
- Beets
- Many more!

* Include 1/4 cup fermented vegetables or a probiotic daily.

Organic PROTEIN

- Meat should be grass fed
- Eggs
- Wild salmon
- Beef/Bison
- Venison
- Chicken
- Turkey
- Lamb
- Vegan options are:
 - Beans - 1/2 cup of all beans including chick peas, pinto, lentils, black, navy

Healthy FATS

- Avocado
- Flax seeds
 - Chia
- Almonds
- Pecans
- Walnuts
- Cashews
- Seeds
 - Pumpkin and sunflower
- Coconut milk
- Hemp hearts
- Olive oil
 - Extra Virgin
- Coconut oil
 - Extra Virgin
- Grapeseed oil
- Ghee

Low Glycemic CARBS

- Fruits
 - Lemon/Limes
 - Blackberries
 - Blueberries
 - Raspberries
 - Strawberries
 - Apples
- Beans/Legumes
 - Kidney
 - Black
 - Chick peas (garbanzo beans)
 - Lentils
- Vegetables/Grains
 - Sweet potato
 - Peas
 - Quinoa
 - Brown/Wild rice
 - Squashes

DETOX BY ELIMINATING FOR 4-6 WEEKS

- **Wheat/gluten:** choose coconut flour, flaxseed, chia seeds, almond meal
- **Added sugars or artificial sweeteners:** choose Stevia™
- **Diet or regular soda**
- **“White hazards”:** including sugar, flour, rice, pasta, white potatoes. Limit corn and soy.
- **Dairy:** choose almond or coconut milk
- **Alcohol**

21 DAY CLEANSE: EAT EVERY 3-4 HOURS/FAST 12 HOURS

- **Wake up:** Start your day with a cup of warm water, 1/2 lemon, dash of cayenne (optional)
- **Breakfast:** Protein, fruit and vegetable
- **Green Tea:** Prefer organic
- **Snacks:** 2 oz. hummus, veggies, nuts or seeds
- **Water:** Up to 100 oz. per day
- **Fats:** Choose one at each meal: 2 tsp. olive oil or coconut oil, 1/2 avocado, 1 oz. nuts or seeds
- **Veggies:** 1 C at breakfast, 2-3 C at lunch, 2 or more C at dinner. Unlimited non-starchy veggies. Try soups, stir fry, salads, steamed or roasted
- **Fruit:** Small apple or 1/2 C berries. 1-2 servings per day
- **Fiber:** 1-2 Tbsp. chia or flax seed daily

OTHER THINGS TO TRY

- Start walking every day. Start with 10 minutes, then work yourself up to 30 minutes a day.
- Go to bed at the same time each night and try to wake up at the same time every morning.
- Drink your water throughout the day, but not at meal times. (Limit 4 oz. at meals)
- Chew your food very well to aid digestion.
- Set your fork down between bites.
- Engage in a hobby or interest for 30 minutes a day.
- Be thankful for three things each day and record it.

NON-STARCHY VEGETABLES – ROASTED, STEAMED, RAW

- | | | | |
|--------------------------|---|------------------------|---|
| • Artichokes | • Cucumber | • Pea pods | ** Salad greens: arugula, chicory, endive, escarole, romaine, green leaf, red leaf, radicchio, spring mix, dandelion greens, watercress, Swiss chard, baby kale |
| • Artichoke hearts | • Daikon radish | • Peppers | • Aim for 5-8 cups of non-starchy vegetables a day, the more colors the better! |
| • Asparagus | • Eggplant | • Rutabaga/turnips | 1/2 Cup Servings of Starchy Vegetables |
| • Bamboo shoots | • Greens (collard, kale, beet, turnip, mustard) | • Spinach | • Beans - black, pinto, garbanzo, navy beans |
| • Bean sprouts | • Green beans | • Squash, crooked neck | • Green Peas |
| • Bok choy | • Leeks | • Pumpkin | • Lentils |
| • Brussels sprouts | • Lettuces **see last column | • Tomato | • Sugar snap peas |
| • Carrots | • Mushrooms | • Water chestnuts | • Winter squash |
| • Cabbage (green or red) | • Okra | • Watercress | |
| • Bok Choy | • Onions | • Zucchini | |
| • Cauliflower | | | |
| • Celery | | | |

CREATE THE PERFECT PLATE

Basic Plan

Make your lunch and dinner plate: 50/25/25
50% non-starchy vegetables (2-3 cups)
25% clean, lean protein (palm size)
25% slow carb (1/2 C lentils, beans, sweet potato)
Have up to 2 a day: 1/2 C green apple or berries

Advanced Plan (For Insulin Reset)

75% non-starchy vegetables
25% protein
Limit fruit to 1/2 C green apple or berries each day.
Do this for six weeks, then switch to basic plan. Both plans enjoy 1-2 oz. a day of nuts or seeds as a snack.

BREAKFAST SMOOTHIE

1-2 Tbsp. hemp or pumpkin seed protein
1 Tbsp. ground flax seeds or chia seeds
1/2 C water, almond milk or coconut milk
1 handful spinach, washed
2 tsp. extra virgin olive oil, borage oil, flax oil or almond butter
5-6 ice cubes
Additional water as needed

AFTERNOON CHIA FRESCA

8-12 oz. filtered water
Juice of small lemon or lime
1 Tbsp. chia seeds and Stevia to taste

CHICKEN AND KALE GREEN SOUP

1 Tbsp. extra virgin olive oil	4-6 C kale, torn into bite-size pieces	1/2 C chopped parsley
1 large onion, chopped	2 qt. Chicken broth (organic or use bone broth)	1/2 tsp. ground pepper
1 C chopped celery and carrots	2 C diced turnips, parsnips or rutabagas	Juice of 1/2 lemon
	1-2 tsp. fresh rosemary or basil	1 lb. chopped chicken or chicken sausage

Add all ingredients into a crockpot, set to low. Cook 4-5 hours until root vegetables are tender. Enjoy a cup for breakfast, lunch, dinner or a snack.