

Your Design for Health Guidelines

By JJ Virgin, CNS, CHFI

- **Eat within one hour of waking up.** The only exception to this rule is if you are going to work out within 30 minutes of waking up.
- **If you are having a pre-workout snack it should consist of a small amount of protein and a small amount of low glycemic carbohydrate** to help sustain your energy during a workout. The less food in your stomach, the better.
- **Eat less, Less often.** Eat every 4-6 hours – go as long as you can to keep insulin low but don't go too long so that stress hormones start to rise.
- **Eat 3 meals and 0-2 snacks.** Use snacks as you are healing to avoid hypoglycemia and cortisol rise, as your metabolism improves you will not need them as frequently and possibly not at all.
- **Stop eating BEFORE you feel full.**
- **Start eating when you feel slightly hungry**
- **Use PaleoFiber between meals** to reduce appetite by keeping ghrelin hormone (your appetite hormone) suppressed.
- **Try Phosphatidylserine between meals to keep stress hormones down.**
- **Eat optimal amounts of protein and add glutamine** to keep from getting catabolic and help maintain lean body mass.
- **Eat as least 1 cup of raw or ½ cup of cooked veggies at lunch and dinner.**
- **Be sure to drink plenty of pure spring water throughout the day between meals and snacks.**
- **Limit fluid intake to 4oz with meals.**
- **Follow the 3 Bite Rule.** if something is really worth it, enjoy 3 polite bites guilt free!

OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken and turkey
- LF Ricotta Cheese
- Lean red meats – 2-3 times per week (sat fat)
- Whey Protein
- Eggs
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Lamb (sat fat)
- LF Cottage Cheese
- LF Feta/Goat Cheese
- Shellfish
- Game

OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanuts)
- Olive oil, olives
- Coconut milk or oil (sat fat)
- Macadamia nuts (sat fat)
- Flaxseed oil
- Freshly ground flaxseed meal
- Avocado (sat fat)
- Cod liver oil
- Whipped butter (sat fat)

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Ginger root
- Jalapeno peppers
- Mushrooms
- Radishes
- Shallots
- Swiss chard
- Asparagus
- Bell peppers (red, yellow, green)
- Cabbage
- Chayote fruit
- Coriander
- Endive
- Green beans
- Kale
- Mustard greens
- Radicchio
- Spinach
- Tomatoes
- Bamboo shoots
- Broadbeans
- Cassava
- Chicory
- Cucumber
- Fennel
- Hearts of palm
- Kohlrabi
- Onions
- Snap beans
- Spaghetti squash
- Turnip greens
- Bean sprouts
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Garlic
- Jicama (raw)
- Lettuce
- Parsley
- Snow peas
- Summer squash
- Watercress

HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Okra
- Legumes
- Chick peas (garbanzo)
- Kidney beans
- Pinto beans
- Barley
- Millet
- Tapioca
- AkMak crackers
- Artichokes
- Pumpkin
- Black beans
- Cowpeas
- Lentils
- Split peas
- Brown rice
- Rye
- Whole grain breads
- Ezekiel bread
- Leeks
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- White beans
- Buckwheat groats (kasha)
- Semolina (whole grain-dry)
- Whole grain cooked cereals
- Wasa crackers
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Navy beans
- Yellow beans
- Bulgar (tabouli)
- Steel cut oats
- Whole grains
- Whole grain tortillas

LOW GLYCEMIC INDEX FRUIT CHOICES

Low GI

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pomegranates
- Cherries
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Pear
- Peaches
- Apples
- Limes
- Persimmons
- Fresh apricots
- Plum
- Avocados
- Nectarines
- Plums

High GI – eat sparingly, or after a workout

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

DIET PLAN

Protein – ¾-1 gram of protein per pound of lean body mass in divided doses at breakfast, lunch and dinner

Fruit - 1 serving per day if hypertriglyceridemia, diabetes or metabolic syndrome is present, 2 servings if not

Fat – 1-2 servings at each meal (most protein sources will include 1 fat serving)

Non-starchy vegetables at each meal

Start dinner with a salad or a brothy non-starchy soup

Have a salad at lunch

High fiber carbs for breakfast – 1-2 servings (1 can be fruit)

Optional high fiber carb for lunch – 1 serving

No high fiber carbs at dinner

DIET SAMPLE MENU 1

BREAKFAST

Breakfast Burrito – *Whole wheat tortilla, scrambled eggs and salsa*

OPTIONAL MID-MORNING SNACK

1 piece of fruit

LUNCH

Whole Wheat Pita Sandwich with 3-5 oz. of turkey, chicken or tuna with veggies

DINNER

Mixed green salad with vinaigrette

4-6 oz. grilled chicken, fish or lean meat

1 cup steamed or roasted vegetables

DIET SAMPLE MENU 2

BREAKFAST

Long Cooking Oatmeal 1 cup cooked. *Stir into cooked oatmeal – PaleoMeal, flaxseed meal and ¼ cup berries*

LUNCH

Salad with grilled chicken and vinaigrette

DINNER

Vegetable soup

Grilled chicken, fish or lean meat

MAINTANENCE PROGRAM

For Healthy Metabolism

1-2 carb servings divided over breakfast and lunch, 0-1 at dinner

Fruit 2 servings a day

Fat 2 servings at each meal

1 snack optional – fruit and 10 nuts or 1 tbsp nut butter or low fat dairy: 1-2 oz. goat, mozzarella or feta cheese, 1 cup yogurt (prefer Greek style) or ½ cup cottage or ricotta cheese

MAINTANENCE DIET SAMPLE MENU 1

BREAKFAST

Long Cooking Oatmeal 1 cup cooked. *Stir into cooked oatmeal – PaleoMeal, flaxseed meal and ¼ cup berries*

OPTIONAL MID-MORNING SNACK

1 piece of fruit with 10 nuts

LUNCH

Whole Wheat Pita Sandwich with 3-5 oz. of turkey, chicken or tuna with veggies

DINNER

Mixed green salad with vinaigrette

4-6 oz. grilled chicken, fish or lean meat

1 cup steamed or roasted vegetables

MAINTANENCE DIET SAMPLE MENU 2

BREAKFAST

LUNCH

Salad with grilled chicken and vinaigrette

DINNER

Vegetable soup

Grilled chicken, fish or lean meat