

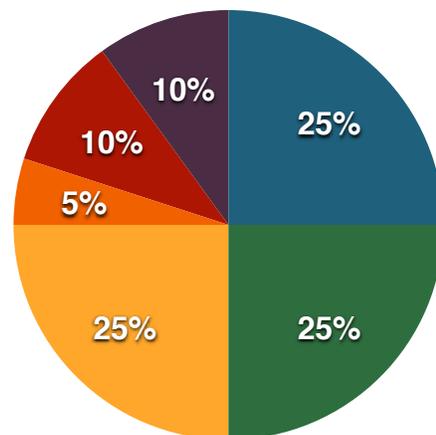
Healthy Body HeadStart



STEP 1: Focus on the Daily Minimums

Raw Veggies	1 lb +	broccoli: 3 cups = ½ lb chopped green beans: 4 cups = 1lb chopped
Cooked Veggies	1 lb +	spinach: 1 cup cooked = 1lb mushrooms: 2 cups cooked = 1lb
Beans/ lentils/ tofu	1 cup +	peas: 1 ½ cups = 1lb asparagus: 3 cups chopped = 1lb
Whole fruits (never canned)	4 servings +	fresh and frozen are fine, 1 medium fruit generally = 1 serving. ½ cup - ¾ cup is usually 1 serving of berries.
Seeds	1.5 oz	1.5 oz = 3 TBS seeds. Men: increase to 3 oz or 6 TBS seeds

- Raw Veggies
- Beans/Lentils
- Other fruits
- Cooked Veggies
- Seeds
- Berries



Summary of Diet Including Daily Minimums (above), and Limited Food Groups:

Unlimited Foods	Limited	Off Limits
Raw vegetables	Limit to maximum 1 cup daily: Cooked starchy vegetables (squash, corn, white potato, sweet potato)	Dairy products Animal products (red meat, poultry, fish)
Cooked green vegetables	(In some cases, ½ cup cooked daily is permitted of: wild rice, brown rice)	Between meal snacks (see more details later)
Cooked non-green nutrient-rich vegetables (eggplant, mushroom, peppers, onions, tomatoes, carrots, cauliflower)	Limit to 1.5 ounces daily: Raw nuts & seeds (3oz daily for men)	Fruit juice Oil Processed foods
Beans, legumes, sprouts, tofu	Limit to max 2 ounces daily: Avocado	Sugars
Fresh fruits	Limit to 2 TBS max per day: dried fruit	Grains/grain products (Alcohol)

STEP 2: Apply the Daily Minimums to Your Day

Ingredient	Culinary Technique	Ingredient	Seasoning	Culinary Concept
2 cups chopped bell pepper & onion	water sauteed with	½ cup chopped portobello mushroom	seasoned with cajun seasoning or ground cumin, optional - salt and pepper	Breakfast Hash
1 cup chopped kale	blended with	1 cup of frozen berries & ½ banana	along with 1 T ground flax and 8-12oz water or non-dairy milk (to taste)	Berry Smoothie
1 cup canned beans, drained (one type or mixture of several)	tossed with	2 cups of chopped raw veg (e.g. cucumber, carrot, tomato) & 1 TBS chopped cilantro	dressed in 3 TBS apple cider vinegar and/or lemon juice, sea salt	Easy Peasy Bean Salad
½ cup chopped portobellos, lightly cooked & 1 cup of steamed spinach	over a bed of	1 cup cooked spaghetti squash	topped with homemade tomato marinara sauce	Vegetarian Spaghetti Dinner
3 cups of chopped Romaine lettuce w/ 1 cup shredded cabbage	tossed with	2 T pumpkin seeds, ½ cup of drained chickpeas & 1-2 cup of sliced cumber & bell pepper	dressed in vinegar & lemon juice	Simple Salad

STEP 3: What Gets Measured Gets Managed

Raw Vegetables

½ cup = 1 serving



Seeds**

1 tsp = 1 serving



Other: _____

(tofu, dried fruit, dark chocolate,
plain popcorn, nuts)

Cooked vegetables

½ cup = 1 serving



Beans/Lentils

½ cup = 1 serving



Extra: _____

(grain products, alcohol, sugars, animal foods)

Fruits

½ cup = 1 serving



STEP 4: Ensure Success

Tips to reach mastery

1. Make more than you think you'll need

This may at first seem wasteful, but trust me that it will help ensure your success. Few if any of us are naturally accustomed to eating this many fruits, vegetables & beans on a regular basis. The transformation from the “old” to the “new” eating habits will radically shift your views of food portions and the classic food pyramid we grew up with. Because of this rapid shift, you will initially underestimate portion sizes within your Daily Minimum food groups which can make you vulnerable to temptations and unhealthy choices.

2. Prepare & store meals ahead of time

We live in a world where the default lifestyle has become the least healthy one. We are surrounded by the wrong choice, the greater evil, the worst options. For this reason, you need to take control of this reality and create “safety mechanisms” all around you. Having meals made ahead of time prevents you from being tempted to order-in, and eat convenience foods.

3. Anticipate having company and social engagements

“What do I do when I’m eating out?”. Remember: our current environment is not set up for healthy eating. That means YOU need to assume the reins on this. If you are going out to eat at a restaurant, find out where you’re going ahead of time and check out the menu. Make modifications with the waiter when you place your order. I have additional recommendations for this type of issue if you bring it up at your next appointment.

“What do I do when I’m going to someone’s house?”. I understand the concern about hurting people’s feelings or not wanting to be “that person” who has dietary requirements. But at some point you need to ask yourself which is more important: this person’s hypothetical confusion about your eating habits *or your health*? If you really think about it, I think you’ll determine that your health is more important. Think about employing the following techniques. Offer to bring a dish to share that you know is delicious and that you can eat plenty of. Suggest socializing around something other than food. For example - suggest going for a walk or meeting for tea/coffee. Let this person know that you’re working on improving your health. They may be very supportive of your efforts. If they’re not... is this really a person you want to be socializing with?

4. Support your digestion

It can take time for the body to adjust to this incredibly high-fiber nutritional pattern. If you are noticing increased gas and bloating, I recommend you take a specific digestive enzyme (please ask me which one is best for you) before larger meals during the first few weeks of this plan to help your body with the adjustment process.

5. Avoid snacking

There is no reason to ever feel hungry on this food plan. Micronutrient dense foods are unlimited. You should be so full from your meals that there is no reason to snack in between meals. If you are craving snacks between meals, this is a sign that you need to improve the size or nutrient density of your meals. I can't promise you won't be tempted to eat out of boredom, stress-eating tendencies or to help you procrastinate a task, but that's a different issue. If you do become hungry between meals for whatever reason, I want you to have either healthy leftovers on-hand, or grab-and-go Daily Minimums so that you do not seek out unhealthy options.

Only if truly needed, Acceptable Snack options include:

- ❖ Sliced veggies (veggie platter classics without the dip: cucumbers, celery, carrots, cherry tomatoes)
- ❖ Fresh fruit: apples, clementines and fresh berries do the trick and are easily transportable and individually sized for your convenience!
- ❖ NEVER snack on dried fruits, nuts or seeds

6. “Back-load” limited food groups

I find that the best way to feel fulfilled on a regimen like this where dried fruit and seed intake is limited, is to save those foods for the end of the day. Especially during the week, I'm working, busy, distracted, and have no problem eating my pre-made breakfast and lunch and going about my day. Being home and being with family is where I like to have a bit of crunch and end on a bit of sweet. So I save some of my seed intake for dinner so I can have the crunch of pumpkin seeds or sliced almonds, and the sweet of chopped dates. You may choose to allocate your food groups differently, but this is what works for me.

7. Always travel with backup

Remember that snacking is to-be-avoided. However, we're all human, and I already mentioned how our modern society is set up to make eating healthfully the harder thing to

do. We also tend to have busy, unpredictable lives at times. For these reasons, I recommend that you NEVER leave the house without: a piece of fruit, a baggie of raw vegetables (snow peas, celery sticks, carrot sticks, etc.), and a baggie filled with 2 tablespoons of raw nuts or seeds. Most of the time, you won't have a need for them while you're out. The fruit and vegetables should go back in the fridge when you return home, but the nuts/seeds can simply hang out in your bag/purse/car as your emergency stash for later.

Why are we doing this? If you end up being out longer than you anticipated or are tempted to eat "off-plan" while out and about, you have backup. You have fruit and vegetables to satisfy a craving or urge for sweet or crunch. And if you are out so long that you're going to be late for dinner, you have an emergency protein source to get you through to the end of the tunnel.

8. Purchase a food scale

The nutrition tracker I include with this program provides "rough numbers" so that you can make your way through the program without a food scale. However, you will launch yourself into success more quickly and more completely if you purchase a food scale and use it to measure your vegetables for the first few weeks of the plan. This helps you really get a feel for how many vegetables you should be eating in a day.

MICRONutrient Nutrition Tracking



- Large salad
- Cooked greens



- Berries



- Seeds



- Legumes



- Mushrooms, onions
and/or tomatoes

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- Berries



- Seeds



- Legumes



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STEP 5: Remember Your *Why*

What makes it worth it?

Why Do I Want to Change My Eating Patterns?

How Will I Benefit From Changing My Eating Patterns?

Who Am I Making This Change For?

What Is Preventing Me From Making This Change?

What Will I Do To Support Myself On This Journey?
