



EAT WELL!

You are about to embark on a wonderful journey with no sugar and no gluten in your diet for the next 30 days! Are you as excited as I am?

Why sugar and gluten?

Let's start with the easy one: sugar. Sugar is the epitome of evil. It is the culprit of more diseases than we even realize. The biggest disease being type 2 diabetes, also called insulin resistant diabetes. It develops due to an overload of sugar and your cells are unable to absorb and process the excess sugar. Chronic and systemic inflammation is one of the worst side effects of the inability to clear the glucose in the bloodstream.

Gluten is the other item to avoid. What is Gluten? It is a protein that helps to create the sticky nature of wheat-based products, i.e. pizza dough, doughnuts, pancakes, cookies, cakes, muffins. Many people do not have a full blown allergy to gluten which necessitates the Celiac's Disease label, although, the body often has some sensitivity to the gluten. More importantly, gluten is typically associated with excess carbohydrate intake in the form of omega-6 fatty acids. These particular fatty acids are broken down into enzymes that increase your body's inflammation and pain centers. In particular, there is an increase in prostaglandin E2 which is primarily in charge of the typical inflammatory cascade redness, swelling, and pain. Overproduction of this enzyme can lead to chronic inflammatory conditions.

Set some goals before you start. 3 simple goals that you feel are attainable and quantifiable. Goal examples would be: weight loss, increase energy, decrease inches, sleep better, clearer mind, the list is so long but you need to know what your goals are.

If you choose to, tell a family member or a friend that you are doing this over the next 30 days and have them help you stay on task. It is much easier to have someone else pushing you towards your goals. I like to call them your "accountabili-buddy" definition a buddy that holds you accountable and that is not afraid to tell you how it is.

Now that you know a few of the reasons why you need to change your lifestyle, you can begin your journey to EAT WELL!



Week 1, Days 1-7

	1	2	3	4	5	6	7
Breakfast	Juice/smoothie fast! 2 - 16 oz smoothies 1 at breakfast, and 1 at lunch, nothing at dinner time. Water throughout the day! This does not need to be done see FAQ #7	Juice/smoothie fast! 2 - 16 oz smoothies 1 at breakfast, and 1 at lunch, nothing at dinner time. Water throughout the day! This does not need to be done see FAQ #7	min. 12g protein, good fats ex: nut butter, coconut oil, and avocado	min. 12g protein, good fats ex: nut butter, coconut oil, and avocado	min. 12g protein, good fats ex: nut butter, coconut oil, and avocado	min. 12g protein, good fats ex: nut butter, coconut oil, and avocado	min. 12g protein, good fats ex: nut butter, coconut oil, and avocado
Lunch			Keep it light: Think greens, salads, 4-6 oz of protein, handful of nuts, and maybe some berries as a dessert.	Keep it light: Think greens, salads, 4-6 oz of protein, handful of nuts, and maybe some berries as a dessert.	Keep it light: Think greens, salads, 4-6 oz of protein, handful of nuts, and maybe some berries as a dessert.	Keep it light: Think greens, salads, 4-6 oz of protein, handful of nuts, and maybe some berries as a dessert.	Keep it light: Think greens, salads, 4-6 oz of protein, handful of nuts, and maybe some berries as a dessert.
Dinner			4-6 oz of protein: poultry and fish preferred, 2 vegetable servings, carb if desired	4-6 oz of protein: poultry and fish preferred, 2 vegetable servings, carb if desired	4-6 oz of protein: poultry and fish preferred, 2 vegetable servings, carb if desired	4-6 oz of protein: poultry and fish preferred, 2 vegetable servings, carb if desired	4-6 oz of protein: poultry and fish preferred, 2 vegetable servings, carb if desired
Snack/other			Water: ½ body weight in ounces/day Fruits: berries preferred Nuts: almonds, pecans, walnuts, no peanuts	Water: ½ body weight in ounces/day Fruits: berries preferred Nuts: almonds, pecans, walnuts, no peanuts	Water: ½ body weight in ounces/day Fruits: berries preferred Nuts: almonds, pecans, walnuts, no peanuts	Water: ½ body weight in ounces/day Fruits: berries preferred Nuts: almonds, pecans, walnuts, no peanuts	Water: ½ body weight in ounces/day Fruits: berries preferred Nuts: almonds, pecans, walnuts, no peanuts

Week 2,3 and 4- day 8-30: are a continuation of the day 3-7 layout.

Enjoy the benefits! Love **EATING WELL**, so you can give your body the support to **MOVE WELL**, and continue to **LIVE WELL!!**



Juice/Smoothie options:

1. Go to Mariano's and get their Green Detox Juice.
2. If you have a Juicer or a Vitamix, you're in business. This is one of my go to recipes: 1 granny smith apple, 4 med-large carrots, 1 stalk celery, ½ cucumber, 3-4 Kale leaves, 2 handfuls of spinach, fresh ginger root to taste (I use about a 1 inch by 1 inch piece), ¼ of a lime, and a few sprigs of fresh cilantro. In my experience this much makes about 1 quart of juice. If you do not get your desired amount you can add the other half of the cucumber and that should get you there. This one is quite refreshing!
3. Another go to of mine is the following: 1 apple (I like granny smith because they aren't too sweet), 3-4 med-large carrots, 1 beet with leaves (wash the beets and scrub lightly), 3-4 Kale leaves, 1 cup of romaine or spinach, ½ cucumber, fresh ginger to taste, pinch of cayenne, and ¼ of a lemon.
4. You can do any of the above in a regular blender, but be ready for a different flavor/texture.
5. Juices can be added throughout the entire month and they are encouraged. They provide an easy way to get a high serving of vegetables per day! Juices are not meant to be meal replacements for any other day.

Breakfast example:

1. 2 eggs, ½ avocado with sprinkle of Himalayan pink salt and cumin. Get extra benefits by adding sautéed spinach or other veggies to your eggs
2. 1 cup steel cut oats with cinnamon to taste and fresh fruit.
3. Coffee is great, black is best but if you need to add something stay away from creamers and try to avoid any sweeteners. Try "bulletproof" coffee which is essentially black coffee with a tablespoon of coconut oil.
4. There are so many other options out there. The internet is a wonderful thing just search for gluten free and sugar free breakfast recipes.

Lunch example:

1. Mix a simple salad of mixed greens of your choice. Add other raw vegetables and some grilled chicken or salmon. Top with a balsamic vinegar and olive oil.
2. <http://www.drperlmutter.com/recipe/sage-turkey-sausage-with-sweet-potatoes-and-mushrooms/>



Dinner Example:

1. Chicken stir fry- Sauce containing: at least 1 T fresh ginger- grated, 1/3 c soy sauce, ½ tsp crushed red pepper, 1 Tbs honey, 1 tsp coriander, and salt and pepper to taste. Cut the chicken into smaller pieces about 1 inch pieces. Heat Wok with coconut oil to medium-high heat. Saute the chicken with some salt and pepper. Once cooked place to side. Add more coconut oil to the wok and add the desired vegetables: bell peppers, mushrooms, onions, carrots, celery. Those are my favorites. Be sure to start with the veggies that take longer to cook. Saute them up well with a sprinkle of salt to draw out flavor. Once veggies are cooked add your sauce and the chicken back to the pan and heat through. I usually serve this over quinoa, brown rice, or gluten free pasta. This also makes a great lunch for the next day!
2. There are so many recipe's online to find! If you do not have a Pinterest account get one!!!

FAQs

1. **Can I eat fruits?** Yes you can eat fruits as they contain natural sugars. I do suggest sticking more towards the berry family of fruits as they have lower sugar levels.
2. **What about natural sources of sugar?** I am OK with real maple syrup, agave nectar, and local honey. However, they should not become an everyday staple. Try to refrain from using these as much as possible. Maybe to make a salad dressing and to try gluten free pancakes at least once during the 30 days with some pure maple syrup.
3. **Do I need to eat organic foods?** Organic and non-GMO foods are recommended if you can afford them.
4. **Do I need to eat grass fed meats?** Grass fed meats are also recommended if you can afford them.
5. **How will I feel?** Everyone responds differently to diet changes. Some things you may experience in the first week are headaches, digestion changes, cold extremities, possibly cold sweats, but then it gets fun. You should start to notice a decrease in weight, a decrease in inches, a decrease in brain "fog", an increase in energy, an increase in alertness, a more positive mood, and a change in your taste buds just to name a few. In rare instances you feel exactly the same. Something to remember is that every persons' body will respond differently to this so do not attempt to compare yourself to someone else also following the diet change.
6. **Should I continue my exercise routine during this?** Absolutely! The only caveat is that if you decide to do the first 2 day fast I recommend putting any intense physical exercise on hold for those 2 days.



7. **Do I need to fast for the first 2 days?** No if you do not feel up to it or think that you will have trouble fasting please do not do the juice fast! Just start with the recommended calendar meals.
8. **I am on medications is it safe for me to do this diet?** It depends on the medication. Ask your doctor if there are any reasons that you should not do a certain part of the diet. I do not recommend anyone who is diabetic perform the 2 day fast.
9. **Is there something more intense I can do?** Yes you can ask us about the 4-R diet to take this to an even higher level!
10. **Any other questions please ask via email or phone.**

EAT WELL! MOVE WELL! LIVE WELL!