

## **In a Nutshell**

**Eat with abandon:** meat, vegetables, tubers, roots, bulbs, animal fats and oils, olive, avocado, coconut.

**Limit:** fruits, nuts and seeds.

**Avoid:** all grains and grain-like substances, all cereals and pseudo-cereals, legumes (including peanuts and soy), and dairy.

## **Further details on what to eat:**

### **Meat:**

•The lean meat category includes any animal such as beef, chicken, turkey, veal, lamb, moose, yak, llama, fish and seafood, bison, rabbit, elk, venison, alligator, eggs of any kind, etc.... Wild game is preferable over farmed animals. Pastured and grass-fed is preferable over grain-fed.

•You can eat fatty cuts of meat if they come from wild, pastured, or grass-fed animals. If the meat comes from a grain-fed animal, only consume the leanest cuts.

•Feel free to eat as many eggs as you want. Omega-3 enriched is preferable. You read that correctly...I said eat as many eggs as you want. Cholesterol consumption is irrelevant. You also read that correctly.

### **Fats and cooking oils:**

•I recommend cooking exclusively with saturated fat given its enhanced stability to high heat. Coconut oil, red palm oil, and animal fats (i.e. lard, butter, ghee, tallow etc...) should be used for high heat cooking.

•Feel free to add olive oil over your salads and vegetables. You will extract more fat soluble vitamins from the vegetables that way. It is best not to heat olive oil.

•The following sources of fat can be eaten with abandon: olives and olive oil, avocados, coconut and coconut oil.

### **Vegetables, roots, tubers and bulbs:**

•Anything goes in the vegetable category.

- Tubers include things like yams, sweet potatoes, cassava, dahlia, etc...Regular white potatoes are not recommended.

- Roots include: burdock root, yucca root, taro root, etc...

- Bulbs include anything in the onion family

- Starchy vegetables (squash, parsnips, turnips, beets, etc...) and tubers are great sources of carbohydrate but should be consumed in accordance with exercise volume and intensity, percentage of body fat, as well as metabolic state/health.

Powerlifters and Olympic weightlifters are best served with a low-carb ketogenic diet (10% or less of total calories from carbohydrate) given that the large quantity of fat maximizes protein tolerance and assimilation.

Sprinters, gymnasts, CrossFitters can consume anywhere between 20-40% of calories from carbohydrate depending on training volume and intensity. The 50-60% range is reserved for endurance athletes. The carbs should be coming from roots, tubers, bulbs, and starchy vegetables. The fructose content of the carbohydrate source should decrease as percentage of calories from carbohydrate increases.

It is best to go through an induction period (2-4 weeks ketogenic, low-carb) before embarking on a higher carb diet. That is to ensure your system is burning fat for fuel while in a normal metabolic state.

## **Limit:**

### **Fruit**

- Fruit intake should be limited in order to minimize exposure to fructose, which is very lipogenic (makes you fat) and reduces insulin sensitivity. Fructose is one of the main culprits in the metabolic syndrome. The other main culprits are a fatty acid called linoleic acid as well as anti-nutrients found in grains and legumes.

- I would say no more than one serving of fruit per day. The following fruits are favorable: all types of berries, lemons & limes.

Stay away from bananas, grapes, watermelon, dried fruit of any kind, mangoes, apples, fruit juice of any kind, and pears.

### **Nuts and Seeds**

I would like nuts and seeds to be limited due to their anti-nutrient (phytic acid, lectins, saponins) and linoleic acid content. If you do want to eat nuts, stick with one or two servings of macadamia nuts, cashews, or almonds. Soaking nuts to decrease levels of anti-nutrients is recommended).

Keep in mind that peanuts are off limits because they are legumes and not nuts.

## **Avoid:**

•**No sugar or artificial sweeteners. Period.** This includes “natural” sources of sugar such as molasses, honey, maple syrup, rice syrup, etc...Stay away from agave nectar...it is evil.

•**No vegetable oils or seed oils** including: corn oil, soy oil, cottonseed oil, grapeseed or rapeseed oil, peanut oil, safflower oil, sesame oil, sunflower oil, canola oil etc...

•**No grains or grain-like substances, cereals or pseudo-cereals:** This includes all varieties of wheat (durum, einkorn, spelt, emmer), rye, oats, millet, barley, corn, rice, quinoa, sorghum, triticale, buckwheat, fonio, amaranth, breadnut, buckwheat, cattail, chia, cockscomb, kañiwa, pitseed goosefoot, wattleseed (a.k.a acacia seed). No foods derived from these products should be eaten. Period.

Corn is a grain and not a vegetable.

•**No legumes:** This includes peanuts and all types of beans (kidney, black, red, white, chick peas, etc...). Green peas and green beans are off limits because they are legumes and not vegetables.

•**No dairy products:** Unpasteurized dairy products derived from the milk of grass-fed animals is permissible with fermented options, such as yogurt and cheese, being preferable.

•Coffee should be consumed in moderation (one cup per day in the morning).

•Chocolate makes a nice treat once in a while but make sure that it is dark (85% or greater) with as little sugar/additives as possible.

**Alcohol:** Should be limited to 1 serving or less per day. Wine (red or white) and wood aged alcohols are preferable.

## **Additional Requirements for People Afflicted with Autoimmune Diseases:**

People with autoimmune diseases should avoid dairy and eggs of any kind as

well as plant foods from the nightshade family. This family includes:

- eggplant
- peppers of any kind (hot, sweet, bell pepper, etc...but the spice black pepper is fine)
- white potatoes (sweet potatoes and other tubers are fine because they are from a different family).
- Tomatoes of any kind

People with autoimmune disease should also avoid the following additives: Quillaja and carageenan.

People with autoimmune diseases should avoid the following drugs: alcohol, NSAIDS (aspirin, ibuprofen, naproxen), antacids that contain aluminum hydroxide (often referred to as alum). Antacids that do not contain aluminum hydroxide are OK.

### **Supplements:**

•**Vitamin D3:** This is a tricky one. You have to buy vitamin D3 (not D2) and it has to be in gel caps (translucent pills with oil in the center, typically yellow or amber in color). A recommended dose of vitamin D3 is 1000 IUs per 11 Kg (25 lbs) of bodyweight per day. Yes, you read that right. The dose can be reduced or eliminated entirely if sun exposure is adequate.

•**Magnesium citrate:** Take between 300 milligrams to 1 gram per day

•**Fish oil:** It is very important to supplement your diet with fish oil. If you are Canadian, purchase the President's Choice fish oil at your local super market. There are three brands: Body. Mind, Mood. Buy the 'Mind' brand, 4 capsules per day. If you are American, buy Nordic Naturals liquid fish oil (blue bottle) and take one tablespoon per day.

•**Kelp:** This seaweed is an excellent source of iodine. You can also take an iodine supplement. Intake should be as recommended by the label (a daily dose of 125 milligrams of kelp provides approximately 225 micrograms of iodine).

### **Lifestyle:**

•**Meals:** I would like you to eat protein at every meal and have 3 meals a day.

•**Exercise:** If you are overweight and/or sedentary, I recommend you walk for an hour every day. This can be broken up into sessions (for example 2 x 30 minutes).

•**Sleep:** I would like you to get between 8 to 9 hours of sleep per night. Yes you read that correctly. Do what it takes to get that amount of sleep without getting fired or divorced. Stop watching television late at night before going to bed (it makes it harder to fall asleep).

•**Pictures:** I want you to take pictures in swimsuit or underwear (I want as much skin as possible to be showing). Take one picture from the front and one from the side. Do that now. These will serve as motivation and will allow you to assess your progress. You can weigh yourself but know that the scale has limited use because a lot of people I work with lose fat mass but gain muscle mass.