

This program will aid your body's own ability to manage glucose levels and thereby regulate and stabilize blood sugar. This is a proven approach to reducing food cravings and periods of fatigue. You should experience an increase in energy with no loss in vitality.

How to Begin:

For a minimum of two weeks, you will eat every 3 hours. Content and frequency of your food choices is key to the success of this plan's ability to aid your body in re-energizing, gaining more restful sleep, and managing a healthy weight.

Protein: Eat 2-4 ounces of healthy protein at each meal.

Vegetables: Eat generous amounts—you cannot over do it here—especially lots of leafy greens. Color variety is a good guide, you are looking for 5 colors (green, red, yellow, orange purple). Avoid the starchy vegetables as a general rule. Shoot for 50% raw and the balance lightly cooked. *Note: If you have digestive challenges, go easy on the raw and stick with lightly cooked.*



Fruit: Eat moderate amounts of fresh fruits on an empty stomach or with a few nuts if you feel hungry or sleepy after fruit.

Carbohydrates: Complex carbohydrates are your friends. All carbohydrates metabolize quickly so combine them with a small amount of a healthy fat source to maintain a steady energy flow. On this plan carbohydrates come from vegetable, nut or fruit sources. No grains.

Fats: Find your fat balance and ensure you are consuming all three categories: Monounsaturates, polyunsaturates, and saturates. Transfats, hydrogenated oils, and potentially rancid fats of any kind need to be eliminated. This includes refined oils and most vegetable oils.

Sweeteners: Minimize this category and NO artificial sweeteners. If you need sweets, go for the real stuff. (fruit, applesauce, raisins etc.)

Milk Products: No dairy unless otherwise instructed. Small amounts of cheese are okay with fruit or as a snack with nuts.

Liquids: Half your body weight in ounces of water away from meals each day. Green tea and decaf coffee okay No alcohol, NO SODA – especially diet! Limit juice as it is concentrated sugar, consume only with a meal.

Avoid: All animal product with hormones and/or antibiotic content (Meat and Dairy)
All pesticide contaminated vegetables and fruits, preservative contaminated meats.
Buy in season fruits and veggies or frozen (ideally from a local source). The longer it has been out of the ground, off the vine, or out of the tree, the more denatured your food source is.

For assistance in selecting food items, pick from the appropriate categories on the *Healthy Foods list* offered just prior to this plan on the same section of this site. Keep it interesting by tapping into the recipes offered on this site for marinating vegetables as well as the links to other sites for ideas of food preparation. Don't let your food get boring or you won't stick with it!

For a customized plan, I am always available for personal consultations.