

Healing Foods and Daily Eating Patterns

Upon arising: slowly drink 8 oz. of water and 4oz. of 100% fruit or vegetable juice (without sweeteners).
E.g. Tomato or orange juice.

For breakfast- (6 to 8am):

- Fresh fruit, 1 slice of 100% whole grain bread, 1 or 2 eggs or 1-2 oz. of wild smoked salmon without preservatives, and a cup of herbal or green tea would be one example of a healthy breakfast.
- Steel cut oats boiled in fresh water for 2-3 minutes with fresh fruit and nuts to sweeten. Try to stay away from sugar on your oatmeal; a better choice would be Stevia if you need a sweetener.
- Whole grain cold cereal with a milk to which you are not allergic e.g. 2% organic milk, organic skim milk, organic soymilk, or organic rice milk. (Fresh nut milk can be made by blending one teaspoon of almond, cashew, or pecan butter with a cup of water). Choose cereals that have at least 6 grams of fiber and protein and less than 12 grams of sugar.
- Organic low fat cottage cheese/ yogurt with fresh seasonal fruit and nuts/ seeds.
- A bowl of brown rice and some broiled fish / chicken/ turkey/ beans and lentils from last night's leftovers.

One hour after breakfast have an 8 oz. glass of water.

Mid Morning Snack:

While eating healthy, you will find that you snack regularly. This kind of grazing is actually good for you, if you limit serving size to 8 to 10 nuts, cup of popcorn etc. See list under snacks.

For Lunch- (11 to 1 pm) some ideas are:

- High protein meals eg. Lentil or legume (beans) soup or salad
- No more than 3 ounces of animal protein eg. Organic chicken, wild game, grass fed beef, organic turkey, wild fish
- One slice of Whole grain or multi grain bread, bulgur, etc.
- Bowl of raw vegetable salad with nuts and seeds with apple cider vinegar and olive or flax oil. Have at least 4 vegetables to a salad.
- Drink water after the meal.

3 o'clock Snack:

- Handful of nuts and seeds and water or warm beverage will help reduce hunger pangs till dinner.

Dinner: (5 to 7 pm)

- Similar to lunch. Keep it light, and eat more vegetables at this meal along with a salad.
- Fruit is good at the end of dinner as dessert
- Once again, drink water and the end of the meal.

Snack: (9pm)

- This is important for people with hypoglycemia. Pick any food from the snack category which does not cause heart burn.

Allowed and Recommended Foods

Vegetables:

Keep these fresh and if unavailable frozen. Other than tomatoes, do not eat canned vegetables.

Vegetables can be eaten raw, lightly steamed, sautéed or broiled / grilled. They can also be added to soups and lentils/legumes.

Avoid sauces. A drizzle of olive, flax oils flavored with garlic/ herbs is ideal. Eat several servings a day. All herbs can be used liberally.

Whenever possible eat locally grown, organic and in season veggies.

Avocado, asparagus, bean sprouts, beets, broccoli, Brussels Sprouts, green beans, cabbage, carrots, cauliflower, celery, corn, cucumber, fennel, garlic, all greens (chard, water cress, collards, spinach, dandelion, kale and turnip/ beet greens), kohlrabi, leeks, lettuce (endives, escarole, red and green lettuce, romaine, baby spring greens – mesclun, pea shoots, etc.), Okra, onions, parsley, green Peas, Pumpkin and all squash and gourd family, radishes, rutabaga, snow peas, sprouts of all kinds and tomato. Be adventurous and try ethnic markets for fresh green garbanzo beans, fava beans, eggplant varieties, daikon, bok choy, napa cabbage, all kinds of edible mushrooms.

Fruits:

Used fresh or frozen, no sugar added. Cooking fruit can lead to excessive gas. If you do stew fruit, eat immediately.

Apples, apricots, bananas, all berries, cherries, grapefruit, kumquats, lemons, limes, mango, all melons, papaya, peaches, pears, pineapple, oranges, tangerines, pomegranate, kiwi, lychees, etc.

Grains:

Natural brown rice, rolled oats, pearl barley, buckwheat, wheat-cracked (bulghur), whole wheat cous-cous, quinoa, millets can all be eaten cooked or soaked and cooked.

Breads:

Whole grain or multi grain breads free of dairy and sugar may be used if not allergic and not a restricted item for temporary reduction of insulin/weight.

Proteins:

Legumes: dried beans, peas, lentils are a good source of protein and high fiber. A quarter cup raw will yield at least 20 gm. Protein and 8 gm. Fiber. The 25+ gm. Of carbohydrates is of the complex kind and usually does not lead to weight gain.

Whole grains: (see heading above)

Nuts: raw almonds, pecan, cashew, etc.

Animal and fish Protein: These should be limited to 3 ounces. Think of meats as flavoring. Fresh or frozen, baked, broiled, boiled, grilled or pan sautéed are good way to cook this category. Try and get fish wild caught, organically raised chicken and turkey, wild game, grass fed beef and free range eggs.

Studies show that humans who eat little meat are better able to maintain their health and weight. There are very few disease associations with a diet that is mostly vegetarian with a little meat. Further, a largely plant based diet is anti-aging.