FOUNDATIONS OF A HEALTHY, BALANCED DIET

\[ \text{Adequate Protein} \quad \text{The Cornerstone of Each Meal} \]
Next to water, protein is the most plentiful substance in the body; primary functions include:
- Structural component of muscles, internal organs, brain, nerves, skin, hair, nails, enzymes, hormones, blood plasma
- Repair worn-out, wasted or damaged tissue and build up new tissue
- Source of heat and energy in the absence of adequate carbohydrate

\[ \text{Lack of protein in your diet will result in:} \]
- Lack of energy and inability to lose excess body fat, aches, and pains
- Slower, sluggish metabolic rate and inability to repair

\[ \text{If adequate protein is eaten each day, your body will not break down muscle tissue while following a lower carbohydrate diet!} \]

\[ \text{Your protein requirement is based on your lean body mass and activity level.} \]

\[ \text{Choice Carbohydrates} \]
All carbohydrates break down to glucose in the body; your muscles and liver store excess glucose in the body as glycogen.

Insulin resistance most often results from a high intake of unhealthy sources of carbohydrates. This condition can be reversed through proper carbohydrate choices and allowances.

Carbohydrates include:
- Non-starchy vegetables “rabbit food” 40% of total intake
- Starchy vegetables 20% of total intake
- Fruits 20% of total intake
- Grains 20% of total intake
- Combination foods, such as dairy, nuts, legumes

\[ \text{Fit Fats} \]
Healthy sources of fat are needed to fuel your metabolic rate and support all metabolic processes. They support the absorption of your fat soluble vitamins A, D, E, and K and maintain the integrity of all cell membranes in your body, allowing for proper transfer of nutrients and wastes in the body.

\[ \text{Fats stimulate an enzyme, CCK, in the stomach which sends a signal to the brain saying “I’m full.”} \]

Heart Healthy Sources include:
- Raw nuts, seeds
- Avocado
- Nut butters – peanut, almond, macadamia nut, hazelnut
- Oils – olive, canola, grapeseed, walnut, almond, flaxseed
1. All processed or junk foods.
   a. Foods containing refined white or wheat flour and sugar, such as
      breads, cereals (corn flakes, Frosted Flakes, Puffed Wheat, and
      sweetened granola, etc.), flour-based pastas, bagels, and pastries.
   b. All foods containing high-fructose corn syrup
   c. All artificial sweeteners (aspartame, saccharin, etc.).
   d. Processed fruit juices, which are often loaded with sugar. (Instead, try
      juicing your own carrots, celery, and beets, or other fruit and vegetable
      combinations.
   e. Processed canned vegetables (usually very high in sodium)
   f. Foods containing hydrogenated or partially hydrogenated oils (which
      become trans fatty acids in the bloodstream), such as most crackers,
      chips, cakes, candies, cookies, margarine, doughnuts, peanut butter,
      processed cheese, and so on.
   g. Processed, refined oils such as corn, safflower, sunflower, cotton-seed,
      peanut, and canola.
2. Starchy, high-glycemic cooked vegetables, such as mashed white
   potatoes.
3. Red meats (unless organic or grass-fed) and organ meats.
4. Large predatory fish and river fish, including swordfish, tuna, tilefish, and
   shark.
5. Dairy products except organic skim milk and yogurt with active cultures.
   a. Substitute unsweetened, gluten-free soy milk, almond milk, or hazelnut
      milk products.
6. Caffeine. Limit as much as possible (try to switch to green tea or have a half cup
   of coffee a day).
7. Alcohol. Limit to no more than three glasses of red wine per week.
FRUIT = 1 = 10 GRAMS

- Mulberries 1/2 cup
- Blueberries 1/2 cup
- Boysenberries 1/2 cup
- Pomegranate 1/3 med
- Raspberries 1 cup
- Strawberries 1 1/2 cup
- *Grapefruit 1/2 whole
- Apples 1/2 med
- Apricots 3 med
- Cantaloupe 1/2 cup
- Honeydew 1/2 cup
- Lemons 2 med
- Lime 1 med
- Pear 1/2 med
- Tangerine 1 med
- Watermelon 1/2 cup
- *Banana 1/3 med
- Cherries 10 whole
- Water 1/2 cup
- Kiwi 1 med
- Mango 1/2 med
- Nectarine 1/2 med
- Orange 1/2 med
- Papaya 1/2 med
- Pineapple 1/2 cup
- Peach 1 med
- Plum 1 med
- prune, dried 2 whole
- Raisins 1/8 cup
- Other dried fruit 1/8 cup
- Juice, 100% 4 oz

VEGETABLES = 1 = 10 GRAMS

LIST 1: NON-STARCHY

- Artichoke hearts 1/2 cup
- Asparagus 20 ea
- Avocado 1 med
- Argula unlimited
- Beans, green 1 cup
- Beet Greens 1 cup
- Beets 1/2 cup
- Bok Choy unlimited
- Broccoli 2 cups
- Brussels sprouts 11 each
- Cabbage 2 cups
- Carrot 2 cups
- Cauliflower 4 cups
- Celery unlimited
- Chard, Swiss 1 cup
- Collard greens 1 cup
- Cucumber 1 med
- Endive 4 cups
- Eggplant cooked 1 cup
- Garlic unlimited
- Kale 1 cup
- Leeks 1 cup
- Lettuces unlimited
- Mushrooms, steam 2 cups
- Mustard greens 2 cups
- Onion 1/2 cup
- Pepper, Green 1 whole
- Peppers, sweet 2 cups s
- Orange, Red, Yellow 1/2 large
- Radishes unlimited
- Spinach unlimited
- Squash, summer 1 cup
- zucchini, crookneck, straightneck, patty
- Tomato, red 2 med
- Turnip greens 4 cups
- Water chestnuts 1/2 cup
- Watercress unlimited
- Wax beans 1 cup

LIST 3 - STARCHY VEGGIES

- All Beans/Legumes 1/2 cup
- Corn 1/2 cup
- Peas, green 1/2 cup
- Potato 1/4 cup mash 1/2 med
- Parsnips 1/3 cup
- Rhubarb 1 cup
- Potato, sweet 1/2 med
- Pumpkin 1/2 cup
- Squash, winter 2/3 cup
- acorn, butternut, Hubbard, turbin.
- Yams, cooked 1/2 cup

DAIRY - 8 OZ PORTION

- Milk 12 grams
- Yogurt, plain ~17 grams
  - Sweetened 17-40 gram
- Fage Yogurt 9 grams
- Ice Cream - read label

HIDDEN CARBS READ LABEL

- Alcohol
- Candy / Sweets
- Condiments
- Corn Starch
- Ketchup
- Salad Dressings
- Sauces
- Thickeners
- Vinegars

WHOLE GRAINS READ LABEL

- Amaranth, Barley, Buckwheat
- Brown/Wild Rice, Corn flour,
  polenta, Kamut, Oats, Quinoc
- Rye, Spelt, Sprouted Whole
- Wheat, Teff, Triticale

Your Gateway to Optimal Health and Performance
**Other Sources of Proteins**

**Dairy**

- Organic Milk
- Cheeses – Cheddar, Colby jack, brie, blue, mozzarella*, parmesan, goat*, gouda, havarti, asiago

**Beans, Legumes, Nuts, Seeds**

- Whole grains**
  - Amaranth, barley, buckwheat
  - Corn flour, kamut, quinoa, brown
  - Wild rice, rye, spelt, teff, triticale, wheat

*These are lower in saturated fat.

**Sprouted grains are less processed and most nutrient dense - higher in protein, fiber, vitamins, minerals, etc.*

1 serving dairy, beans, legumes, milk, or “sprouted” grains = 1 oz meat equivalent
Fiber High Protein Power Truffles!

SERVINGS: 17 balls (nutritional analysis is based on 17 servings so adjust size of balls to make 17)

THE BASICS: 1/2 c natural nut butter (peanut, almond, macadamia, cashew, etc.)
1/3 brown rice syrup may substitute 100% maple syrup, agave syrup, honey
4 scoops whey cool protein powder (1 scoop = 26 grams protein)
1/2 c ground flaxseed

THE OPTIONALS: use one or many of the following - its fun to try different ones!
Desired amounts of: cinnamon, ginger, nutmeg
dried fruits - raisins, cranberries, apricots, cherry, crystallized ginger,
papaya, mango, lime, organic, unsweetened coconut, nuts, flaxseeds, sesame
seeds (in labels below a TOTAL of 1/4 c dried fruit is used and 4-5 Tbsp seeds)

Blend them all REALLY well, form into 17 balls, keep in airtight container in freezer or fridge!

**ORIGINAL**

<table>
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<tr>
<th>Nutrition Facts</th>
<th>Serving Size: 1/17 of recipe (27g)</th>
<th>Servings: 1</th>
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<tr>
<td>Amount Per Serving</td>
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<td>Sugars 6g</td>
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<td>Protein 9g</td>
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Vitamin A 0% = Vitamin C 0%
Calcium 4% = Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. You daily values may be higher or lower depending on your calorie needs.

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Calories per gram:
Fat 9 = Carbohydrate 4 = Protein 4

**TROPICAL**

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Calories per gram:
Fat 9 = Carbohydrate 4 = Protein 4

**CRAN-RASIN ALMOND**

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<td>Total Carbohydrate 8g</td>
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<td>Dietary Fiber 2g</td>
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<tr>
<td>Sugars 4g</td>
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<td>Protein 8g</td>
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Calories per gram:
Fat 9 = Carbohydrate 4 = Protein 4

**INGREDIENTS:**

**NATURAL**
MACADAMIA
CASHEW BUTTER,
WHEY COOL
PROTEIN POWDER,
BROWN RICE
SYRUP, FLAXSEED,
FLAXSEED, RAISIN,
CRANBERRIES.

**TROPICAL**
FRUIT, ORGANIC
COCONUT.

**CRAN-RASIN ALMOND**
FRUIT, ORGANIC
COCONUT.