

# EATING WHOLE FOODS FOR OPTIMUM HEALTH



Two popular diets that focus on eating whole foods are the Paleo Diet and the Whole 30 Diet. The Paleo Diet focuses on eating plant-based meals with high quality proteins and fats. Processed foods are not allowed. The premise for this is that our bodies are best served by eating the way our Paleolithic ancestors did. The Whole30 Diet is often referred to as “a stricter form of Paleo”. The Whole30 Diet restricts more foods than Paleo does but is intended as a short reset for your body. The Whole30 Diet is a 30 day “reboot”, followed by a reintroduction period. During those 30 days you eliminate certain food groups and then add them back in gradually over time.

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## PALEO OR WHOLE 30 DIET RESOURCES AND RECIPES

- <https://thepaleomama.com/>
  - <https://nomnompaleo.com/>
  - <https://whole30.com/>
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## EATING TIPS FROM DR. SIEGEL

**16/8 intermittent fasting involves eating only during an eight-hour window during the day and fasting for the remaining 16 hours. It may support weight loss, improve blood sugar, boost brain function and increase longevity.**

- **Do Intermittent Fasting 6 days/week (8/16 rule: 8 hours on/16 hours off)**

**OPTION 1:** eat from 7am-3pm (Some exceptions may apply.)

**BREAKFAST** > around 7-8:30am along with buttered coffee

**SNACK** > Couple sips of salted orange juice around 10-10:30am

**LUNCH/DINNER** > around 12-3pm

**AFTER 3PM** > no solid food (nothing that has to be chewed).

For the rest of the afternoon and evening, only periodic salted orange juice. The only exception to the “no food in evening” rule would be the limited consumption of heated beef collagen bone broth (8-12 ounces). Make sure you take couple sips of salted orange juice before bed.

**FASTING** from 3pm to 7am

**OPTION 2:** eat from 12pm-8pm (Some exceptions may apply.)

**BREAKFAST** > around 12-1:30pm along with buttered coffee

**SNACK** > Couple sips of salted orange juice around 3-3:30am

**LUNCH/DINNER** > around 4-7:30pm

**AFTER 8PM** > no solid food (nothing that has to be chewed).

For the rest of the afternoon and evening, only periodic salted orange juice. The only exception to the “no food in evening” rule would be the limited consumption of heated beef collagen bone broth (8-12 ounces). Make sure you take couple sips of salted orange juice before bed.

**FASTING** from 8pm to 12 noon (next day)

- Do a 24-hour fast 1 day/every 2 weeks: water—unlimited & bone broth—no more than 8 oz./day (best spread throughout the day)
- Eat breakfast (buttered coffee and limited salted orange juice) within 30 minutes of waking to lower morning stress hormones. Otherwise it will become increasingly difficult to affect your results.
- During the day, go no longer than 1.5-2 hours between meals/snacks to prevent a stress response. This snack can be a couple sips of the salted orange juice and/or bone broth. If needed, take a few extra sips of the salted orange juice and/or bone broth during longer periods between meals.
- No food beyond 2 hours before bed.
- Small carrot salad 1x/day (recipe on the back side)
- All drinks/smoothies should be sipped slowly during and after meals in order to help ensure proper blood sugar regulation.
- If you initially find it difficult to follow the eating schedule, it is better to reduce portion size while maintaining the frequency of eating.

## FOODS TO EAT

**IN ADDITION TO THE FOODS FROM THE DIET RESOURCES AND RECIPES LISTED ON THE OTHER SIDE, DR. SIEGEL RECOMMENDS THE FOLLOWING:**

- Salted orange juice recipe: 8 oz. pulp-free orange juice (i.e., Simply Orange brand) combined with 1/4 tsp. of sea salt; to be sipped occasionally throughout the day (make sure a couple sips are taken before bed). If you experience any acid stomach upset, then add a pinch of baking soda to the orange juice.
- 4 oz. dark roast organic coffee (i.e., Bullet Proof brand from Whole Foods, Fresh Thyme, Meijer) mixed with: 1/2-1 tbsp. organic, unsalted butter from grass-fed cows (i.e., Kerry Gold butter brand); plus 2 oz. organic whole milk or 2 oz. carrageenan-free cream; plus 1/2 tsp expeller pressed virgin coconut oil or MCT oil
- Carrot salad recipe: 2 medium (raw, grated) carrots mixed with: 1 tbsp. expeller pressed virgin coconut oil and 1 tbsp. apple cider vinegar. Add sea salt to taste.
- Grass-fed, organic butter and expeller pressed virgin coconut oil can be added to any food or drink
- Grass-fed, grass-finished beef and lamb (Butcherbox.com is online source of grass-fed, grass-finished meats)
- Wild-caught seafood (avoid farm-raised seafood)
- Vegetables that are fermented for gut health (i.e., sauerkraut, kimchi, natural pickles): several servings/week
- Store-bought applesauce (as long as it doesn't contain ingredients other than apple)
- Beverages: filtered water, sparkling water, kombucha, unsweetened coconut milk, kefir, coconut water, unsweetened tea, and raw milk (from reliable source)
- Coconut aminos (instead of soy sauce/tamari)
- Stevia

## FOODS TO AVOID

- Any known or suspected food allergen or sensitivity
- All grains and gluten: wheat, oats, corn, buckwheat, millet, rice, barley, bulgur, popcorn, etc.
- Any processed products made with grains or gluten
- Soy, tamari, edamame, any other soy products
- Commercial dairy
- Omega-6 containing oils (all vegetable oils)
- Reduce Omega-6 fats (chicken fat, pork fat)
- Legumes
- Nuts and seeds (or keep to a minimum). Any nuts/seeds should be raw, never roasted.  
Best nuts to consume in limited quantities are raw macadamia nuts and walnuts.
- Processed sugar, artificial sweeteners, corn syrup, or products containing them (soda, sweets)
- Any foods containing dyes, additives, preservatives, colorings, etc.
- Margarine

## POSSIBLE SUPPLEMENTS

- Vitamin A/D/K
- Molecular Progesterone complex
- Hydrolyzed collagen Protein
- Vitamin E complex
- Pregnenolone
- Casara Sagrada
- Raw Dessicated/thyroid Glandular
- Thyrotrophin PMG
- Methyl B Complex
- PEO (parent essential oils)

## DETOXIFICATION RESOURCES

- Standard Process Detox Shake (Do not drink during the fasting time)
- Solutions 4 Program