

## Eating Tips

A good diet is the base of any health program; the supplements simply support and enhance your overall health. A good rule of thumb to follow is to ensure that 80% of the foods you eat are alkaline-based, high-water content foods. On this page you will find a list of suggested foods to eat and to avoid as well as some suggestions for maintaining a healthful kitchen.

First we want to start you off with some tips to help you adjust to your new healthier way of eating. Click the links below to read the information in that section.

- [Do not make a radical change in your diet overnight!](#)
- [Make sure you are eating foods that still give you the textures you enjoy](#)
- [Use a variety of spices to add flavor](#)
- [Stocking your kitchen](#)
- [Tools for your kitchen](#)
- [Organizing Principles](#)
- [What should I avoid?](#)
  - [Junk \(non-foods\)](#)
  - [Sugar](#)
  - [Animal Products](#)
  - [Stored Potatoes/Grains](#)
  - [Malt](#)
  - [Brewer's Yeast](#)
  - [Condiments](#)
  - [Mushrooms](#)
  - [Caffeine](#)
  - [Peanuts](#)
  - [Corn](#)
- [What should I eat?](#)
  - [Dark Green & Yellow Vegetables & Grasses](#)
  - [Certain Carbohydrate Vegetables](#)
  - [Legumes](#)
  - [Protein](#)
  - [Low Sugar Fruits](#)
  - [Alternatives](#)
  - [Salad Dressing](#)
- [Where can I eat?](#)
  - [Asian \(Chinese, Japanese, Vietnamese\) restaurants](#)
  - [Fast Food: "Wrap" Restaurants](#)
  - [Health Food Markets](#)

### **Do not make a radical change in your diet overnight!**

Instead, gradually transition your diet to create a lifestyle that will support you long-term. If you are currently eating a lot of red meat and carbohydrates, then you can begin by slowly cutting these things out and replacing them with fish, vegetables, etc. For example, if you eat a lot of bread, you can make a sandwich with a rice cracker, or sprouted-grain bread instead of a sourdough loaf. If you are eating a lot of chips, switch to eating raw vegetables with an avocado dip or salsa. If you decide to go 'cold turkey,' however, and immediately cut out all the foods you enjoy, then you will likely not follow through long-term. Instead, make the process fun. Taste and try new foods to discover what you not only enjoy, but what also supports your health and vitality. And, if you occasionally want to enjoy a treat, go for it! Or, try a treat that is sweetened with fruit juice instead of sugar. Just remember the 80/20 rule of ensuring that at least 80% of your diet consists of optimum foods.

### **Make sure you are eating foods that still give you the textures you enjoy**

Remember to maintain the "crunch and munch." For example, try eating some raw vegetables with hummus or avocado dips as this gives you both the crunchy and creamy textures. Or, try eating some almonds as a snack food. See the [menu samples](#) below for a variety of international foods to try - either at home or dining out.

## Use a variety of spices to add flavor

Experiment with things like sun-dried tomatoes, which have a lot of flavor, or go to a health food store to seek out your options. For example, Bragg™ Liquid Aminos is a great alternative to any soy sauce. There are many great seasonings by Spice Hunter™ for a variety of international flavors.

## Stocking your kitchen

1. A variety of organic fresh seasonal fruits and vegetables
2. Lemons and herbs
3. Distilled water
4. Olive Oil, Udo's Choice® Perfected Oil Blend, Flax Seed Oil, Grape Seed Extract Oil
5. Seasonings: Bragg™ Liquid Aminos, any Spice Hunter™ seasoning as well as *The Zip* by Spice Hunter

## Tools for your kitchen

1. Food Processor
2. Blender
3. Juicer that can pulverize wheat grass
4. Wok
5. Steamer
6. Barbeque
7. Salad Spinner

## Organizing Principles

1. Dramatically reduce or eliminate processed foods.
2. Read labels carefully. If you need a dictionary to understand it, don't buy it!
3. Remember the 80/20 rule: Your diet should contain 80% water-based, alkalizing foods. Only 20% should be cooked foods.
4. Remember to drink half your body weight in ounces per day (i.e., if you weigh 150 pounds, you should drink 75 ounces per day). Remember to drink water 30 minutes prior to eating.
5. Enjoy yourself! It's not about what you can't have, it's about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.

## What should I avoid?

### Junk (non-foods)

These are refined, over processed and loaded with sugar, salt, coloring, additives, and hardened (hydrogenated or partially hydrogenated) vegetable oils, margarine, butter, and hidden ingredients. All refined non-foods are deficient in fiber and many essential nutrients. Such non-foods are a direct assault on the blood.

**Alternatives:** Try some carrots with hummus dip or some fresh-baked, seasoned tofu nuggets.

### Sugar

Processed or refined sugar must be completely avoided - it is very acidic and increases glucose levels in the blood rapidly. Glucose is the first thing to be metabolized by yeast, bacteria, fungus, and mold in the body. This creates a highly acidic environment where disease and symptomology thrive.

**Alternatives:** Fruit is a sugar you can have. Remember that the craving for sugar comes because your body is not absorbing the food you're eating. Try drinking water or a green drink first. This can alkalize you, making your body less prone to cravings.

### Animal Products

Whatever nutrients may be in animal food, it is not worth the stress put on the body and the energy required to extract them. Animal foods are highly acid-forming, and as grown

in the U.S., has high levels of bacteria, yeast, fungus, and associated toxins. The methods involved in utilizing domesticated animals for human food involve a number of steps which increase exposure to yeast and fungus and their mycotoxins. For one thing, animals eat stored feed from silos, which is characteristically contaminated with fungi and toxins. These influences are passed on to the consumer. Avoid all processed, pickled, and smoked meats, such as sausages, hot dogs, corned beef, pastrami, pepperoni, and pickled tongue or feet. Dairy contains lactose, a form of sugar. Dairy is also very mucous-forming. The mucous is produced by the body in order to neutralize the acids.

**Alternatives:** Try fish instead of pork or beef. Just make sure to get it from a fresh source!

### **Stored Potatoes/Grains**

Stored grains begin to ferment in 90 days under most conditions. In a short time, they will be full of mycotoxins. It is also unwise to eat animals that eat stored grains. In 1991, researchers studied 112 patients with esophageal cancer and found positive correlations between esophageal cancer and stored grains. Similarly, you cannot cut out a moldy spot on a potato and assume you "got it all." Once mold is present anywhere, it renders the whole product toxic. (Study: Ghardirian P. *Thermed Irritation and Esophageal Cancer in Northern Iran (1987)*. *Cancer* 68 pp. 1909-1914)

**Alternatives:** Try some spelt, kamut, and non-yeast breads and noodles

### **Malt**

Avoid malt products such as malted milk and certain cereals and candy. These foods are all fermented with fungus, contain high levels of sugar, and are highly acid- and mucous-forming.

### **Brewer's Yeast**

Avoid or reduce your usage of all products containing brewer's yeast, especially baked goods such as bread, muffins, pies, cakes, and pastries. The grains in bread and cookies usually contain yeast/fungus and mycotoxins already, and the moisture content of the finished products tends to promote further growth of these forms. Regular consumption of brewer's yeast and its toxins can lead to many cancers, particularly breast, prostate, and liver cancer. Other symptoms result as well, such as Crohn's disease, colitis, heart disease, kidney disease, diabetes, sarcoidosis, cirrhosis, arthritis, and osteoarthritis (the aging arthritis).

### **Condiments**

Avoid condiments such as mustard, ketchup, steak sauce, soy sauce, tamari, mayonnaise, salad dressings, chili sauce, horseradish, and monosodium forming substances, which are fermented with fungus. For the same reasons, avoid pickled vegetables: relish, sauerkraut, and of course, pickles!

**Alternatives:** Fresh squeezed lemon as an enhancer, It's delicious!

### **Mushrooms**

Avoid edible fungi; mushrooms of all kinds, truffles, etc., and even spirulina and algae. These foods are all acid-forming and contain mycotoxins.

**Alternatives:** Put sprouts and squash on salads and in sauces for alternatives to fungi.

### **Caffeine**

Avoid all products containing caffeine, including chocolate, tea, and all forms of coffee. All are highly acid- and mucoid-forming.

### **Peanuts**

Avoid peanuts and peanut products. Peanuts contain twenty-six different carcinogenic fungi.

## **Corn**

Avoid corn and corn products. Corn contains twenty-five mycotoxin-producing fungi.

## **What should I eat?**

### **Dark Green & Yellow Vegetables & Grasses**

An excellent source of alkaline salts. These are anti-yeast/fungus and anti-mycotoxic. Some examples include: lettuce, broccoli, asparagus, wheat grass, bell peppers, squash, chard, sprouts, etc.

**More Suggestions:** Try veggies steamed over spelt noodles, stir-fried with chick peas in soy oil over basmati rice, or grilled in olive oil and seasoned with herbs.

### **Certain Carbohydrate Vegetables**

Potatoes (not commercially stored), winter squash (acorn, butternut, hubbard), sweet potatoes, and pumpkin.

**More Suggestions:** Try some whipped butternut squash or sweet potatoes with a fresh green leaf salad.

### **Legumes**

Black beans, chickpeas, peas, adzuki beans, white beans, chestnuts, cowpeas, dried pinto beans, and lentils (soy and lentil are a good source of protein).

**More Suggestions:** Enjoy some hummus and greek salad, or lentil soup with a slice of non-yeast bread.

### **Protein**

Raw almonds, raw sunflower seeds, raw pumpkin seeds, hazelnuts, fresh soy sprouts, organic soybeans, fresh tofu, soy oil, and lecithin (a by-product of soy).

**More Suggestions:** Make a tofu dressing for salad and vegetables, or enjoy a fresh soy sprout salad with grated carrot and fresh squeezed lemon for dressing.

### **Low Sugar Fruits**

Lemon, lime, avocado, tomato, grapefruit

### **Alternatives**

- **Bread:** Pacific Bakery Yeast-Free Bread, kamut, or spelt bread.
- **Pasta:** Rice or spelt pasta

### **Salad Dressing**

Go naked! Try raw vegetables seasoned with salt, pepper, or other spices. Otherwise try a small amount of Olive Oil, Lemon Juice, Salt, and Pepper.

## **Where can I eat?**

### **Asian (Chinese, Japanese, Vietnamese) Restaurants**

... are great if you ask them to hold the mushrooms and corn and order vegetables and rice dishes.

### **Fast Food "Wrap" Restaurants**

... where you can special order what you want in your wrap are great, especially if you can also get a special sprouted wheat tortilla. One good option is the Greek wrap: hummus and veggies wrapped in a special sprouted wheat tortilla (alkalizing rather than acidic once you sprout the grain).

### **Health Food Markets**

... often have fresh, organic salad bars as well as deli sections with a wide range of food selections.

*The key to eating healthfully is to eat consciously. Make sure you know what you are eating before you eat it. Make special requests at restaurants for salads, grilled vegetables, and lemon and olive oil for your salad, and shop at stores that you know carry quality foods.*

## Menus

This section is designed to give you a sample and some options for food choices that are tasty, healthy, and give you variety. Sample different foods and menus to discover what you love. Or, combine the "Eat at Home" menus with the "On the Road" menus for even more variety.

Whether or not you are at home or on the road, try creating themes for different days. For example, Monday is Greek day, Tuesday is Chinese, Wednesday is Mexican, Thursday is Thai, Friday is Italian, and Saturday is Japanese. Play around with different menu options at each type of restaurant (or even if you are cooking at home).

### Sample Home Cooking Menu

#### WEEK ONE

	Breakfast	Lunch	Snack	Dinner
Sunday	Steamed broccoli with light olive oil & lemon	Vegetable wraps (sprouted tortilla with peppers, vegetables, almonds, etc.)	Raw almonds	Grilled halibut in pesto sauce, asparagus, tomato/cucumber/avocado salad
Monday	Open-face avocado sandwich (avocado, tomato, and seasoning on toasted sprouted bread)	Tuna burger on a sprouted wheat bun with fresh tomato and lettuce, mixed green salad	Rice crackers with raw almond butter	Vegetable fajitas with guacamole & salsa, gazpacho soup, and mixed green salad with clover sprouts, pine nuts, herbs, roasted peppers, and olive oil spray
Tuesday	Roasted Vegetable broth soup (i.e., diced zucchini and yellow squash) and green salad with crunchy chow mein noodles and green peas	Warm spinach salad with falafel	Sunflower sprouts, cucumbers, Udo's Choice® Perfected Oil Blend and lemon	Vegetable stir fry seasoned with Bragg™ Liquid Aminos, wild rice, and miso soup
Wednesday	Tomato, cucumber, and avocado salad with light olive oil and lemon	Roasted vegetable wraps (in sprouted tortilla) with hummus and tabbouleh	Flax seed chips and guacamole	Barbequed salmon with a vegetable skewer and a mixed green salad with avocado tofu dressing (put tofu in a blender with one avocado and add seasoning - i.e. Mrs. Dash™)
Thursday	Stir fry broccoli, sesame oil, Bragg™ Liquid aminos, spice powder, sesame seeds	Lentil soup with field greens salad and no yeast crackers	Raw vegetables (jicama, celery, and carrots) and guacamole	Split pea soup and soft-shell fish tacos with lettuce, tomato, guacamole, and salsa (optional sour cream)
Friday	Stir fried vegetables with hash browns and green peppers and onions	Vegetable burger, avocado, lettuce and tomato on sprouted wheat bun and sweet potato	Date shake	Taco salad: Crunchy tortilla (place olive-oil basted tortilla upside down over a bowl in the oven), pinto beans, romaine lettuce, tomato, and avocado sprinkled with shredded rice cheese
Saturday	Steamed broccoli with light olive oil & lemon	Vegetarian chili and yellow squash	Hummus, tabbouleh and raw vegetables	Grilled salmon, asparagus, spinach salad and lemon tofu cheesecake

**WEEK TWO**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Sunday</b>	Miso soup and spinach and fresh greens with lemon and lime juice and Udo's Choice® Perfected Oil Blend	Grilled zucchini, peppers, cauliflower, and broccoli over millet	Fresh melon or grapefruit (after 30 days of cleansing and only on an empty stomach)	Minestrone soup, spaghetti squash with tomato/basil sauce and steamed broccoli
<b>Monday</b>	Vegetable juice (carrot juice, celery juice, parsley juice, and wheat grass juice)	Roasted eggplant sandwich on whole wheat foccacia bread with roasted peppers and pesto and tomato-spinach soup	Taro beet and sweet potato chips	Curried tofu and vegetables (peppers, carrots, broccoli, cauliflower, onion, garlic, etc.) with wild rice
<b>Tuesday</b>	Stir fry vegetables and hash browns with green peppers and onions	Chopped salad: finely chopped romaine lettuce, tomato, cucumber, pine nuts, sun-dried tomatoes, chopped herbs, olive oil, and basil	Grilled vegetables with olive oil spray and seasoning	Cream of broccoli soup with soy milk and roasted vegetable wrap
<b>Wednesday</b>	Basmati rice with sliced avocado and tomato with lemon juice	Nicoise salad (tuna, red-skinned potatoes, green beans, olives, romaine lettuce with lemon dressing)	Celery and jicama with raw almond butter	Lentil soup and pita chips with mixed green salad (flax seeds, lentil sprouts, tomato, cucumber, mixed baby greens)
<b>Thursday</b>	Assortment of fresh melons (after 30 days of healthful living and cleansing)	Soft shell fish tacos (i.e., halibut, vegetables, guacamole, and tomato salsa)	Stir fried tomato basil, garlic, and zucchini	Rice (or spelt) pasta with pesto sauce, cabbage, carrots, and pine nuts, garlic toast, and mixed greens salad with tomato, cucumber, flax seeds and avocado
<b>Friday</b>	Brown basmati rice with broccoli and cauliflower seasoned with olive, salt, and pepper	Ginger/carrot soup with zucchini salad (zucchini, red leaf and romaine lettuce, radish, and onions with flax seed oil, salt, and garlic dressing)	Healthful oatmeal raisin cookies	Pizza: Grilled vegetables, rice mozzarella, tomato sauce on yeast-free crust
<b>Saturday</b>	Tomato, cucumber, and avocado salad with lemon and vegetable juice (celery, cucumbers, parsley, and spinach)	Roasted vegetable salad (mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus, sun dried tomatoes with citrus dressing) with potato and aruqula soup	Veggie Stix™ (available at most health food stores)	Broiled herbed mahi mahi, vegetable medley, and baby green salad with flax seeds, lemon, and olive oil

## Sample Traveling Menu

	Breakfast	Lunch	Snack	Dinner
Sunday	Steamed broccoli with light olive oil & lemon	<i>Airplane</i> Bring cut up cucumbers and carrots to snack on. Pack a salad wrap (vegetables, hummus, etc. in a pita) to take with you	Raw almonds	Call ahead and the chef to make baked fish, a fresh vegetable salad (i.e., Baked fish with rosemary, salt, and pepper, sauteed spinach with garlic, and a green salad with olive oil and lemon)
Monday	Miso soup and cucumber, tomato, and avocado salad	<i>Wrap Fast Food</i> Ask the hotel concierge (or call around yourself) to find a fast food wrap restaurant. Order a vegetable wrap with guacamole and sweet potato chip and fries	<i>Hotel</i> Raw vegetables and guacamole if available	<i>Chinese</i> Wonton soup (no egg, no mushrooms), szechwan shrimp and snap peas with black bean sauce (Remember to ask them to hold the MSG!)
Tuesday	<i>Hotel</i> Stir fry broccoli, sesame oil, Braggs™ Liquid Aminos, and sesame seeds	<i>Salad Bar</i> Big salad, vegetable soup, and potato	Sunflower sprouts, cucumber, Udo's Choice® Perfected Oil Blend, and lemon	<i>Seafood</i> Grilled halibut, asparagus, field or mixed green salad
Wednesday	<i>Restaurant</i> Fresh melons and/or grapefruit (on empty stomach after 30 days of cleansing)	<i>Restaurant</i> Tuna over salad with tomato, cucumber, mixed greens, etc.	Vegetable chips (ask hotel to help you find a health food store or grocery store to purchase healthful snacks)	<i>Thai</i> Vegetable spring rolls (fresh), vegetable fried rice (with no eggs), pad thai noodles (no eggs, no mushrooms)
Thursday	<i>Hotel</i> Steamed broccoli with olive oil and lemon	<i>Greek</i> Greek salad, falafel, hummus, and pita	Raw almonds	<i>Italian</i> Big green salad with lemon, asparagus, angel hair pasta with olive oil, basil, garlic, and tomato and lemon sorbet
Friday	<i>Hotel</i> Stir fry vegetables and hash browns with peppers and onions	<i>Mexican</i> Fish tacos or beans tostada (ideally made with pinto beans - make sure that the beans are not made with animal fat. Hold the sour cream and cheese. Ask for extra lettuce, salsa, and guacamole)	<i>Hotel</i> Grilled vegetables with spices	<i>Japanese</i> Edamame (boiled soybeans), salad with ginger dressing, and vegetable nori roll-ups
Saturday	<i>Juice Bar</i> Go to a juice bar and order a blend of fresh vegetable juices	<i>Salad Bar</i> Spinach salad and vegetarian chili with baked potato	Raw hazelnuts or almonds	<i>Indian</i> Dahl (lentil soup) and vegetable curry over rice