Your Design for Health Guidelines
*By JJ Virgin, CNS, CHFI*

• **Eat within one hour of waking up.** The only exception to this rule is if you are going to work out with in 30 minutes of waking up.

• **If you are having a pre-workout snack it should consist of a small amount of protein and a small amount of low glycemic carbohydrate** to help sustain your energy during a workout. The less food in your stomach, the better.

• **Eat less, Less often.** Eat every 4-6 hours – go as long as you can to keep insulin low but don’t go too long so that stress hormones start to rise.

• **Eat 3 meals and 0-2 snacks.** Use snacks as you are healing to avoid hypoglycemia and cortisol rise, as your metabolism improves you will not need them as frequently and possibly not at all.

• **Stop eating BEFORE you feel full.**

• **Start eating when you feel slightly hungry**

• **Use PaleoFiber between meals** to reduce appetite by keeping ghrelin hormone (your appetite hormone) suppressed.

• **Try Phosphatidylserine between meals to keep stress hormones down.**

• **Eat optimal amounts of protein and add glutamine** to keep from getting catabolic and help maintain lean body mass.

• **Eat as least 1 cup of raw or ½ cup of cooked veggies at lunch and dinner.**

• **Be sure to drink plenty of pure spring water throughout the day between meals and snacks.**

• **Limit fluid intake to 4oz with meals.**

• **Follow the 3 Bite Rule.** if something is really worth it, enjoy 3 polite bites guilt free!
OPTIMAL PROTEIN CHOICES
Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.
- Lean chicken and turkey
- LF Ricotta Cheese
- Lean red meats – 2-3 times per week (sat fat)
- Whey Protein
- Eggs
- LF Cottage Cheese
- Cold water fish - salmon, halibut, cod, mackerel, tuna
- Lamb (sat fat)
- LF Feta/Goat Cheese
- Shellfish
- Game

OPTIMAL FAT CHOICES
- Raw nuts & seeds (not peanuts)
- Olive oil, olives
- Coconut milk or oil (sat fat)
- Macadamia nuts (sat fat)
- Freshly ground flaxseed meal
- Cod liver oil
- Olive oil, olives
- Flaxseed oil
- Avocado (sat fat)
- Whipped butter (sat fat)

OPTIMAL NON-STARCHY VEGETABLE CHOICES

<table>
<thead>
<tr>
<th>Vegetable</th>
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<tbody>
<tr>
<td>Arugula</td>
<td>Asparagus</td>
<td>Bamboo shoots</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Bell peppers (red, yellow, green)</td>
<td>Broccoli</td>
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<tr>
<td>Brussels sprouts</td>
<td>Cabbage</td>
<td>Cassava</td>
</tr>
<tr>
<td>Celery</td>
<td>Chayote fruit</td>
<td>Chicory</td>
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<tr>
<td>Collard greens</td>
<td>Coriander</td>
<td>Cucumber</td>
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<tr>
<td>Eggplant</td>
<td>Endive</td>
<td>Fennel</td>
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<tr>
<td>Ginger root</td>
<td>Green beans</td>
<td>Hearts of palm</td>
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<tr>
<td>Jalapeno peppers</td>
<td>Kale</td>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Mustard greens</td>
<td>Onions</td>
</tr>
<tr>
<td>Radishes</td>
<td>Radicchio</td>
<td>Snap beans</td>
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<tr>
<td>Shallots</td>
<td>Spinach</td>
<td>Spaghetti squash</td>
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<tr>
<td>Swiss chard</td>
<td>Tomatoes</td>
<td>Turnip greens</td>
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HIGH FIBER STARCHY CARBOHYDRATE CHOICES

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<tr>
<th>Carbohydrate</th>
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<tbody>
<tr>
<td>Squash (acorn, butternut, winter)</td>
<td>Artichokes</td>
<td>Leeks</td>
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<tr>
<td>Okra</td>
<td>Pumpkin</td>
<td>Sweet potato or yam</td>
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<tr>
<td>Legumes</td>
<td>Cowpeas</td>
<td>Adzuki beans</td>
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<tr>
<td>Chick peas (garbanzo)</td>
<td>Lentils</td>
<td>French beans</td>
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<tr>
<td>Kidney beans</td>
<td>Split peas</td>
<td>Mung beans</td>
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<tr>
<td>Pinto beans</td>
<td>Brown rice</td>
<td>White beans</td>
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<tr>
<td>Barley</td>
<td>Rye</td>
<td>Buckwheat groats (kasha)</td>
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<tr>
<td>Millet</td>
<td>Whole grain breads</td>
<td>Semolina (whole grain-dry)</td>
</tr>
<tr>
<td>Tapioca</td>
<td>Ezekiel bread</td>
<td>Whole grain cooked cereals</td>
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<tr>
<td>AkMak crackers</td>
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<td>Wasa crackers</td>
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LOW GLYCEMIC INDEX FRUIT CHOICES

Low GI
- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI
- Cherries
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit

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<thead>
<tr>
<th>Fruit</th>
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<tbody>
<tr>
<td>Pear</td>
<td>Peaches</td>
<td>Fresh apricots</td>
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<tr>
<td>Orange</td>
<td>Apples</td>
<td>Plum</td>
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<tr>
<td>Pitted Prunes</td>
<td>Limes</td>
<td>Avocados</td>
</tr>
<tr>
<td>Lemons</td>
<td>Persimmons</td>
<td>Nectarines</td>
</tr>
<tr>
<td>Passion Fruit</td>
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<td>Plums</td>
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High GI – eat sparingly, or after a workout
- Banana
- Pineapple
- Grapes
- Papaya
- Pineapple
- Watermelon
DIET PLAN

**Protein** – \(\frac{3}{4}-1\) gram of protein per pound of lean body mass in divided doses at breakfast, lunch and dinner

**Fruit** - 1 serving per day if hypertriglyceridemia, diabetes or metabolic syndrome is present, 2 servings if not

**Fat** – 1-2 servings at each meal (most protein sources will include 1 fat serving)

**Non-starchy vegetables** at each meal

Start dinner with a salad or a brothy non-starchy soup

Have a salad at lunch

High fiber carbs for breakfast – 1-2 servings (1 can be fruit)

Optional high fiber carb for lunch – 1 serving

No high fiber carbs at dinner

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**DIET SAMPLE MENU 1**

**BREAKFAST**
Breakfast Burrito – *Whole wheat tortilla, scrambled eggs and salsa*

**OPTIONAL MID-MORNING SNACK**
1 piece of fruit

**LUNCH**
Whole Wheat Pita Sandwich with 3-5 oz. of turkey, chicken or tuna with veggies

**DINNER**
Mixed green salad with vinaigrette
4-6 oz. grilled chicken, fish or lean meat
1 cup steamed or roasted vegetables

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**DIET SAMPLE MENU 2**

**BREAKFAST**
Long Cooking Oatmeal 1 cup cooked. *Stir into cooked oatmeal – PaleoMeal, flaxseed meal and \(\frac{1}{4}\) cup berries*

**LUNCH**
Salad with grilled chicken and vinaigrette

**DINNER**
Vegetable soup
Grilled chicken, fish or lean meat
MAINTANENCE PROGRAM
For Healthy Metabolism

1-2 carb servings divided over breakfast and lunch, 0-1 at dinner
Fruit 2 servings a day
Fat 2 servings at each meal
1 snack optional – fruit and 10 nuts or 1 tbsp nut butter or low fat dairy: 1-2 oz. goat, mozzarella or feta cheese, 1 cup yogurt (prefer Greek style) or ½ cup cottage or ricotta cheese

MAINTANENCE DIET SAMPLE MENU 1

BREAKFAST
Long Cooking Oatmeal 1 cup cooked. Stir into cooked oatmeal – PaleoMeal, flaxseed meal and ¼ cup berries

OPTIONAL MID-MORNING SNACK
1 piece of fruit with 10 nuts

LUNCH
Whole Wheat Pita Sandwich with 3-5 oz. of turkey, chicken or tuna with veggies

DINNER
Mixed green salad with vinaigrette
4-6 oz. grilled chicken, fish or lean meat
1 cup steamed or roasted vegetables

MAINTANENCE DIET SAMPLE MENU 2

BREAKFAST

LUNCH
Salad with grilled chicken and vinaigrette

DINNER
Vegetable soup
Grilled chicken, fish or lean meat