

***Nutritional Guide
for
Metabolic Repair***

Rules of the road for Metabolic Repair:

1. NO SUGARS
(all forms of sugar and artificial sweeteners.)
2. INCREASE GOOD FATS
3. 15-25G of PROTEIN per meal
4. LOW GLYCEMIC FRUIT in moderation
(2-3 servings a week)
5. GRAINS in moderation
(2-3 servings a week)
6. NO GLUTEN
7. NO COW DAIRY
8. NO SOY

Serving size is a ½ a cup.

Protein

Grass Fed- Beef, Lamb, Bison, Venison, Ostrich

Free Range- Chicken, Turkey, Duck, Goose

Wild Fish- Flounder, Haddock, Halibut, Perch, Pike, Pollack, Snapper, Sole, Tilapia, Turbot

Eggs- Free Range and Cage Free

Dairy

Butter- Organic Raw Grass Fed

Cheese- Raw Grass Fed or Grass Fed Goat Cheese

Cream- Raw Grass Fed

Ghee- Raw Grass Fed

Milk- Raw

Whey- Raw and Unprocessed from Grass Fed Goat

Yogurt- Whole Milk Grass Fed

Organic Beans (2-3 servings a week)

Dry- All Beans, Peas, and Lentils (except commercial soybeans) soaked overnight and cooked completely

Sprouted- All Sprouted Beans, Peas, and Lentils (except commercial soybeans, whether raw or cooked)

*YOU WANT TO MAKE SURE YOU ARE EATING AS PURE AND CLEAN AS POSSIBLE THAT INCLUDES MAKING SURE YOU ARE NOT EATING ANYTHING THAT IS A GMO

Organic Fruit Choices (2-3 servings a week)

Low GI Fruits- best fruit choice, especially if weight loss is concern.

Avocados, Blackberries, Blueberries, Boysenberries, Elderberries, Gooseberries, Granny Smith apples, Lemons, Limes, Loganberries, Raspberries, Strawberries

Moderation Fruits (2-3 servings a week)

Apples, Apricots, Cherries, Grapefruit, Kiwi Fruit, Melons, Nectarines, Orange, Passion Fruit, Peaches, Pear, Persimmons, Pitted prunes, Plum, Pomegranates, Tangerines,

Sparing Fruits- or after a workout with some protein. Avoid if weight loss is a concern.

Banana, Grapes, Mango, Papaya, Pineapple, Watermelon

Organic Grains (2-3 servings a week)

Whole Grains, and Soaked or Sprouted, including: Amaranth; Arrowroot Flour/Powder, Barley, Brown rice, Buckwheat, Kamut, Millet, Oats steel-cut, Quinoa, Rye, Spelt, Teff, Wild rice.

Coffee

Organic, non-decaf coffee in moderation (2-3 times a week) if desired.

Tea

Organic herbal teas

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Condiments, Spices, and Seasonings

Barbecue Sauce- with no added sugar or preservatives

Guacamole- with no added sugar or preservatives

Ketchup-with no added sugar

Lemon Juice- Lemon and lime juice, unsweetened

Marinades- Preservative-free marinades with no added sugar

Mayonnaise- Veganaise with Grapeseed oil

Mustard-with no added sugar or preservatives

Salad Dressing- Preservative-free salad dressings with no added sugar

Condiments, Spices, and Seasonings cont.

Flavor Extract- Organic Flavoring extract with no added sugar or preservatives

Herbs and Spices- Organic herbs and spices

Vinegar-Apple cider vinegar (raw), Balsamic, Red Wine, Umeboshi Plum

Worcestershire Sauce- With no added sugar or preservatives.

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Vegetables

Arugula

Asparagus

Bamboo Shoots

Bean Sprouts

Beet greens

Bell peppers (red, yellow, and green)

Broadbeans

Broccoli

Brussels sprouts

Cabbage

Cassava

Cauliflower

Celery

Chayote fruit

Chicory

Chives

Collard greens

Coriander

Cucumber

Dandelion greens

Eggplant

Endive

Fennel

Garlic

Ginger root

Green beans

Heart of palm

Jicama (raw)

Jalapeno peppers

Kale, Kohlrabi

Lettuce, Mushrooms

Mustard greens

Onions

Parsley

Radishes

Radicchio

Snap beans

Snow peas

Shallots

Spinach

Spaghetti squash

Summer squash

Swiss chard

Turnip greens

Watercress

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Good Fats

Oils

- Coconut Milk/Cream (Organic Full Fat Unsweetened)
- Coconut (Organic)
- Coconut Oil (Organic)
- Palm Oil (Organic Virgin)
- Vegetable Oils (Unrefined, expeller-pressed)
- Olive Oil (Organic)
- Fish Oil (Unrefined) (Raw)
- Cod Liver Oil (Unrefined)
- Avocado (Organic)
- Raw Butter (Grass-fed cows)
- Raw Cream (Grass-fed cows)
- Raw Ghee (Grass-fed cows)
- Flax Oil (Raw)
- Hemp Oil (Raw)
- Grape-seed Oil (Raw)

Nuts & Seeds

- Soys Nuts (Raw, Organic)
- Walnuts (Raw, Organic)
- Pecans (Raw, Organic)
- Pine Nuts (Raw, Organic)
- Pistachios (Raw, Organic)
- Hazelnuts (Raw, Organic)
- Almonds (Raw, Organic)
- Cashews (Raw, Organic)
- Brazil Nuts (Raw, Organic)
- Macadamia Nuts (Raw, Organic)
- Peanuts (Dry-roasted organic Valencia)
- Pumpkin Seeds (Raw, Organic)
- Sesame Seeds (Raw, Organic)
- Hemp Seeds (Raw, Organic)
- Chia Seeds (Raw, Organic)
- Sunflower Seeds (Raw, Organic)
- Raw Flax Seeds (Organic)

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What is Gluten?

Gluten is a protein composite found in wheat, rye, barley, triticale and etc. Gluten helps food maintain their shape, gives elasticity to dough and give products a chewy texture.

Grains and starches that contain gluten:

- Barley
- Bulgur
- Couscous
- Farina
- Graham flour
- Kamut Matzo
- Rye
- Semolina
- Spelt
- Triticale
- Wheat
- Wheat germ

The following foods often contain gluten:

- Beer
- Breaded Foods
- Canned baked beans
- Cereals
- Cold cuts
- Commercial bullion and broths
- Commercially prepared chocolate milk
- Egg substitute
- Energy bars
- Flavored coffees and teas
- Blue cheeses
- French fries (often dusted with flour before freezing)
- Fried vegetables/tempura
- Fruit fillings and puddings
- Gravy
- Hot dogs
- Ice cream
- Imitation crab meat, bacon, etc
- Instant hot drinks
- Ketchup
- Malt vinegar
- Malt/malt flavoring
- Marinades
- Mayonnaise
- Meatballs, meatloaf
- Communion wafers
- Non-dairy creamer
- Oat bran (unless certified GF)
- Oats (unless certified GF)
- Processed cheese (e.g., Velveeta)
- Roasted nuts
- Root beer
- Salad dressings
- Sausage
- Seitan
- Soups
- Soy sauce and teriyaki sauces
- Syrups
- Sabbouleh
- Trail mix
- Veggie burgers
- Vodka
- Wheatgrass
- Wine coolers

The following are miscellaneous sources of gluten:

- Cosmetics
- Lipsticks, lip balm
- Medications
- Non self-adhesive stamps and envelopes
- Play-Doh
- Shampoos
- Vitamins and supplements (check label)

The following ingredients are often code for gluten:

- Avena sativa Cyclodextrin
- Brown rice syrup
- Caramel color (frequently made from barley)
- Dextrin
- Fermented grain extract
- Hordeum distichon
- Hordeum vulgare
- Hydrolysate
- Hydrolyzed malt extract
- Hydrolyzed soy protein
- Hydrolyzed vegetable protein
- Hydrolyzed vegetable protein (HVP)
- Maltodextrin
- Modified food starch
- Natural flavoring
- Phytosphingosine extract
- Samino peptide complex
- Secale cereale
- Tocopherol/vitamin E
- Triticum aestivum
- Triticum vulgare
- Yeast extract