



The following eating plan will help balance blood sugar, optimize thyroid function, help with adrenal fatigue, prevent ups and downs in energy and mood, improve autoimmune conditions and promote weight loss.

HOW TO EAT	
1	Eat Every 4-5 Hours: This relieves your adrenal glands from the job of maintaining normal blood sugar levels between meals via epinephrine and cortisol. If you can't last 4-5 hours, you probably aren't eating enough protein and fat.
2	Eat Real Food: Eat real foods, ideally 3 times more veggies than fruit. If you are currently overweight, you may need to remove most fruit and starch from your diet till you become leaner and healthier. Please avoid fruit juices; they can be very high in sugar.
3	<p>Combine Protein, Fat and Green vegetables: Always combine protein, fat and green vegetables together. It is important you consume 20-30 grams of protein in you first meal. A fist size of animal protein is roughly 20-30 grams of protein or about 4oz's.</p> <ul style="list-style-type: none"> • Animal Protein Amounts: 1 palm, 1 fist, to 1 full hand, this equals 3-8 oz. per meal depending on your requirements. • Green veg Amounts: 2 fists to 2 full hands. $\frac{1}{2}$ to $\frac{3}{4}$ of your plate should be veggies per meal. • Use the "Meal Map" to create your meals, carbs are optional in the morning.
4	<p>Dial In Your Carbs: Most people do well starting off on a lower carb diet of 50 grams or less. As your metabolism heals you may be able to increase your carbs.</p> <ul style="list-style-type: none"> • Carbs below 50 grams: Great for insulin resistance, weight loss and a damaged metabolism. • Carbs 50-100 grams: Fatigue and weight gain with lower carbs..... increasing carbs may help. • Carbs 100-150 grams: If you are exercising more, feeling good and happy with weight.
5	Reduce Inflammation: The foods recommended are anti-inflammatory, nutrient dense and low in toxins. They provide building blocks to help heal your hormones, your brain, and your energy systems. Every bite of food is either promoting inflammation or healing. The choice is yours!
6	Minimize Stimulants: Caffeine and refined stimulants work by provoking the stress handling glands into releasing epinephrine and cortisol to raise blood sugar and release energy. If you consume them, make it organic, and do it after a meal. This will help protect you're your G.I tract. Please try to keep it to ONE coffee a day. Plus NO caffeine after 2pm.....noon if you have issues with stress or sleep in your life.
7	<p>Use Sea Salt: Your Adrenal glands need plenty of salt for normal function. Research has proven that eating salt does not cause high blood pressure or heart disease. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet. Lack of minerals in the diet can contribute to adrenal fatigue. Celtic sea salt is best.</p> <ul style="list-style-type: none"> • $\frac{1}{2}$ tsp, 2x per day for symptoms of low minerals, including dizziness upon rising and low BP.
8	Drink Plenty of Clean Water: You should be drinking half your bodyweight in ounces. If you weigh 200 pounds that's 100 ounces of water. Use water that is filtered or a reliable spring water source, avoid tap water if you can if you don't have a filter. Do not drink water with food, warm water 10-15 minutes before or at least 2 hours after a meal to prevent indigestion.

WHAT TO EAT	
1	Eat Omegas 3 Fats: Eat foods rich in fatty cold-water fish, including salmon, tuna, trout, herring and mackerel. Or, if you prefer, take an Omega 3 supplement please see your health care provider for recommendations. Avoid fish that are high in mercury like shark and swordfish and oil eat fish that are wild not farmed. <i>* It is wise to take 2 activated charcoal pills before having Sushi.</i>
2	Eat Healthy Saturated and Monounsaturated Fats: Coconut oil, ghee, MCT oil, grass-fed butter, tallow and extra virgin olive oil. Note: Avoid canola oil, sunflower oil, peanut oil, soy oil and other 'vegetable oils' which are highly refined, genetically engineered and have none of the benefits of the oils mentioned above. <i>* Check The HETA guide forum for a list of monounsaturated fats and how much to eat in a day.</i>
3	Eat Healthy Carbs: Eat 4-6 or more servings of organic non starchy vegetables and fruit every day. Fruits should be minimized until your weight loss goal is achieved and stick to the approved fruits in The HETA guide 'food categories list'. Vegetables & fruits should be fresh or frozen not canned. Vegetables can be eaten raw 'if' your digestion is well and you don't have Thyroid concerns, if not steam, sauté, or consume your veggies in soup form.
4	Eat Healthy Proteins: Pasture fed and preferably organic or at least free range animal products. <ul style="list-style-type: none"> Meats: Fish, chicken, beef, eggs, lamb, venison, or pork are great sources.
5	The Paleo Template works very well for many but can be tweaked a little to suit your preferences and lifestyle - see the * : No grains, legumes or dairy. <ul style="list-style-type: none"> Grains: Wheat, barley, rye, rice, spelt, kamut, oat, corn and amaranth. <i>* Quinoa can be ok for some.</i> Legumes: Beans, lentils, peanuts, cashews and soy. <i>* Peanuts and Cashews can be a fine for some.</i> Dairy: Milk, yogurt, and soft cheese. <i>* Full fat plain or Greek yogurt works well for many. As does hard cheese, but not for all.</i>
6	The Autoimmune Template: For more serious cases an Autoimmune Template is needed: Removing eggs, nuts, seeds and nightshade vegetables: Tomatoes, potatoes, eggplant and peppers. Remember to rotate your proteins and vegetables to avoid creating food allergies for foods that are consumed more frequently. FODMAPS may need to be removed if bloating or gas doesn't improve in the first month. Avoiding eating raw foods if you have active digestive issues. <i>* Check out the autoimmune food list PDF in The HETA guide forum.</i>
7	Be Diligent: The unhealthier and more inflamed you are, the more diligent you need to be in regards to adhering to the dietary guidelines set forward. When it comes time to adding foods back in, please wait at least 4 weeks and till you have plateaued for 1 week on the diet before adding back in new foods.
8	Artificial Sweeteners: Avoid Splenda, sucralose and aspartame. Healthier sweetener options include: Monk fruit and stevia (maltodextrin free). <i>* See the sugar alternative PNG in The HETA guide forum.</i>
9	No Gluten Free Junk Food: These foods tend to be higher in sugar and often contain other refined grains. Most gluten free grain can still cause problems for individuals with gluten sensitivity. This includes GF breads, cakes, crackers, cookies etc.
10	Use The Meal Map: There are literally thousands of potential meal options or combinations if you use the "Meal Map". If you are becoming bored with your food, you need to start mixing things up

THE MEAL MAP			
PROTEINS	CARBS	FATS	SEASONINGS
Bacon Bass Buffalo Chicken Breast Chicken Thigh Collagen Protein Eggs Flounder Ground Beef Halibut Lamb Chops Mackerel New York Steak Pea Protein Pork Rib Eye Steak Ribs Salmon Sardines Shrimp Snapper Sockeye Tilapia Trout Tuna Turkey Veal Venison Whey Protein <hr/> AI: Autoimmune <u> </u> : Non-Starchy * : Safe Starch <i>Italics: Low Sugar Fruit</i> (F) : FODMAP	<u>Artichoke Hearts</u> (F) <u>Asparagus</u> (F) <u>Bok Choy</u> <u>Broccoli</u> (F) <u>Brussel Sprouts</u> (F) <u>Cabbage</u> (F) <u>Carrots</u> <u>Cauliflower</u> (F) <u>Celery</u> <u>Chard</u> <u>Collard Greens</u> <u>Cucumber</u> <u>Green Beans</u> <u>Kale</u> <u>Lettuce</u> <u>Tomatoes</u> Potato White* <u>Eggplant</u> <u>Peppers</u> Beets *(F) <u>Onions</u> (F) Plantains* Rutabaga* <u>Spinach</u> Squash* Sweet Potato* Turnips* Yam* <u>Zucchini</u> <i>Berries</i> <i>Blackberries</i> (F) <i>Grapefruit</i> <i>Green Apple</i> (F) <i>Lemon</i> <i>Lime</i> <i>Passion Fruit</i>	Almonds Avocado (F) Bacon Fat Brazil Nuts Butter Coconut Oil Fish Oil Ghee Macadamia Oil MCT Oil Olive Oil Pecans Seeds Tallow Walnuts	Allspice Apple Cider Vinegar Basil Bay Leaf Cardamon Celery Seed Chilli Powder Cilantro Cinnamon Clove Cumin Curry Dill Fenugreek Garam Masala Garlic (F) Ginger Herbs de Provance Nutmeg Onion (F) Oregano Paprika Pepper Rosemary Sea Salt Shallot (F) Thyme Turmeric

How to use the meal map;

1. Pick your protein, carbs and fat.
2. Cook, sauté, grill or bake your protein. Avoiding eating raw foods if you have active digestive issues.
3. Add herbs or seasoning to your dish for flavor and variety. Remember your Modbiotics and SIRT foods
4. Combine protein with non starchy carbs, if your protein is lean add additional fat to the meal.
5. Serve yourself a reasonable amount of food containing protein, fat and non starchy carbs.
6. If still hungry 5-10 minutes after your meal continue with a second serving till comfortably full.
7. The meal should keep you full for at least 4-5 hours, if you are hungry sooner, you need to eat more.
8. REMEMBER fat and starchy carbs do not go together. If you are having starchy carbs leave out the fat, and vice versa.