



# Choose-Your-Own Adventure Experiment:

# CHEAT SHEETS



# OPTION 1: WHOLE FOOD PLANT-BASED

## 1. Vegetables

Eat vegetables – including potatoes! – to your heart's content. And make those babies taste good! Use oil! Use seasonings and spices. Just keep a check on chemicals and artificial ingredients in sauces, seasonings, etc.

## 2. Fruits

Fruits are allowed. Any fruit and all fruit. Just be mindful of when you're using it 'like candy'. And I personally recommend consuming it alongside some sort of fat (like a nut butter) for insulin/glucose regulation and the satiety factor. Remember, fats fill you up...and carbs when eaten alone get burned quickly and can trigger more hunger...sooner.

## 3. Tubers and starchy vegetables:

This includes potatoes, yams, yucca, winter squash, corn, green peas, etc. Don't worry about eating 'too many carbs' - these puppies are nutrient dense. Just be mindful of when you are using potatoes (and grains which we will talk about below) as a comfort food or 'like candy'.

## 4. Legumes:

Beans, beans, they're good for your heart! This includes hummus, kidney beans, chickpeas, lentils, lima beans, cannellini beans, black beans -- they sky is the limit!

## 5. Nuts and seeds

All nuts and seeds are good to go! Again just be mindful of when you are eating nuts 'like candy' or as a comfort food.

## 6. Whole grains:

This includes things like rice, quinoa, barley, millet, whole wheat, oats, etc. Again don't worry about eating 'too many carbs' - these puppies are nutrient dense. You can see definitely how you feel when you get your carbs mainly from veggies, fruits, nuts, seeds, and legumes, but feel free to consume whole grains as well! Just be mindful of processed grains or refined grains (we want them as close to "straight from the ground" as possible) and when you are using grains as comfort instead of nourishment.

## 7. Oils and other Fats (like avocado and nut butters)

Just say yes to olive oil, coconut oil, grapeseed oil, ghee-- whatever makes your taste buds happy! This is going to help give your food texture and flavor and keep that tummy full!

## 8. Coffee

Yes, you can have coffee -- just be mindful of what you add to it. If you like black coffee, have at it! And if you like it lightened, try almond or coconut milk for example, since this experiment eliminates dairy. (What I do: I put coffee, coconut milk, and a spoonful of coconut oil (yes I said coconut oil!) in my mini 'bullet' blender, blend it up into a frothy deliciousness, and pour it into a mug. Don't knock it til you try it ☺)

# The Mindful-List: Be Super Mindful When You Consume These:

## 1. Dairy

This means no cheese, cow milk, yogurt, cream, sour cream, kefir, and butter. The only exception to this rule is ghee. Also, don't worry about protein. You'll be getting your protein from veggies, grains, legumes, nuts, and seeds (yes you can get protein from veggies, grains, legumes, nuts, and seeds!)

## 2. Alcohol

\*\*Special occasions: 1 glass red wine

## 3. Added Sugar

Watch for sugar that is real or artificial. This includes honey, maple syrup, agave, Splenda, xylitol, and Stevia. When it comes to grocery store finds, this one might be the trickiest to avoid. Common household ingredients – like Sriracha – include added sugar. You want to check the label on everything. Again this is not about "no sugar", we just want to be super mindful that when we consume it, we are paying attention to how it makes us feel (P.M.S.)

## 4. Carrageenan, MSG, and Sulfites

Avoid processed foods of any kind. If you see these three things on any ingredient list, it's out.

## 5. Comfort Eating:

Using food as comfort, distraction, boredom-killer, stress-buster, or any other kind of 'drug'.

## 6. Mindless Eating:

Using food mindlessly or unintentionally.

## OPTION 2: WHOLE FOOD ANIMAL-BASED

### 1. Vegetables

Eat vegetables – including potatoes! – to your heart's content. And make those babies taste good! Use oil! Use seasonings and spices. Just keep a check on chemicals and artificial ingredients in sauces, seasonings, etc.

### 2. Fruits

Fruits are allowed. Any fruit and all fruit. Just be mindful of when you're using it 'like candy'. And I personally recommend consuming it alongside some sort of fat (like a nut butter) for insulin/glucose regulation and the satiety factor. Remember, fats fill you up...and carbs when eaten alone get burned quickly and can trigger more hunger...sooner.

### 3. Unprocessed Meats

Any and all meats are a-okay. And don't be afraid of the red, fatty stuff either! The idea of saturated fat being 'bad' is a myth. That's only true when mixed in a 'cocktail' of processed sugars, carbs, and artificial ingredients (Think: the saturated fat in a doughnut. It's different than the naturally occurring saturated fat in red meat) Sausage is also okay, but check for added sugar and other artificial fillers or preservatives.

### 4. Seafood

Fish and shellfish get the nod of approval. Have at it!

### 5. Eggs

Eggs will become your new breakfast, lunch, and/or dinner bestie. And if you like the yolk, eat that sucker! It's full of awesome nutrients and if you're worried about cholesterol or saturated fat, see above.

### 6. Nuts, Seeds, & Legumes

All nuts and seeds are good to go! Again just be mindful of when you are eating nuts 'like candy' or as a comfort food. Beans, beans, they're good for your heart! Beans and Legumes include hummus, kidney beans, chickpeas, lentils, lima beans, cannellini beans, black beans -- they sky is the limit!

### 7. Oils and other Fats (like avocado and nut butters)

Just say yes to olive oil, coconut oil, grapeseed oil, ghee-- whatever makes your taste buds happy! This is going to help give your food texture and flavor and keep that tummy full!

### 8. Coffee

Yes, you can have coffee -- just be mindful of what you add to it. If you like black coffee, have at it! And if you like it lightened, try almond or coconut milk for example, since this experiment eliminates dairy. (What I do: I put coffee, coconut milk, and a spoonful of coconut oil (yes I said coconut oil!) in my mini 'bullet' blender, blend it up into a frothy deliciousness, and pour it into a mug. Don't knock it til you try it ☺)

# The Mindful-List: Be Super Mindful When You Consume These:

## 1. Dairy

This means no cheese, cow milk, yogurt, cream, sour cream, kefir, and butter. The only exception to this rule is ghee.

## 2. Grains

Be mindful of when you're consuming grains, and just see how you feel when you get your carbs from veggies, fruits, nuts, seeds, and legumes, but don't be afraid to throw them in there – just be mindful. Also be super mindful of processed grains or refined grains (we want them as close to "straight from the ground" as possible) and when you are using grains as comfort instead of nourishment.

## 3. Alcohol

\*\*Special occasions: 1 glass red wine

## 4. Added Sugar

Watch for sugar that is real or artificial. This includes honey, maple syrup, agave, Splenda, xylitol, and Stevia. When it comes to grocery store finds, this one might be the trickiest to avoid. Common household ingredients – like Sriracha – include added sugar. You want to check the label on everything. Again this is not about "no sugar", we just want to be super mindful that when we consume it, we are paying attention to how it makes us feel (P.M.S.)

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## 6. Comfort Eating:

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