

**THE FOOD MANTRA: FRESH (fruits and vegetables), WHOLE & UNPROCESSED (grains and beans), ORGANIC (all) & FIBER (all)**

GRAINS (soak overnight)	VEGETABLES (Fresh is	BEANS best!!)	FRUIT	FISH (optional/treat)
<b>Cause weight gain/ stop weight loss: NO</b> breads, cereals, pasta, and potatoes.	<b>FILL UP ON</b> (Organic, fresh or frozen ok, no butter/margarine)	<b>Replace meat</b> (Organic, frozen, canned) 4-8 oz/day, 4-5 days/week if trim;	DESSERT and BREAKFAST frozen OK	<b>WILD, NOT farm-raised.</b> You must <u>ask</u> .
<b>Barley</b> (muscle development, contains gluten)	Collard greens, broccoli (I-3-C and DIM), cauliflower, carrots, winter squash, onions, mushrooms	<u>Lentils, mung, aduki, split peas &amp; black-eyed peas</u> = LESS GAS especially if soaked with probiotic capsules	<u>Cook soft and warm (any) berry</u> , or plums in <u>1 inch</u> of apple/peach/ pear juice, <u>Rice Dream Vanilla Enriched</u> , or a soy creamer	<b>If you are trim and athletic 4-6-8 ounces 2-3</b> times a week or <b>alternatively</b> the organic pasture-fed meats at the bottom; if not trim, once every 14 days
<b>Millet</b> (low fat/aids digestion/no gluten)	Bok choy, daikon, kale	Lima, navy, great northern beans, and chick peas cause more gas		<b>Low mercury</b> fish are white fish, freshwater trout, sardines, wild Alaskan salmon, pacific oysters, orange roughly, shrimp, scallops
<b>Quinoa</b> (low fat/quickest, for the heart, no gluten)	Cabbage, leeks, scallions, celery, cucumbers, green beans, mustard greens, burdock. If you are overweight eat cooked vegetables and vegetable soups before you eat anything else (all day long).	<b>Tempeh.</b> Flavorings: Balsamic (Modena) vinegar (such as Fini brand), mirin sweet rice cooking wine, oregano, garlic, cilantro, Mrs. Dash, Spike		
<b>Amaranth</b> (highest protein, <u>no gluten</u> ) or <b>Teff</b> (quickest, no gluten)		For <b>Gas</b> : “Vitase Digestion Formula” or other <u>digestive enzymes</u> and soak bean with probiotic capsules.	cantaloupe, honeydew, watermelon (apples, pears, peaches, grapes, <u>slow weight loss</u> )	<b>Medium mercury:</b> saltwater trout, flounder, lobster, halibut, snapper, Atlantic cod & haddock, ocean & fresh water perch, sole, shrimp, bluefish
Brown Rice (promotes stability, stops weight loss, no gluten)	<b>Reported to cause arthritis:</b> potatoes, sweet potatoes, yams, plantain, egg plant, zucchini, tomato, peppers, spinach			
Wheat berries-? cause <u>allergies</u> : has gluten. I say avoid				<b>High mercury:</b> Chilean sea bass, grouper, halibut, swordfish, tuna, amberjack
Rye berries-? <u>allergies</u> and has gluten. I say avoid	<b>Frozen veggie mixes</b> without cheese	<b>Eat “foods (exactly) as they grow in the field” = unprocessed (much less breads, pastas, etc.)</b>	<b>not tropical fruits such as bananas, oranges, pineapples:</b> we don’t live in the tropics	
Oats groats (whole): oats/oatmeal (whole oats are called “groats” - are high fat and stop weight loss)				
Buckwheat (kasha, high in calcium)			nuts, seeds, sea vegetables, miso, and tamari--as discussed	4-8oz. of bison, <u>free range</u> chicken, or cage-free eggs as <b>fish alternatives</b>

**All grains cook alike (soaking overnight reduces cooking time by 2):** grains cook A2:1@ Measure 1 cup of water and bring to a boil. When the water boils, add 2 the amount of grain (1 cup water, 2 cup grain). Cover with lid, bring back to a slow boil, and cook for the right amount of time. Brown rice, oat groats, barley = 60 minutes unsoaked/30 soaked, millet = 45/22 minutes. Quinoa, amaranth, and teff 14/7 minutes!

**WHY UNPROCESSED GRAINS**

Unprocessed (whole) grains are nutritionally complete, retain all of their vitamins and minerals until they are crushed and made into flour and put into boxes or packages as commercial cereals and breads! After the grinding, all the vitamin C, E, beta carotene, etc. antioxidants that can be oxidized **ARE oxidized**. ATonight@ put **1 cup of water** into a pan, put the lid on, turn the heat to **high**, and bring quickly to a boil. After the water has boiled, put **2 cup quinoa** into the pan, turn the heat to the lowest click-stop, put the lid back on and cook for **15 minutes!** When the cooked quinoa has cooled, put the now only warm pan of quinoa on a trivet in the refrigerator. Tomorrow morning, take an ice cream scooper, and scoop out enough of the cooked (refrigerated) quinoa, into another pan, warm it using the lowest heat adding Rice Dream Vanilla Enriched as your milk substitute, come back in 5-10 minutes, and you will have a wonderful, healthy, warm (not hot) breakfast that is whole, **unoxidized**, and delicious. Alternatives to quinoa are amaranth or teff which cook identically. Cook any grain this way, but these are the 3 that cook the quickest. You could also cook larger quantities, but that will make the pot stay warmer longer and it may be much later before you can put the now cooled/only slightly warm pot into the refrigerator. GVBF.2TABLE