

Real Food, Real Nutrition

My Personal Guide to Looking at Food in a New Light

Breakfast: Breaking the Fast with “Light” Energy

At night, our body is tasked with removing impurities, healing wounds, cleaning out the food in the stomach and pushing it through the colon, all while we sleep. During the night, our body goes through a “dark” time. Depending on one’s overall diet, one may wake up inflamed in the face, joints, and muscles.

Water is also depleted in the body and the blood becomes toxic, as most water has been consumed for regeneration of other tissues, etc. Most Americans wake up, skip replenishing water for coffee, and jump straight into a hot breakfast full of saturated oils that further toxify and inflame the blood vessels, organ tissues, and decrease the brain’s cognitive function. The reason why so many feel like they focus when they drink coffee is that it deters the brain from doing anything other than completing the task at hand. 40% of brain function is lost when one drinks coffee. By shrinking the blood vessels(which “aha” allows less blood to the brain) one can drive the blood only to where they consciously desire it to go, which means less functionality. We will not discuss the toxic factors that go into purifying the blood or the kidney process here.

Because our bodies desire water in the morning to purify itself after it leaves the darkness, the main source of energy should also be, you guessed it, “*light energy*.” Fruits are the closest thing to converted light energy, and are easily digested by the body, while also providing a burst of natural sugars, vitamins and other essential nutrients that can help kickstart the digestive enzymes and create a naturally running digestive system first thing upon awakening. This literal two-fold “light” energy(because it’s light energy AND *light energy*) will fuel your morning through to the middle part of the day when one typically feels like doing some grazing for an hour or two.

To be honest, I rarely eat “breakfast” anymore. Usually I’m doing an 18 or 20 hour intermittent fast. If I do have something it’s usually around 9-11 AM and usually consists of a fruit of some sort. Some fruits can be digested properly with others, some are better standing alone. I suggest you do this research on your own to help in your learning process.

Grazing: Eat How Animals Eat

This is the fun part of the day. For me, this includes a few hours where I’m eating “lightly” off and on. If you watch herbivores, they will sit and graze, take a break, graze some more, take another break, GRAZE some more, then NAP. Now, whereas I know most of you

love the word nap, most of us also don't have the liberty of taking a nap whenever we want. So, this is where the two-fold meaning of light energy also comes back into play. We need to eat like the work that we do.

If you have an office job, and spend much of the time *not* expending energy, typically you'd want to stay away from denser meals, as these take more energy for your second brain to break down. Just as the brain in our heads requires blood and water to run efficiently in the morning, our gut brain needs blood and water in the vicinity while breaking down food. This is why so many people want to take naps after heavy Thanksgiving dinners. The first graze session should include a small portion to begin the digestion process, while the second session around an hour later will have significantly more food. The third session if necessary will carry on till around 3 or 4 p.m. and contain around a half portion to cap off any final cravings. The body's cravings are centered around what nutrients it needs when it is in a stable and alkaline condition. This allows us to move away from macro counting and aim for a nutrient dense, whole food based way of eating.

The Final Meal: Which isn't Really Necessary

This meal is the one that will take a little prep. My *intent* with the final meal is to get as many of the nutrients that I didn't get during the day to allow my body to replenish the best while I rest. This in turn will allow me to wake up feeling more refreshed and full of energy. This is the cycle of daily nutrition. Nutrition that allows your body to work as efficiently as possible, providing you will all the tools one needs for full brain capacity, organ function, and daily replenishment. These meals will have more dark foods, foods that have been birthed in the dark; the ground based vegetables.

These days this meal may include one serving of a hefty salad around 6 p.m. IF NECESSARY. We do not need this meal. Your body believe it or not is actually still digesting the sugars and amino acids and processing it all for proper digestion, and putting extra stuff in the tract is just more work for your system and takes away from your mental productivity.

Additional Thoughts:

Taking into account that our body's REAL cravings are actually desires for various nutrients that have been depleted(based on our makeup-which is why parasitic food eaters find themselves sick everytime they try to eat plant based foods, as their bodies desire the toxic foods, and eating the healthy foods causes the body to release the toxicity, which results in the "sickness" which is really just a detox), we can actually sit down and ask ourselves what we are in the mood for when it's time to eat, knowing that what we want, is exactly what we need.

To masticize food is to cause the body to work to chew, which prolongs the eating process, which in turn gives the stomach a chance to tell us to slow down or stop eating. This prevents overeating, and helps us feel more fulfilled about our meals and grazing. Many of the foods that are on this list take excessive amounts of work to eat, causing our jaws to be tired, unlike when we have processed burgers and fries, which take virtually no work to chew. The easier something is to eat or procure from the cabinet, the more of it we will eat. It's like watching animals graze. They can graze for hours because most of their food doesn't take all that much masticizing. If we take this into account, along with our teeth makeup, we will find ourselves grazing on foods that cause us to eat less and be more fulfilled.

You'll be surprised at how much you DON'T spend at the grocery. Most people have never actually tried eating fruit for a whole day, as their palates are suited to fake, highly processed foods containing fake sugars and toxic fats. Meat has been classified as a carcinogen as potent as smoking a cigarette, and people do not eat meat raw and fresh like the carnivores they compare themselves to. This means at 7-10 days(sometimes more) after procuring the meat from a killed animal, one now proceeds to COOK the rest of the nutrients out.

Grocery Shopping:

Favorites for Breaking the fast:

- Oatmeal(not instant)-I use dates, berries, flax seeds, coconut flakes, the more gourmet, the more nutrients
- Dates
- Berries(frozen too)-blueberries, strawberries, raspberries
- Bananas
- Honeycrisp Apples
- Mandarin Oranges
- Tangerines
- Blood Orange
- Black Grapes
- Granny Smith Apples
- Fuji Pears
- Grapefruit in small doses
- Lemon/Lime/Cilantro for water during fasted mornings
- Cantaloupe
- Honeydew
- Pineapple
- Watermelon
- Kiwi

-All of these can be used in smoothies however one likes as well. I also do not buy all of these in one single trip, before shopping I always ask myself what mood I am in for the week and give myself two to three options for eating breakfast. Same goes for Grazing and Last Meals.

Favorites for Grazing:

- Pumpkin Seeds
- Dates
- Cashews
- Walnuts
- Pecans
- Almonds
- Edamame(I only use this when I buy premade salads)
- Granola in “light” doses
- Trail Mix in “light” doses
- Chickpeas-Hummus, roasted, falafel, chickpea salad
- Avocado-Typically on organic sprouted bread
- Big Salad of choice: Spinach/Mushrooms/Broccoli/Onions/Tomatoes/Nutritional Yeast/Vegan Dressing of choice(I have this at least 4-5 times a week, my suggestion is to find your favorite version of a salad, easiest way to get nutrients)
- Any of the above crunchy fruits and veggies

Last Meal:

- Sweet Potatoes
- Broccoli-steamed or fresh
- Brussel Sprouts-Steamed, grilled
- Tofu in “light” doses-cook it how you want, marinated how you want
- Quinoa in “light” doses
- Onions
- Mushrooms
- Kale
- Spinach
- Any other green vegetables at your discretion

Final Thoughts:

Meal Simplicity, Protein Intake, Teas, Caffeine, ETC:

Honestly, one has to learn how to cook food all over again. It is a *process*. Learning how to cook foods yet keep the flavor and green in them for the nutrients is key. I use a lot of nutritional yeast, or NOOCH, along with pink sea salt and cracked peppercorns. I also use cinnamons, nutmegs, red pepper, and fresh garlicks. I take a tumeric supplement and also dabble in Irish Sea Moss and Chlorophyll for extra boosts. Learning how to enjoy the cooking process will give one an extreme sense of joy and accomplishment in the kitchen. Cooking natural foods that taste good and still getting most of the nutrients is an art form that just takes time getting used to.

I keep my last meal pretty simple. I don't want any gassiness on my way to sleep. I don't want any symptoms of upset stomach or anything. I need my rest to be for rejuvenating, so that I wake up feeling refreshed. If you have an idea for food, try to keep it natural, but have fun with it. Moving to a whole foods based diet means you will feel extremely well, and that in itself will be a driving force behind how you look at food and nutrition. Your taste palette will develop further, and you'll begin to taste foods like you haven't before.

Protein. I honestly don't really try to get any certain amount of protein anymore. My workouts have changed so much that I just don't have a desire to be "big" anymore. It's not healthy for the body to be oversized whether you're obese or you're a huge bodybuilder. I believe the human of the future will all have weights relative to height and gender, while being able to lift, do calisthenics, run for long distances, and have much more of a "spring" in their step. The obsession with being "bigger" stems from lack of confidence in skills. If one was confident, why would one have such a focus on being bigger than another? Why punish the body with unhealthy methods just for size? I think as we develop mentally, we will see that we will get just enough protein eating a whole foods based diet. That being said, if I am on the go a lot, I will keep a bottle of Humapro, which is whole food plant based protein tablets, pre-digested with enzymes that allow for easier breakdown. These tablets contain 25g of whole food plant based protein per serving at 99% uptake, compared to around 16% for your typical whey protein shake. If I don't have Humapro on hand, I will use Nutra-Key Raw Plant Based Protein. The stats on the Nutra-Key are also fantastic.

I enjoy a tea here and there. Matcha tea is great, and I do use oat milk in my smoothies. Trader Joe's also has a Matcha Green Tea and Blueberry Lavender beverage milk that I really enjoy from time to time. I do Kombucha very, very sparingly.

I drink distilled water, but in my attempt to cut back on plastic use, I begun using cilantro to take toxins out of the water that I already use a purifier on. I strain it through a coffee filter.

Remember, because plants aren't dense useless, overcooked calories you are able to eat so much more of them. You may feel like you're eating too much, but when you think about actual nutrients and gram intake compared to your relative size and active state as a human, you will feel the need to eat periodically. Don't feel bad, work at understanding what is your body wants and when you should give those things to your body.

You will feel the need for caffeine less and less. It becomes unnecessary, because your body will be processing energy from the plants you eat. Most times we use caffeine because of the sluggishness we feel from eating overcooked foods with high fat intake and low nutrient content. Mainstream media has made nutrition about calories and macros, forgetting there's almost 100 vitamins and minerals that we don't get when we eat a "healthy" plate of chicken, broccoli and rice.

At 35 years old at the time of this document, I am 5'10 and weigh a healthy 183-192 based on the weather and food intake, along with muscle mass, which also fluctuates. My pants stay at a 30-32 waist. My eyes and skin are clear, and when I sweat there's virtually ZERO odor. My stools come out looking regular more often than not, and even the smell of the stool doesn't cause one's nose to turn up. My urine also is the color of white champagne most of the time. Because of the low levels of stress I put on my body in terms of the amount of toxins going in(virtually none) I am aging significantly slower compared to counterparts that are ten years younger. There are too many other benefits to name, so I'd love to hear how this works for you.

Below I have included a table of the foods I listed, along with their calories, fats, sugars, fibers, proteins, vitamins, and mineral content. Understand that these fruits have HEALTH BENEFITS that I do not have time to transcribe. That's YOUR homework. Understand how these foods interact with your body by researching them on your own. The standard size is one cup or one whole fruit unless otherwise noted. Don't get caught up in calories. It's about nutrients. Calories only matter when you aren't getting nutrients. As you go through this table I pray you begin to see how nutrient-deficient the American diet is. Just by eating raw foods you lessen the load on your body and give it the nutrients it desires to function optimally. I hope this helps in your journey.

P.S. I wrote this with the intention of helping people to understand a different way of eating. We spend way too much time thinking about food. Food is completely not necessary for human life at 5 times a day in the quantities that we eat them. You will not die by scaling back. You can still put muscle on, if that's your goal, but understand the body doesn't necessarily want extra weight, unless you live in colder areas. Most times im fasting, and I fast so that my body can continue digesting what's already in there without having to worry about extra. Understanding that "hunger" is mostly a hormone(most people don't know what starvation hunger is) will help you tremendously.

Food Chart

| <u>FOOD</u> | <u>CALORIES</u> | <u>FATS</u> | <u>PROTEIN</u> | <u>CARBS/ SUGAR/ FIBER</u> | <u>VITAL MINERAL</u> | <u>MINERAL</u> |
|-------------------------|-----------------|-------------|----------------|------------------------------------|--------------------------|---|
| Oatmeal | 150 | 3 | 6 | 27/1/4 | A, C, B-6 | Calcium, Iron, Magnesium, Potassium |
| Blueberries | 85 | .5 | 1.1 | 21/15/4 | A, C, B-6 | Iron, Magnesium, Potassium |
| Strawberries | 53 | .5 | 1.11 | 13/8/3 | A, C, K | Iron, Magnesium, Potassium, Calcium |
| Dates(100g, 3.5 oz.) | 277 | 1-2 | 2 | 75/40/7 | C, B-6 | Calcium, Iron, Phosphorus, Potassium, Magnesium, Zinc, Copper, Manganese |
| Honeycrisp Apples(1) | 95 | 0 | .5 | 25/19/5 | A, C | Calcium, Iron, Potassium |
| Granny Smith | 63 | 0 | .5 | 15/10/3 | A | Calcium, Iron, Potassium |
| Tangerines | 103 | 0 | 1.6 | 26/20/4 | A,C,E,Folate, Choline | Calcium, Magnesium, Phosphorus, Potassium, Zinc, Selenium |
| Blood Orange | 70 | 0 | 1 | 12/13/3 | A, C | Calcium, Iron, Potassium |
| Black Grapes | 62 | 0 | 1 | 16/15/1 | A, C, B-6 | Calcium, Iron, Magnesium, Potassium |
| Pineapple | 82 | 0 | 1 | 21/16/2 | A, C, B-6 | Calcium, Iron, Thiamin, Riboflavin, Magnesium, Manganese, |

| | | | | | | |
|------------|-----|----------------|-----|---------|-----------------------------|---|
| | | | | | | Beta-Carotene |
| Mangoes | 100 | 0 | 1 | 28/20/3 | A, C, B-6, E, K, Folate | Copper, Potassium, Calcium, Iron, Magnesium, Zeaxanthin, Quercetin, Beta-Carotene |
| Cantaloupe | 60 | 0(Omega 3, 6) | 1.5 | 16/14/2 | A, C, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc |
| Honeydew | 64 | 0(Omega 3, 6)) | 1 | 16/14/2 | A, C, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus, Potassium, Selenium |
| Watermelon | 46 | 0(Omega 6) | 1 | 12/10/1 | A, C, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus |
| Kiwi | 108 | 1(Omega 3, 6) | 2 | 26/16/5 | A, C, E, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus |
| Pears | 85 | 0 | 1 | 23/15/5 | A, C, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus |
| Avocado | 240 | 22(Omega 3, 6) | 3 | 13/1/10 | A, C, E, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus, Selenium, Zinc |
| Grapefruit | 85 | 0 | 1 | 24/15/4 | A, C, Folate, Choline | Calcium, Magnesium, Phosphorus, Potassium |
| Tomatoes | 27 | 0 | 1 | 6/4/2 | A, C, K, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus, Potassium, |

| | | | | | | |
|---------------|---------------------------------|------------|----|---------|---|--|
| | | | | | | Zinc |
| Chickpeas | 286 | 3(O-3,6) | 12 | 54/0/11 | A, C, Folate, Pantothenic Acid, Choline | Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Manganese, Selenium |
| Pumpkin Seeds | 700(youll never eat a full cup) | 63(O-3, 6) | 34 | 25/1/6 | A, C, K, Niacin, Folate, Choline | Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Almonds | 546 | 47(O3,6) | 20 | 21/4/12 | E, Folate, Niacin, Choline | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Cashews(1 oz) | 155 | 12(O3,6) | 5 | 9/2/1 | K, Folate | Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc |
| Walnuts | 765 | 76(O3, 6) | 18 | 16/3/8 | A, C, K, Folate, Choline | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Pecans | 753 | 79(O3,6) | 10 | 15/4/10 | A, C, E, K, Folate, Choline | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Edamame | 189 | 8(O3,6) | 17 | 16/3/8 | C, K, Folate, Choline | Calcium, Iron, |

| | | | | | | |
|---------------------------|-----|---|---|--------|--|--|
| | | | | | | magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Sweet Potatoes | 114 | 0 | 2 | 27/6/4 | A, C, E, K, folate, Pantothenic Acid, Choline | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Broccoli | 31 | 0 | 3 | 6/2/3 | A, C, K, E, Folate, Choline | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Mushrooms(Portabella) | 22 | 0 | 2 | 4/1/1 | Niacin, Folate, Choline, Pantothenic Acid, Betaine | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Kale | 33 | 0 | 2 | 6/0/1 | A, C, K, Folate | Calcium, Iron, magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese, Selenium |
| Spinach | 7 | 0 | 1 | 1/0/1 | A, C, E, K, Folate, Choline, Betaine | Calcium, Iron, magnesium, Phosphorus, Potassium, Manganese, Selenium |
| Brussel Sprouts | 40 | 0 | 3 | 8/2/3 | A, C, K, Folate, Choline | Calcium, Iron, magnesium, Phosphorus, |

| | | | | | | |
|-------------------|----|---|---|-------|-----------------------|---|
| Tofu(1 oz cooked) | 76 | 6 | 5 | 3/1/1 | A, K, Folate, Choline | Calcium, Iron, Magnesium, Potassium, Selenium |
|-------------------|----|---|---|-------|-----------------------|---|