

Kirk's 21 Day "Healthy Living"

Program for Busy People

➤ Read "Staying Healthy in the *Fast Lane*" *TRIAD Wellness Program* pages 133-193 (1-3/wks.)

Week 1

Add: Week 2

Add: Week 3

- **1 large salad daily** – as the meal (oil free dressings only) (81-88, 135-7, 140, 144-148)
- **No dairy products AT ALL** (10, 89-94, 115-117)
- **Greens/Fruit (75/25) Smoothie 64 oz with ¼ cup flax or chia seeds or 2-3 fruits daily (1 cup berries)**, (140, 142, 144-145, 153)
- **Walks 15-30 minutes daily** (39, 159-167)
- **½ - 1 cup cooked beans daily** (145-146)
- **No Oils** (4, 5, 9, 12, 139, 143, 149)
- **No processed carbohydrates** (only whole or sprouted grains, starchy vegetables, fruit & no added sugars) (6,11,12, 24, 37-38, 94-100, 106-114, 116, 136, 140-142,148)
- **Sit still for 15-30 minutes daily** (188-193)
- **Eat off BED Diet food list x 2 weeks** (118,119, 135, 201-204)
- **No more than a palmful or 'deck of cards' of animal food daily (Preferably None)** (xvii-xviii, 5, 6, 9, 38, 67-88,135)
- **1-2 palmfuls of raw nuts or seeds daily** (142, 147-148)
- **Strength training 3-4 days weekly 15-30 minutes** (167-177)

Super Salad: Commit to eating one **LARGE** salad every day for 21 days (even if it takes all day). Use Tupperware type container 3 inches deep and 8 X 8 inches square.

Leafy Greens - Mix 1 to 3 different kinds of organic greens – Romaine, mixed or spring greens, spinach, kale, arugula, etc. into container (above).

Vegetables – add at least 4-5 different vegetables – bell peppers, carrots, celery, cucumber, parsley, snap peas, green onions, leeks, tomatoes, Jicama, olives (actually a fruit), etc.

Fruit – add 1-2 fruits to the salad - berries (blue, black, raspberries, pomegranate, grapes, etc) and whole fruit sliced (apples, pears, nectarines, peaches, orange, tangerine, grapefruit, etc).

Legumes/Beans – ½ - 1 cup organic beans (garbanzo, black, kidney, pinto, edamame, canned are acceptable). Rinse beans off in strainer before use.

Nuts/Seeds – 1-2 tablespoons of raw nuts or seeds (1 tablespoon flax or chi seeds always) are optional in salad.

Dressing - Cut up wedges of oranges, lime, lemons or grapefruit – 4-6 wedges per salad. Can freshly squeezed juice directly onto salad – or - add to these juices that are freshly squeezed – dill, sea salt, garlic pepper, curry powder, bay leaves, sesame seeds. Vinegars may be used.

Super Green "Hyper-Nourishing" Smoothie (in strong blender) – (For healing, energy, weight loss and increased metabolism) - 75% compressed greens / 25% raw or frozen berries, banana, mango, pineapple; 1 palm full (1/4 cup) raw flax or chia seeds (start with 1 tbspd and increase by 1 daily); water to fruit line – 64 oz to be consumed in a day. If muscle building can add tofu, edamame, almond butter, non-soy vegan plant protein, organic nut milks (almond, oat, rice) – water total (including smoothie) 96 oz per day.

Super Simple Soup - 2-4 quarts of organic vegetable broth; chop up 3-5 different kinds of vegetables; ½ - 1 cup of beans; herbs and spices (garlic, onion, sea salt, dill, basil, etc.); simmer 10-20 minutes; add 5 minutes before serving a palmful of cooked brown rice, quinoa or other non-glutinous grain. The grains may be precooked. Simmer for 5 minutes and serve.

Super Simple "Lifesaver" Bean Dip to Smooth Your Blood Sugar, Reduce Cravings and Provide Good Carbs, Protein and Fats – 1 – 2 cans of organic cooked beans (pinto, black, kidney, garbanzo, etc.) poured in Quisnart (food processor) or hand mash in bowl. Add juice from lemon, lime or orange (or vinegar) to taste with garlic powder (or real garlic), dill, and any other herbs and spiced to taste. Can add avocado if weight is under control, or any other juicy vegetable (tomatoes, etc.) for texture. **Blend to desired smoothness**. Use for vegetable dips, sandwich spreads, finger food, between meal hunger! (No added oils!). **NO MORE CREAMY, CHEESEY, FATTY, GOOEY DIPS!**

It is also recommended that you:

Use the **Diet-Exercise-Symptom Diary** sheet under **Educational Handouts** (on the home page, www.KirkHamiltonHealth.com) to follow foods eaten and how you feel on **page 6** of this handout.

- **Weigh yourself daily** in the morning and evening and log weight on your **Food-Diary**.
- Do some form of **aerobic exercise** daily for a minimum of 15-30 minutes (pgs. 166-167).
- **Sit physically still** 15-30 minutes twice daily (pg. 188).
- Do some form of **strength training** (i.e. circuit training) 3-4 days per week (pgs. 167-177).

Basic Elimination Diet (BED)

(Shopping List)

Vegetables (75% raw/greens)

Alfalfa Sprouts
Artichoke
Asparagus
Avocado
Beans (string)
Beets
Bok Choy
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Daikon Radish
Endive
Escarole
Jicama
Kale
Kelp
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnips
Radishes
Rutabaga
Seaweed
Snow Peas
Spinach
Squash
Sweet Potato
Swiss Chard
Tar

Turnips
Water Chestnuts
Yams
Zucchini
(add night shades back in 2 weeks –
tomato, eggplant, peppers,
potatoes)

Fruit (add citrus back in 2 weeks)

Apples
Apricots
Banana
Blackberries
Blueberries
Grapes
Kiwi
Mango
Melon
Nectarine
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Prunes
Raspberries
Strawberries
Watermelon

Grains

Amaranth
Buckwheat
Millet
Puffed Rice
Rice Brown
Rice Bread
Rice Cakes (plain)
Rice Cereals (plain)
Rice Milk
Rice Pasta

Quinoa

Beans/Legumes

Dried Beans
Dried Peas
Edamame
Lentils
Miso
Soy Milk
Tempeh
Tofu (Soy Bean)

Nuts and Seeds

Almonds (& almond milk)
Cashews
Chia seeds
Flax seeds
Hazelnuts
Pecans
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Animal Foods (optional)

Beef
Chicken
Lamb
Pork
Poultry
Turkey
Wild Game
Cod
Halibut
Mackerel
Salmon
Sole
Trout
Tuna

Grocery Shopping in the *Fast Lane*

To shop healthfully is very simple and, in the right store, can be easily done in less than a half-hour with some very basic principles. While I am a big supporter of organic foods and eating seasonally and locally, I think it is incorrect to say America can't improve its health *dramatically* by shopping for non-organic whole food in the basic grocery store. To improve health, you first have to stop eating processed foods that do you no good, and even harm you, then eat quality foods that are good for you.

Principles of Grocery Shopping in the *Fast Lane*

1. Shop the outside, or “perimeter,” of the grocery store where the whole, unprocessed foods are (fruit, vegetables, lean meats, etc.). Eat whole foods only (organic if possible). Buy the basics: vegetables (raw/frozen); fruit (raw/frozen); raw nuts and seeds; beans (canned/packaged); whole grains and sprouted whole grain (try non-glutinous whole grains such as brown rice, quinoa, millet, amaranth, buckwheat); water, mineral water, teas, and *real juices* (100 percent juice); animal foods (optional): eggs, fish, lean fowl, and meat (free-range or grass-fed if possible).
2. If you buy oils, get extra-virgin olive oil and/or cold-pressed canola oil for cooking and ground flaxseed or cold-pressed vegetable oils for salads and for cold sauces. *Keep oils to a minimum. Less than 2 tablespoons per day if at all.*
3. Do not buy dairy products at all (not from a cow, goat, or sheep; not milk, cheese, yogurt, ice cream, cottage cheese, kefir, butter, etc.) for at the very least one month completely. For your whole family. **Please don't give a child under two years of age any cow's milk products at all on a regular basis.* Aside from food intolerance leading to chronic upper respiratory infections and gastrointestinal problems, of equal concern is that the early introduction of cow's milk products in children may increase the risk of type 1 diabetes, which is not reversible. After the child is weaned, ideally from the mother's breast, rotate in organic almond, soy, rice, or other grain milks, fortified with calcium and vitamin D if you are concerned, *and watch* for reactions.
4. If you want a sweet, refined grain or fatty food, don't put it in your shopping cart. Go out intentionally and buy it later by itself. Only shop for whole foods and only have whole foods in your house. Build that habit and that base. Then when you choose to eat “junk,” enjoy it—but not too much, and only when you are in control of your health! A eat that “junk food” with a whole meal not by itself.

Stocking Your Refrigerator and Cupboards: The Basics

Let's go to the fridge first. When you open the refrigerator, the vegetable bin should be filled with vegetables, pre-washed or fresh salad greens, spinach, chard, kale, collards—as much green, leafy vegetables as possible. Green, leafy vegetables are not only nutrient packed, but they are also 100 percent non-fattening. You are getting the most nutrients per calorie when you are eating leafy greens. Frozen vegetables are fine to have in your freezer as well.

Next, your fruit bin should always be full. I keep blackberries, blueberries, raspberries, or strawberries on one of my upper shelves, and the fruit bin is filled with whatever fruits are in season (or in the produce section), which could be apples, kiwis, nectarines, peaches, plums, oranges, grapefruit, and tangerines. I might have some bananas outside the refrigerator. For smoothies and things of that nature, it is easier to keep frozen fruit in your freezer section. Frozen is usually cheaper and you can get organic versions as well.

Keep raw nuts or seeds in the freezer such as almonds, walnuts, pecans, sunflower seeds, pumpkin seeds. It is very important to have flaxseed and chia seeds in your freezer whole. Grind the flaxseed at the time you use them. Flax and chia are excellent sources of plant-based omega-3 fatty acids.

Always have in your cupboard cans of cooked beans (mostly organic) if you don't cook them from scratch and also whole-food, organic types of soups such as minestrone, lentils, split pea, Cuban black bean, and other vegetarian things like chili. Canned products should be meatless. You can always add meat to them later if you must. Buy several quarts of an organic vegetarian broth to be used in soups, to stir fry, to "quick cook" my greens, or sometimes cook my pastas or grains in until you get skilled at making your own vegetable broth. It is also good to have a few quarts of marinara sauce on hand (organic is easily available). Your cooking grains can be in the cupboard or freezer, and remember that the first ingredient for any grain or flour product ideally should be "whole grain" or "sprouted grain." If you eat bread have a loaf of sprouted, whole-grain bread in your freezer or on the shelf in my refrigerator.

Use sparingly, if at all, extra-virgin olive oil (monounsaturated fat) for cooking. Added oils are one of the biggest reasons for excess calories in our diet. Try to get most of your oils intact from nuts and seeds or avocados and olives. If you are lean having a small amount of cold-pressed oil or spread of extra-virgin olive oil is probably fine. If you have never gone oil, nut, seed and avocado free, try it for two weeks. It is an interesting experiment. If you do it for 2-4 weeks when you add oils back it is like going back to whole milk when you were on non-fat milk.

Have herbal teas around, especially green, black, and white teas. Mineral water can be used along with bottled or filtered water. The goal is to drink five or six glasses of water a day. If you feel you have to have some type of milky substance, there are soy, almond, and other different types of "milks," including hemp, hazelnut, oat, multigrain, and rice milks. These can all come fortified with calcium and vitamin D. Buy a variety of them and see which ones resonate with you. *When you add a new food, always ask yourself how you feel.* Even if on paper it looks good nutritionally but you don't feel well, trust that. There is always an alternative that is nutritious. Always.

If you get fish, poultry, or beef, ideally it should be wild fish and/or poultry or red meat that is grass-fed, free-ranged, and without hormones and antibiotics, or hunted game. No more than a palm full or deck of cards per day.

I realize some whole-food purists might look down on eating canned goods or pre-packaged, pre-washed vegetables. Ideally you would grow your own vegetables, eat totally from your fruit trees or garden if you had them, cook all your beans, and wash your own lettuce and greens every day, but it is not practical for some of you time-wise. One good thing about modern urbanization is that some businesses have done some smart things to make eating healthy in a busy world easier. By shopping and eating in this way, we can not only be healthy, but we can also help create a new, sustainable economy and jobs centered around producing whole, healthy foods that are convenient for people in the busy, modern world.

Eating out in the *Fast Lane*

Whether you eat at a fast-food restaurant or a high-end establishment, these simple guidelines can help you reduce your calories, increase your nutrient intake, and do more good than harm with meals eaten away from home.

- Avoid all creamy, cheesy sauces and dressings, and dips on any dish.
- Avoid all dairy products (cheeses, ice cream, milk, cottage cheese, sour cream, etc.). You have to

ask to have dairy, especially cheese and sour cream, removed from many dishes. Presently most restaurants just add cheese and sour cream as normal fare to many foods.

- Don't order bread or chips before your meal or have them come with your meal.
- Order your salad with a dairy-free dressing on the side (vinaigrette, olive oil, etc.).
- Order plant-based appetizers if you are starved (grilled mushrooms, garlic sautéed spinach, salad rolls, lettuce cups, seaweed or cucumber salad, edamame, miso or minestrone soup, grilled vegetables, etc.).
- If you want to go completely vegetarian and there is nothing on the menu, you can just have *multiple* vegetarian appetizers, side dishes, and salads.
- Ask the chef to make you a big plate full of sautéed or grilled vegetables—whatever they have available. They'll generally do it happily!
- Avoid having your food fried. Request it baked, broiled, steamed, or stir-fried. Have it light on oil, even olive oil.
- Order quick foods without added oils, salt, cheeses, mayonnaise, or sauces.
- Ask for whole-grain breads, but most restaurants don't have them.
- Replace meat with beans in fast foods when possible (on tacos, burritos, etc.). Have as many animal-free meals as possible. Leave the animal meats and products out of fast food if you can. Just ask. No sour cream, cheese, mayonnaise, or creamy sauces!
- Have water instead of soda. Or have a small-sized soda with a cup of water.
- Have a pizza with the crust, tomato sauce only, and all the vegetables they want to throw on it. The goal of eating out healthy, or doing the least amount of harm, is to keep excess calories to a minimum and eat as many unprocessed foods as possible. That is achieved by keeping creamy sauces and added oils off your basic foods; not eating lots of pre- main course snack foods; keeping high-calorie foods out of your main courses (cheeses, creamy sauces, and oils); avoiding deep fried food; avoiding alcohol; and eating as many vegetables in salads, appetizers, or in your main course, as possible.

Controlling Food Cravings

The key to controlling food cravings is to eat lots of good, whole food that gives you an even blood sugar from time-released carbohydrates and adequate protein, and has lots of fiber or natural bulk from water content. In addition, these whole foods should be *nutrient dense*, packed with lots of vitamins, minerals, antioxidants, and phytochemicals. Dr. Joel Fuhrman (*Eat to Live*, 2011) and colleagues recently showed in a study in the *Nutrition Journal* (2010, 9:51) that the higher the micronutrient density of the diet, the less hunger people had while consuming fewer calories. You should also keep to a minimum or eliminate foods that increase the risk of blood sugar swings (e.g., excess caffeine, simple sugars, etc.).

- Eat whole, unprocessed foods only.
- Have whole, unprocessed snacks between meals (fruit, nuts, seeds, bean spreads, whole-grain snacks).
- Eat only good, unrefined carbohydrates (beans, whole grains, fruit, starchy vegetables).
- Keep only whole foods in your house (refrigerator, cupboards).
- Go out and buy the craved food if you must. Don't have it lying around in your house.
- If you must satisfy a food craving, have it with or after a whole-food meal, not as a separate snack.
- Exercise regularly. Many times this will subdue your food cravings.
- Bring whole-food snacks to work, recreational activities, and have them in your car.
- Realize that many foods are addictive, especially ones containing simple sugars, caffeine, chocolate, dairy products, and refined grains (e.g., wheat). Avoid completely or at least take breaks from them every few days.

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