

DrGil.com

Disclaimer: check with your primary health care professional to be sure that any nutritional approach you use is right for you.

PLANT BASED NUTRITION PLAN

Drink at least 2 quarts of water daily. Primarily eat alkalizing foods.

Breakfast

Example Types of Breakfast:

- Type One:** Hot cooked whole grains as cereal, pancakes, waffles, etc.
Type Two Scrambled tofu with or without whole grain toast or other whole grain, etc.
Type Three Freshly made vegetable juice, green smoothie or fruit smoothie with soaked nuts.
Eat fruits only with other fruits, at least 30 minutes before eating other foods.

The Key to Good Nutrition

Eat fresh organic vegetables twice daily.

Do your best to eat all organically grown foods.

For your best health eat lots of fresh, clean, raw living foods.

Lunch and Dinner

- VEGETABLES** *Raw Salad* (twice daily is ideal) Include a wide variety of fresh vegetables, leafy greens, sprouts, cultured/fermented vegetables etc. (but avoid ice-berg lettuce)
Cooked (if you wish) Vegetables: Cooked healthfully and tastefully
- WHOLE GRAIN** Sprouted, Cooked whole, or as a whole grain flour. See "Whole Grains" on pg. 2.
- PROTEIN** Spinach, broccoli, beans, peas, nuts, seeds, tofu, tempeh, seed & bean sprouts, etc

Snacks

Vegetables, fruits, almonds, or seeds (sesame, sunflower, pumpkin, etc.)
It is ideal (but not necessary) to soak nuts and seeds overnight first, before consuming.

Oil

It is best for you to use only **organic extra-virgin olive oil** (and also coconut oil at times). For cooking you can use coconut oil or olive oil. Avoid most other oils, and especially avoid canola oil.

Avoid the Following:

- Processed** **Avoid ALL processed foods.** *Example:* animals all die on a diet of breakfast cereals that have been processed so you could just add milk and eat them. The animals live longer - but still die - if they eat the cardboard box the cereal came in instead of the cereal. Cereal is just an example here. **This applies to ALL processed food, not just cereal. Cardboard is less toxic and more nourishing than processed food.** Eat whole foods for whole health.
- Fast Foods** Any and all foods from ALL fast food restaurant chains. Avoid ALL of them!
- Sugar** All **processed** forms (white, brown, any --"ose" [sucrose, fructose], corn syrup, any cane, agave, maple, coconut etc.) *Raw* honey, stevia or brown rice syrup is OK
- Coffee** Even decaffeinated (see "Healthy Warm Drinks")
- Caffeine** Found mainly in coffee, chocolate, sodas and common teas

Avoid (continued)

Dairy	Animal milk, cheeses, etc. (cultured dairy [e.g., fresh, live yogurt] may be OK)
White flour	Bleached or unbleached
Fried foods	High temperatures used in frying foods not only destroys nutrients but creates substances that can be very damaging to your health.
Meat	All pork, beef, and lamb products; any mammal is “red meat”; all fish and birds – all flesh food.
Processed Salt	Light to moderate use of <u>unprocessed</u> salts like “Himalayan Salt”, “Real Salt”, “Celtic Sea Salt” or organic tamari is OK.
Carbonation	Includes naturally and artificially carbonated drinks
Nuts	Almonds are fine. Eat other nuts in moderation
Oils	While it is best (outside of therapeutic uses of flax oil) to use only organic extra-virgin olive oil, be especially careful to avoid all hydrogenated or partially hydrogenated oils such as margarine, Crisco, hydrogenated nut butters, any and all “trans-fats”, etc.
Ice cold	Includes food or drink
Canned	Canned or bottled foods - includes home-canned foods
Additives	All preservatives, artificial flavorings, sweeteners, coloring, etc. (If you can't pronounce it, don't eat it or put it on your skin.)
GMO	All genetically modified foods.

Golden Rule of Eating

Eat a wide selection of whole fresh foods with a *short* shelf life! If the bugs won't eat it, you don't need it. *Exceptions:* Dried foods with a longer shelf life (such as whole grains, beans, nuts, fruit, etc.) may be eaten after they have been cooked, stewed, soaked overnight or sprouted. Frozen foods are acceptable when fresh are not available. Your food should be prepared in an appealing manner and eaten in a relaxed state of mind. *Organically grown foods offer much greater nourishment than commercially grown foods, and organic fresh, raw, “living foods” nourish you best. Move into eating a predominantly alkaline diet - about 75% to 80% alkaline forming foods.*

Whole Grains

Quinoa; millet; buckwheat; brown rice; oats; rye; rye flakes; wheat berries; bulgar; corn meal; corn on the cob; yellow grits; barley and others.

Beans and Peas

Pinto; kidney; aduki; navy; lima; mung; lentils - red, green, etc.; chick peas; blackeye peas; split peas and others.

Healthy Warm Drinks

Most herbal teas; Cafix; Roma; and others.

Eat well, *have fun*, smile and learn from your mistakes, and *enjoy* a healthier and happier life.

A Note About Organic Produce and Pesticides

You probably know that for many reasons organically grown produce is much more nourishing and healthy for you than commercially grown produce. One reason for this is the **better nutrition**, another is that they are **non-GMO**, and still another is that there are **no pesticides and fungicides** used in growing organic produce. This reason by itself is huge. You should always eat only organic. Occasionally you may not know if it's organic. These lists are for those times.

These lists are a limited guide as to which fruits and vegetables carry the most, and the least, toxic farming chemicals. This may help you if you can't be sure if it's organic.

<u>Contain the Most Chemicals</u>			<u>Contain the Least Chemicals</u>	
Apples	Grapes		Onions	Cantaloupe
Celery	Bell Peppers		Pineapple	Kiwi
Strawberries	Potatoes		Avocado	Cabbage
Peaches	Lettuce		Asparagus	Watermelon
Spinach	Kale		Sweet Peas	Sweet Potatoes
Nectarines	Collard Greens		Mangos	Grapefruit

A Note About Protein

This note is to inform you and educate you with updated information about well intentioned but incorrect information that has been generally believed for many years.

In 1914 (over 100 years ago) an initial study was done that showed that **RATS** would become protein deficient if plant proteins were not combined to match the patterns of protein found in meat, eggs and dairy. It was then **assumed** that the same was true for people and this perspective was incorporated into almost all nutritional literature for people. Most health professionals were taught this and continued to profess it as true for many years. For a long time all the studies were only done with rats. **Rats, we now know, have very different metabolisms and protein needs than people.**

Current research has shown that using meat, eggs and dairy as the standard of protein nutrition for people was a huge mistake. More recent studies done with **PEOPLE** rather than rats have shown that without any "combining" or "completing" of proteins to match animal proteins, plant protein is higher quality protein that actually nourishes people better. Biological science and research studies later explained why this is so and confirm it to be true. In terms of amount of protein, **plant protein actually exceeds human protein requirements.** For example, some vegetables have about twice the usable, complete protein content per calorie for people as beef.

All of this is simply to confirm that you do NOT have to match meat or fish protein to be well nourished. If you "eat your vegetables" ☺ you'll still be well nourished, protein included.