

What to Eat

Food Foundations

WEEK 2



What we are going to cover

What to eat

The Optimal Food Plate

Create your ideal eating day



Focusing on what to eat changes the perspective
from scare > abundant

Create a healthy and balanced structure by focusing
on the quality of foods (not their calories!)

The structure creates flexibility and freedom

The goal is to teach you to make empowering
choices ... for life

Optimal Food Plate (for Omnivores)

LUNCH & DINNER

1/2 plate non-starchy
vegetables

1/4 plate clean protein

1-2 tbsp anti-
inflamm. Fat

1/4 - 1/2 c complex carbs



Optimal Food Plate (for Vegan)

LUNCH & DINNER

1/2 plate non-starchy
vegetables



Pastured eggs 2-3x
Non GMO Soy

1-2 tbsp anti-inflamm. Fat

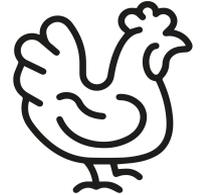
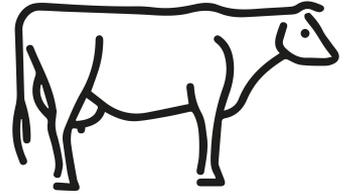
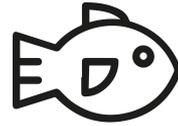
1/4 - 1/2 c complex carbs

We will discuss even more options for vegan + vegetarians towards the end

Include high quality protein

Our bodies are made of protein!

- Hair, skin + nails
- Cellular and metabolic health
- They create our hormones and neurotransmitters



Protein

4-6 ounces of a high quality protein

What animals eat and the way they were raised affects their health (which in turn affects us):

Aim to buy:

- Pasture raised eggs (and poultry)
- Organic, grass fed and grass finished meat (beef, lamb, bison)
- Sustainable seafood (Wild salmon, cod, halibut)
- Non GMO soy (tempeh, tofu)

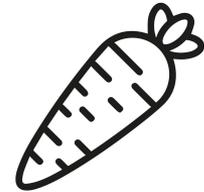
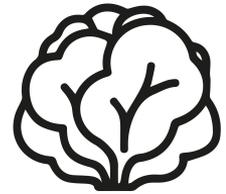
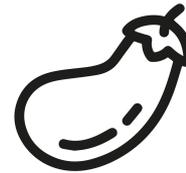
Note: legumes and grains (like quinoa)



Non-starchy vegetables

A non-negotiable part of your diet - veggies not only provide the body with essential nutrients. They also:

- Regulate digestion
- Improve satiety
- Lower inflammation (antioxidants + fiber)



Non- starchy vegetables

Non-starchy vegetables to be at least $\frac{1}{2}$ of the food plate!

- 2-4 **cups** of vegetables per meal (lunch & dinner)
- Aim for at least 3x different veggies per meal
- Aim for color and variety!



Examples of non-starchy vegetables

Arugula	Cauliflower	Peppers (red, orange, yellow)
Beets	Daikon	Sea vegetables (wakame, nori)
Bok choy	Eggplant	Snap peas
Broccoli	Green beans	Snow peas
Broccoli rabe	Radishes	Tomatoes
Brussels sprouts	Kohlrabi	Zucchini
Cabbage	Kale	
Carrots	Mushrooms	

Enjoy them in ALL the forms

- Steam
- Saute
- Roast
- Puree
- Raw

Exceptions: starchy vegetables are considered complex carbohydrates

Complex Carbohydrates (optional)

Avoid “white” or refined carbs

Choose complex carbohydrates that close to their ‘grown state’

The more processed carbs are, they become less nutritious and can act as ‘anti-nutrients’

Ex: there’s a difference between quinoa and quinoa pasta

Choose whole grains, legumes and starchy vegetables

Portion sizes depend on weight goals

	Weight loss	Weight maintenance	Weight gain
Women	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup
Men	$\frac{1}{2}$ cup	1 cup	1.5-2 cups

Examples of complex carbohydrates

Grains:

Brown rice
Buckwheat
Quinoa
Wild rice

Legumes:

Beans (ex: black, pinto beans)
Chickpeas (+ hummus)
Edamame
Lentils

Starchy Vegetables:

Corn
Potatoes
Sweet potato
Winter squash

Fruit:

Apricots
Apple
Blueberries
Cherries
Figs
Pomegranate
Strawberries
Watermelon

If you're trying to lose weight, choose only one of these carbs (option to skip them) and measure it out

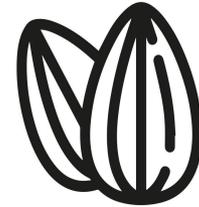
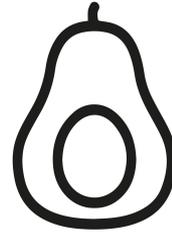
Include healthy fats

Eating fat doesn't 'make you fat'

The types of fat matters (saturated, trans, mono- and polyunsaturated)

Fat is essential:

- Supports healthy and radiant skin
- Cognitive and Brain health
- Metabolic health



Avoid 'damaged' fats

Avoid 'damaged' fats

- Fried foods (ex: fries, tempura)
- High roasted nuts and seeds
- Oils heated beyond their smoke point (ex: roasting with EVOO)

Best oils for high heat cooking:

- Grapeseed oil
- Coconut oil
- Avocado oil
- Almond oil
- Ghee (optional - contains dairy)

Fats

Include 1-2 servings of anti-inflammatory fats per meal

One serving =

10 raw almonds

10 raw cashews

1 tbsp oil

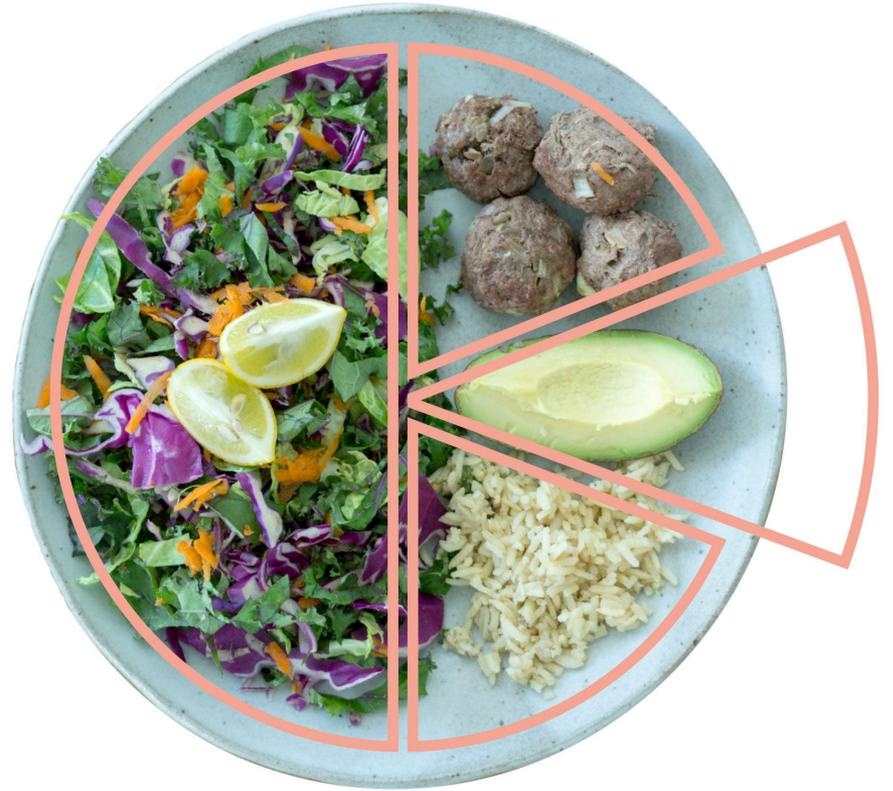
1 tbsp hemp

2-3 tbsp flax seeds (or equivalent in flax crackers)

$\frac{1}{3}$ cup dried coconut flakes

$\frac{1}{3}$ c full fat coconut milk

$\frac{1}{4}$ - $\frac{1}{3}$ of an avocado



Lunch & Dinner Ideas

Roasted veggie bowl with eggplant, tomatoes and avocado over arugula. Top with hummus (optional) and shredded chicken

Carrot ginger soup with hemp seeds and sauteed scallops. Top with quinoa (optional)

Coconut cauliflower rice with mushrooms, bok choy and white fish



Lunch & Dinner Ideas



Wild salmon over a crunchy kale salad with cucumbers, shredded carrots, pumpkin seeds, mint and tossed with EVOO* and balsamic vinegar

Thai-style cabbage slaw topped with bison meatballs and avocado

Chilled gazpacho with avocado and shrimp

**Extra virgin olive oil*

Plant based Adaptations

FOR VEGANS & VEGETARIANS

There are a lot of different ways to be a vegetarian and vegan

The amount of animal products you want to include depends on you

- Vegan
- Vegetarian
- Lacto-ovo vegetarian
- Pescatarian
- Flexitarian

This diet and lifestyle require more conscious planning

Vegan food plate

OPTION 1 STRUCTURE

- $\frac{1}{2}$ plate non-starchy vegetables (2-4 cups)
- 4-6 oz pasture raised eggs or non-GMO soy
- 1-2 servings anti-inflammatory fat
- $\frac{1}{4}$ - $\frac{1}{2}$ cup complex carbs

Weight loss - aim for $\frac{1}{4}$ cup or less of complex carbs



Vegan food plate

OPTION 1 MEAL IDEAS

Kale salad with roasted carrots, marinated tempeh, tomatoes and pistachios, topped with lentils

2x organic egg omelet with leeks, red peppers and onions topped with avocado

Cauliflower 'fried rice' with carrots, onions and broccoli. Topped with avocado and greens



Vegan food plate

OPTION 2 STRUCTURE



- ½ plate non-starchy vegetables (2-4 cups)
- 2-4 servings anti-inflammatory fats
- ¼ cup - ½ cup complex carbohydrates

Weight loss - aim for ¼ cup or less of complex carbohydrates

Adjust amount of fat based on the amount of carbs - for ex: aim for 4 tbsp fat if you are skipping complex carbs

Vegan food plate

OPTION 2 MEAL IDEAS



Carrot-ginger and coconut soup served with wilted greens, quinoa and pulsed walnuts

Sauteed onions, mushrooms and bok choy served with lentils, avocado and pepitas

Avocado soup with tomato salsa and flax crackers. Add lentils (optional)

For weight maintenance or weight loss

Vegan food plate

OPTION 3 STRUCTURE

- ½ plate non-starchy vegetables (2-4 cups)
- 1-2 servings anti-inflammatory fats
- ½ - 1 cup complex carbohydrates

Option 3 typically doesn't support fat loss



Vegan food plate

OPTION 3 MEAL IDEAS

Roasted eggplants, sweet potato and carrots over mixed greens and topped with crunchy chickpeas

Red lentil stew with bok choy and kale, served with flax crackers

Black bean and red quinoa salad with cherry tomatoes, cucumbers, arugula and avocado

For weight maintenance or weight loss



Putting the pieces together

Breakfast + snacks

Sample day of eating

Basic meal structure = 3 meals, 2 snacks

The order of meals + snacks don't matter

Always think ahead: where is your next meal / snack coming from??

Plan ahead, keep 'emergency' snacks on hand

Aim to eat every 3-4 hours

A well balanced breakfast has the power to reduce cravings, stabilize energy levels and concentration throughout the day

Oatmeal and cereals tend to be high in carbs and cause blood sugar levels to fluctuate (unless you're an endurance athlete or training)

Aim for 15-25 grams of protein with your breakfast

- 2-3x eggs
- Protein shake (vegan protein, collagen peptides)
- Chia seed protein (option to add collagen peptides)

Higher protein supports weight loss (~20-25 g)

Veggies are an added bonus if you can get them in

Timing: 10-12 hours after your last meal (may vary depending on your body)

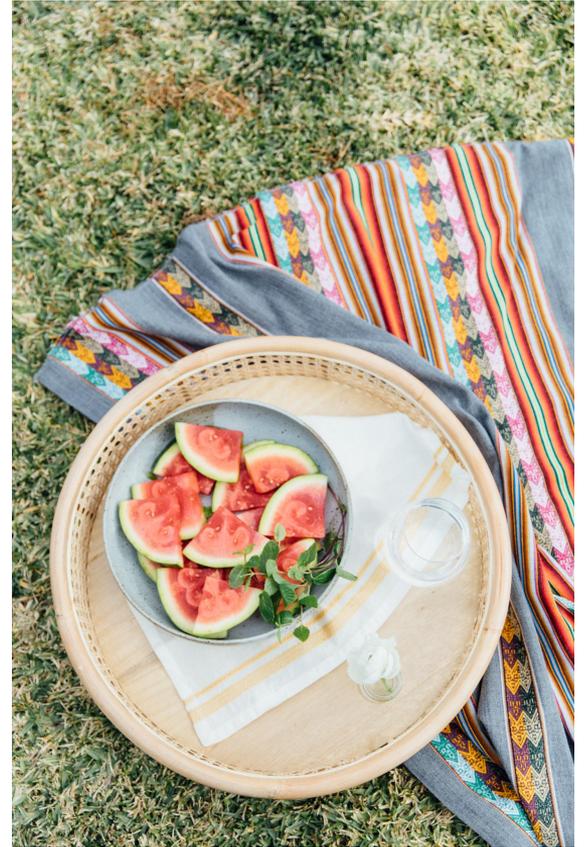


Snacks!

Aim for unpackage and unprocessed snacks

Keep it Simple:

- Piece of fruit (ex: apple, orange, peach, apricot, watermelon)
- Raw nuts
- Seeded trail mix
- ½ avocado



Make it fancier

- Avocado wrapped in nori and drizzled with lemon juice
- Flax crackers and hummus
- Baby carrots and guacamole
- Cucumbers with almond ricotta
- Pomegranate seeds and coconut yogurt
- Blueberries and macadamia nuts
- Bone broth blended with turmeric, ghee and collagen

On the Go + Travel

Protein bars - can easily become glorified candy bars.

Think about creative solutions and check the complete snack list for brand suggestions

Piece of fruit (apple, orange, banana)

Hard boiled egg

Green juice (ex: [Evolution](#))

[Apple chips](#)

[Carrot](#) or [beet](#) chips

[Coconut chips](#) (unsweetened)

Putting it all together

Sample Day 1

Breakfast: Protein shake with unsweetened almond milk, vegan protein, mixed berries, handful of spinach

Lunch: Vegetable platter with baby carrots, snap peas and cherry tomatoes served with hummus, guacamole and turkey slices
Vegan option: enjoy a bigger portion of hummus and guac or add almond ricotta

Snack: Raw almonds

Dinner: Kale salad with balsamic roasted carrots and fennel topped with pepitas, lentils and grilled chicken breast
Vegan option: swap chicken for crispy tempeh

Snack: Apple slices dusted with cinnamon

Putting it all together

Sample Day 2

Breakfast: Warmed berry and seeded parfait

Snack: Baby carrots with guacamole

Lunch: carrot ginger coconut soup with shredded chicken and quinoa
Vegan option: swap the chicken for flax crackers and add more quinoa

Snack: Handful of berries and macadamia nuts

Dinner: Coconut-cauliflower rice with mushrooms, chard and wild salmon
Vegan option: sub fish for lentils and hemp seeds

Reference your recipe book + meal plan for more ideas!

Meal plan and recipe booklet have so many options
- adapt and change as you need

Look for solutions

Don't be scared to get creative

What are creative ways you can use leftovers??

Benefits of hydration

Better energy

Better mood

Increased Satiety



Hydration Tips

General rule of thumb = half your body weight in ounces

- Women = between 65-90 oz per day (~8-12 glasses)
- Men = between 82-123 ounces (~10-15 cups)

Always have a water bottle on you

Needs increase:

- Hotter climates
- Caffeine intake
- Alcohol intake
- How much do you sweat?

Action Steps for next time!

- What do you eat in a typical day?
 - Can be helpful to keep a food diary
- Review your food diary and explore it through a curious POV
 - What are you eating (breakfast / snacks / lunch / dinner)?
 - How are you spacing out your meals?
 - Take inventory ...
 - What are you proud of?
 - What are you still struggling with?
 - Where is there room for improvement?
- Which food plate will you follow (omnivore? Vegan? A combination?)
 - Use your meal plan and recipe book for inspiration
 - Write down 3-4 meal ideas that you will enjoy over the next week

