Clever Eats

🔑 **Eat more "ancestral" foods & avoid or limit "modern-factory" packaged food products***
(Nourish from *nutrient-dense*, minimally-refined foods)

The *first and most crucial step -* remove or limit **Ultra-Processed Foods (UPF).** These include foods containing refined carbohydrates or added sugars and factory-processed vegetable oils.

Progressive Steps towards Metabolic Health

🚀 ✨*set goals, plans and expectations* ✨🚀

1st steps:
- Eat more non/minimally processed foods
- Prioritize macronutrients *(protein > healthy fat > low glycemic index, high-fiber carbs)*
- Quit or minimize UPF products *(carb + fat combos = *doughnuts/ice cream/pizza)*
- Quit or minimize refine grains
- Avoid snacks *(eat no more than 2-3 meals a day)*
- Hydrate with water or unsweetened tea
- Eat when hungry *(until 80% full)*
- Don't drink sugar (soda + natural fruit juices = liquid candy)
- Liberal salt intake (3-5 grams)
- Sleep hygiene (7-9h)

2nd steps:
- Don't eat after dinner
- Quit or minimize artificial sweeteners *(allulose is less worse)*
- Decrease or eliminate intake of starchy carbohydrates e.g.s grains, oats, potatoes, yams rice
- Decrease or eliminate intake of high-sugar tropical fruits, e.g. pineapple, mango, banana, and prioritize lower sugar fruits, e.g. blueberries, strawberries, raspberries
- Taper down total daily carbohydrates as needed (30g <**75g** <100g<150g)
- 🤸 ⬜ movement, 🚶 walks, 🧘 TUT *(time under tension)*, 🏋️ resistance exercises, 🏃 HIIT

3rd steps:
- Time restricted eating (e.g. 16-8; 20-4)
- Weekly or monthly >24 hr fasts
- Macronutrient-cycling variants
- Targeted-nutrient intake

Nutrients:

A - Building blocks
- **-**Protein (amino acids) "Prioritize Protein" 🥩🍗🍖🐷🥓🐓🦃🐟🐠🦞🦀🦑🐙
- Micronutrients (minerals and vitamins)

B - Other
- Fiber 🥦🥬🥒🥗

C - Energy sources
- Fats (saturated, monounsaturated, polyunsaturated) 🥑
   or

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-Carbohydrates (glucose, fructose, galactose)
🥖🥨🍞🥞🥐🍭🧁🍦🍪🍩🍰🍌🍇🍍

Distinguish types of processed foods vs non-processed foods:

Apple 🍎 → Apple sauce 🥣 → Apple juice ⬜→ Apple pie 🥧
The NOVA Food Classification System of Processed foods:
https://educhange.com/wp-content/uploads/2018/09/NOVA-Classification-Reference-Sheet.pdf

Best Drinks:

Water, Mineral Water, Black Coffee, and unsweetened Tea

The Good, the Bad and the Ugly

The GOOD: Eat more "old fashion" foods:
-Beef (Preference to grass-fed) 🥩🥓
-Salmon (Preference to wild-caught) 🍣
-Other seafood (Fish/Shellfish) 🐟🐠🦞🦀🦐🐙
-Fish low in mercury (avoid *swordfish and tuna*those high in mercury)
-Lamb 🍖
-Pork (Preference to pasture raised) 🐖
-Eggs (Preference to pasture raised) 🥚🍳
-Cheese (Minimally processed, full fat, preference to sheep/goat/buffalo) 🧀
-Plain Greek yogurt 🥣
-Nuts 🥜 (pistachios, hazelnuts, macadamia nuts, pecans, pili nuts) raw, unsalted, ideally in shell.
-Cruciferous vegetables (Broccoli, cauliflower, Brussels sprouts, arugula) 🥬
-Fermented foods (Kefir, kimchi, dark chocolate)
-High quality non-starchy vegetables that grow above the ground 🥦 (Phytonutrients)
-Chicken, turkey & other fowl (Preference to pasture raised) 🐔🐓🦃🍗
-Low-sugar fruits (berries, grapefruit) 🍓
-Avocado / Guacamole 🥑
-Broth (Bone, Beef, Chicken, Vegetable) 🍲
-Dark chocolate 🍫 (>80%r)
-Extra virgin olive oil
-Macadamia oil
-Avocado oil 🥑
-Virgin coconut oil 🥥
-Ghee & Butter ·
-Beef tallow
-Lard

The BAD: added sugars
-Excess added sugar (Sucrose, High-Fructose Corn Syrup, Agave, Honey, Maple syrup, etc.)
-Sugar substitutes (often things ending in -ose or -syrup on labels)
-Excess fructose (including from fruits)
-Excess refined carbohydrates (bread, pasta, flour, grains, cereals)

The UGLY: "Factory Fats" high in Omega 6 (PUFA-Linoleic acid)
- Nut oil (except macadamia and hazelnut)
- Corn oil
- Cotton oil
- Canola oil
- Soybean oil
- Safflower oil
- Sunflower oil
- Rice bran oil
- Grape seed oil
- Margarine & Artificial shortening

> **_Read the labels in packaged foods;_**
> *don't be fooled by marketing-
> "Healthy" salad dressing
> "GMO free" condiments (mayo)
> "Organic" baked items
> "Preservative free" frozen meals

Hunger & Satiety
1. Choose naturally raised foods that are nutrient-dense and leave you full and satisfied.
2. If hungry, eat something… best to eat more foods that leave you feeling satiated for a longer time. Try not to snack.
3. Notice, what are your personal trigger foods? Avoid these & replace it with another food option.
4. 2-3 meals a day and skip the snacks. Play 'meal golf,' and try to score an average of less than par (3 meals per day) for the week. Relax & enjoy your meals. Chew your food slowly.
5. Try to distinguish between hunger and cravings

Eating "low-carb/low-processed foods," skipping snacks, and fasting shift your body's hormonal environment to favor **appetite suppression** and **fat oxidation** (fat weight loss). Hormonal hunger suppression is key to gradually facilitating incremental fasting periods, promoting further fat oxidation.

Gradually Incorporate Intermittent Fasting;
Stay hydrated for the duration of a fast:

12:12	(12 hours fasting,	12 hours eating)
14:10	(14 hours fasting,	10 hours eating)
16:8	(16 hours fasting,	8 hours eating)
18:6	(18 hours fasting,	6 hours eating)
20:4	(20 hours fasting,	4 hours eating)
OMAD	(One Meal A Day)	

***Food replacements examples*:**
- Apple juice with apple 🍎
- Cereal 🥣 with eggs 🍳
- Toast with crisped prosciutto 🥓
- Margarine with butter ▢
- Canola oil with avocado oil 🥑
- Ice cream with dark chocolate or Greek yogurt 🍫

Good Reads & YouTube:
Diabetes Code (Jason Fung MD)
Why We Get Sick (Benjamin Bikman PhD)
Jerry Teixeira (YouTube scaling workouts)

Websites to explore:
https://www.dietdoctor.com/ (visual guides & videos) *

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https://thefastingmethod.com/ (the science)
https://burnfatnotsugar.com/MacroCalc.html (PE calculator) *
https://bodyweightstrength.fit/ (Body Weight Exercises)