



Welcome to the **You Deserve 2 Be Healthy!** Program!

Here is your list of foods and a few tips to think about. The foods with the * have exceptional nutritional value. This does not mean the other foods listed are not good for you because they are very good for you but the * are superfoods that have very specific nutritional value and are “go to” foods to really support your bodies needs and have several health benefits. Go ORGANIC whenever possible. We will discuss this further.

Whole grains are **very important** as they provide protein, healthful carbs, fiber, with no cholesterol or animal fat. Fiber is very important on several levels. Fiber means plant roughage. It is in beans, vegetables, fruits and whole grains. Fiber signals to your brain that you are full, is a great friend to your digestive system and is a key player in lowering cholesterol and weight management. One great way to add fiber is add ground flaxseed to your diet.

Skip fatty foods. I want you to significantly lower your meat intake and animal fat for now. That means dairy products as well. 2000 calories of vegetables will help you lose weight because it has no fat, is nutrient rich, and naturally boost metabolism. 2000 calories of processed foods or meat will cause you to store fat. Same number of calories but completely different effects on the body. The amount of fat in meat even “lean” meat is more fat then you are aware of. Just to give you an idea of how much fat is in animal products, here are some numbers for you to look at.

Animal products: In trans and saturated fat (bad fat)

- Atlantic salmon 40% fat, 0 grams of fiber (these are Omega’s, the lessor of the offenders)
- Lean beef, top sirloin 29% fat, 0 grams of fiber
- Chicken white meat, skinless 23% fat, 0 grams of fiber
- 1 boiled egg 61% fat, 0 grams of fiber
- Cheddar cheese 2 oz. 74% fat, 0 grams of fiber

Plant Products: There are traces of natural oils found in vegetables, beans, and fruits that are healthy fats.

- 1 med. Apple 3% fat, 4 grams of fiber
- ½ cup of navy beans 4% fat, 10 grams of fiber
- Broccoli 1 cup cooked 4% fat, 3 grams of fiber
- Lentils ½ cup cooked 3% fat, 8 grams of fiber
- Brown rice 1 cup cooked, 7 % fat, 4 grams of fiber

Animal fat and processed foods are the # 1 contributor to cardiovascular disease, high cholesterol, and type 2 diabetes.

Oats, beans, and barley help to lower cholesterol. The credit goes to the soluble fiber. Eating organic raw oats with organic honey and organic berries is a beautiful choice for breakfast.

Increase physical activity if possible. Make time for a fast-paced walk if you are physically able. Avoid alcohol, sugar, soda, artificial sweeteners, basically anything that comes in a box. Significantly reduce meat and dairy of any kind. If you have any questions, call or text me anytime.

Warmly,

Christen Kaplan CEO



The structure of this program is very specific. This program incorporates tools for nutrition, stress management, education, and tools that help you regain your confidence and control. Every tool is important and works hand in hand with each other to create a very successful program. If you eliminate one tool or try to customize the structure to suit you as the client, it will not have the same effectiveness and you are taking a risk of not getting the optimum results. This is NOT A DIET. This is an effective program that incorporates self-discipline and accountability with a nutritional program that focuses on nutritional foods as the main source of nutrients important for supporting your digestive track and other vital organs. This program has a strong educational foundation. Knowledge is power if you take advantage of the wisdom you can obtain through learning. This program does not just tell you what to do and expect you to just do what you are directed to do. You will be educated along the way, so you feel confident in the food choices you make not only now but in the future.

The structure of this program consists of:

- Assessments for physical, medical, emotional and mental fitness.
- Nutritional program
- Daily Journal entries
- Homework assignments
- Openness to learning meditation and the importance of meditation for stress management
- Task to help master your ability to take control of your schedule and eating program
- Accountability for open and consistent communication

Please note that your commitment to open communication and transparency is a very important factor in your success on this program.



Fruits/Berries

Berries offer potential protection against cancer, boost the immune system, guard the liver and brain, defend against cardiovascular disease, and provide maximum amounts of antioxidants. Berries provide 10x the amount of antioxidant power as than other fruits and vegetables and 50x more than animal-based foods.

Antioxidant power in units:

*Blackberries 650 units

*Blueberries 380 units

*Raspberries 350 units

Cranberries 330 units

Strawberries 310 units

Serving size ½ cup

Other fruit recommendations:

*Apples

*Avocados

Cantaloupe

Clementines

Dates

Dried figs

Grapefruit

Honeydew

Kiwi

*Lemons

Limes

Lychees

Mangos

Nectarines

*Oranges

Papaya

Passion Fruits

Peaches

Pears

Pomegranates

Prunes

Tangerines

Watermelon

Serving sizes: 1 medium size fruit, 1 cup cut up

1 cup cut up fruit

3 servings a day (preferably in the am)



Cruciferous Vegetables

Cruciferous Vegetables like broccoli can potentially prevent DNA damage and metastatic cancer spread, defend against pathogens and pollutants, help to prevent lymphoma, boost your liver detox enzymes and reduce the risk of prostate and breast cancers. The component responsible for these benefits is an anticancer agent call sulforaphane. Sulforaphane is also responsible for protecting your brain and eyesight, reduce nasal allergy inflammation, manage type 2 diabetes and was recently found to successfully help treat autism.

Cruciferous Vegetables:

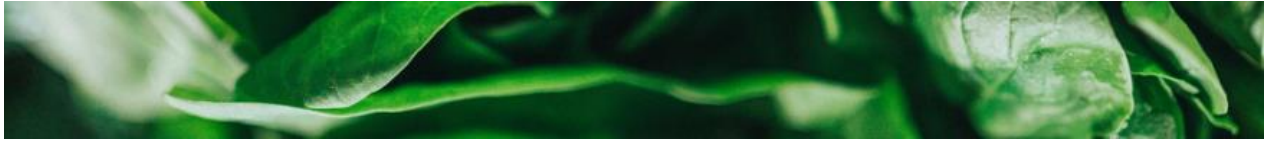
- Bok choy
- *Broccoli
- Brussels sprouts
- Cabbage
- *Cauliflower
- Collard greens
- Horseradish
- *Kale (black, green, and red)
- Mustard greens
- Radishes
- Turnip greens
- Watercress

Serving size:

½ cup chopped

¼ cup brussels or broccoli sprouts

(1-2 servings a day)



Greens

Dark leafy greens are by far the healthiest on the planet. As whole foods go they offer the most nutrition per calorie. Harvard University researchers associate greens to be the strongest protection against major chronic diseases including up to a 60% reduction in the risk of both heart attacks and strokes if eating 3 servings a day. Greens protect your DNA. Eating greens are especially important for those at risk for heart disease or type 2 diabetes.

Greens:

*Arugula

*Beet greens

Collard greens

*Kale (black, green, and red)

Mesclun mix (assorted young salad greens)

Mustard greens

Sorrel

*Spinach

*Swiss chard

Turnip greens

Serving size:

1 cup raw

½ cup cooked

(2-3 servings a day)



Other Vegetables

Artichokes
*Asparagus
*Beets
Bell peppers
Carrots
Corn
*Garlic
*Mushrooms
Okra
Onions
Purple potatoes
Pumpkin
Sea vegetables (arame, dulse, and nori)
Snap peas
Squash
*Sweet potatoes/yams
Tomatoes
Zucchini

Serving size

1 cup raw leafy vegetables
½ cup raw non- leafy vegetables
½ cup vegetable juice
¼ cup dries mushrooms
(2 servings per day)



Legumes

- *Black beans
 - Black-eyed peas
 - Butter beans
- *Chickpeas
 - English peas
 - Great northern beans
- *Kidney beans
- *Lentils
 - Miso
 - Navy beans
 - Pinto beans
- *Small red beans
- *Split peas

Beans are naturally low in saturated fat and sodium and free of cholesterol. Try to have at least one serving a day.

Serving Size:

¼ cup of hummus

½ cup of cooked beans

1 cup of peas or lentils

FLAXSEEDS (golden or brown)

One of the worlds oldest superfoods. Flaxseeds boost digestion, are high is soluble and insoluble fiber, assist with in weight loss, assist in detoxing and removing body waste, fights inflammation and heart disease, clears skin, helps with hyperlipidemia (when blood contains excessive amounts of fat), reduces cholesterol levels, are high in antioxidants, and helps prevent cancer.

Serving size:

One tablespoon once daily



Nuts and Seeds

Nuts makes for a quick delicious snack. The healthiest of these being the walnut. Walnuts are the highest in antioxidants and omega 3's. Walnuts, raw almonds, and pistachio nuts are 3 of the healthiest nuts out of all. Brazil nuts are known for lowering cholesterol by 20% if eaten once or twice a week.

Nuts and Seeds:

- *Almonds
- *Brazil nuts
- Chia seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pecans
- *Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- *Walnuts

Serving size: ¼ cup of nuts or seeds
One serving daily



Herbs and Spices

Allspice, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla.

Daily recommendation:

¼ teaspoon of turmeric, along with any other salt free herbs and spices you enjoy.



Whole Grains

Whole grains reduce the risk of heart disease, type 2 diabetes, obesity, and stroke. Focus on gluten free when possible and organic (more important). You can have 2 servings a day. That could be toast in the morning of Dave's bread. Then brown rice or quinoa. There are so many options today. Brown rice pasta is a great choice and taste fantastic. You won't always be able to get organic or gluten free but I would rather you at least get brown rice pasta when eating pasta. You can make some beautiful pasta meals that can be very healthy for you.

Whole Grains:

- Barley
- *Brown rice
- Buckwheat
- Millet
- Raw organic oats
- *Quinoa
- Rye
- *Brown rice pasta
- Whole grain pasta
- Organic wild rice

Dave's Bread: Green label is the only acceptable bread. It is organic and a true multi-grain bread.

There are 2 kinds with green labels. Both are good.

Serving Size:

- ½ cup hot oats
- 1 cup of cold cereal
- 1 slice of bread

Anything labeled on the front with words like "multigrain", "stone grain", "cracked wheat", or "seven grain" is usually NOT a whole grain product. My favorite is Dave's bread. It is not only organic, but you have so many healthy ingredients.



Beverages

Water is by far considered to be the healthiest beverage. All organs of your body and your brain NEED water. Other beverages contain water as well, but nothing takes the place of a refreshing glass of water. All other beverages should be second to water. GREEN TEA is also an excellent choice. Phytonutrients exclusive to the tea have been known to help reverse disease, assist in weight loss, reduce blood pressure, help prevent breast cancer, decrease the risk of type 2 diabetes, lower cholesterol, lower blood sugar, reduce body fat and protect the brain from cognitive decline and stroke. Moderate caffeine consumption in healthy adults is not only safe but has been found to increase energy and alertness. However, the consumption of energy drink can put you at risk for cardiovascular issues. Coffee is fine but not to replace healthier options. Go ORGANIC when possible.

Beverages

- *Almond milk
- Black tea
- Moringa tea
- Chamomile tea
- Coffee
- Earl grey tea
- *Green tea
- Hibiscus tea
- Jasmine tea
- Lemon balm tea
- Matcha tea
- Almond blossom oolong tea
- *Pea milk
- Peppermint tea
- Rooibos tea
- *WATER
- White tea

Serving recommendation:
100-120 oz. of water daily
3-5 servings of other listed beverages daily