



The Woodlands Institute
for Health & Wellness

First Step Dietary Cleanup

Instruction Booklet

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www.TWIHW.com

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A Letter from Dr. McManus

Since the inception of my Health & Wellness practice, I have emphasized seven pillars to optimal health:

- **Whole Food Diet and Hydration**
- **Establish and Maintain a Healthy Gut**
- **Avoid Toxins and Support Detoxification**
- Exercise and Movement
- Adequate and Restful Sleep
- Stress Management and Addressing Emotional Trauma or Distress
- Appropriate Nutritional Supplementation

You will notice the first three **bolded** pillars have a great deal to do with what you eat and drink. Over the years since opening The Woodlands Institute for Health and Wellness, I have observed that food choices are a major cause of ill health.

This booklet has been prepared to help you begin cleaning up your diet right away. This will aid in the healing process no matter what ails you. Please use this as a guideline until we recommend the next steps regarding addressing your gut health.

We appreciate your trust in TWIHW and your commitment to better health!

Sincerely,

A handwritten signature in black ink, appearing to read 'Mila McManus M.D.', with a long horizontal flourish extending to the right.

Mila McManus M.D.

P.S. If you are interested in three foundational books to help clean up the diet, here are three of our favorites. The first two are available in our office, the third at Amazon.com.

The Pantry Principle, by Mira Dessy, The Ingredient Guru (2013)

Highway to Health, 2nd Edition, By Mila McManus, MD (2019)

Whole 30, by Melissa Hartwig and Dallas Hartwig (2015)

Important Tips for Nutritional Success

Eat Variety - Broaden the variety of foods you eat to reduce the opportunity for food allergies or sensitivities, as well as to increase nutrients in your diet. Variety will prevent food boredom, increase your enjoyment of food, and expand the profile of nutrients you introduce into your body. This will support healing and good health. The fewer foods you eat, the more likely you will become nutritionally bankrupt and allergic to them. Eat locally grown foods through the seasons when available, buy different foods every week, and try new foods often.

Eat Real, Eat Clean - We recommend that you do your best to eat the cleanest, chemical free, untreated, unprocessed foods that you can. Think like a cave man. Consider what real whole food looks like in nature. This means that most of your food will be found around the periphery of the store in the produce department and meat department and/or in farmers' markets. The more man has handled and processed the food (*man*-ufacturing), the less likely it will offer good nutrition. Watch for chemical additives, damaged oils (e.g., any hydrogenated oils, cottonseed oil, canola oil), artificial sweeteners, and vitamins added back into the food after processing. These are signs that the food is highly processed. Eating plenty of vegetables, a moderate amount of protein from meat, eggs, and fish, and generous amounts of healthy fats from nuts, seeds, grass-fed ghee, avocado and undamaged, unprocessed oils will serve you well.

Remember that you are unique – the recommendations in this booklet are a guideline or a place to start. There is no one diet that is right for all people. What is healthy for one person may be harmful to another. We will encourage you to learn to listen to your body and adjust your diet to what optimizes your overall health, weight, and energy levels. The recommendations here may have to be adjusted based on sensitivity testing, and your experiences eating them. Be flexible and try new foods with curiosity.

Favorable Foods For a Healthy Life

Note: See brand recommendations in the Suggested Product List on pages 15-17.

1. Meats (see specific guidelines on page 8)
2. Vegetables (page 9)
3. Beans, Split Peas, and Lentils - canned, frozen, or dried
4. Grains – limit to ½ cup of rice or certified gluten free old fashioned oats per day
5. Fruit, fresh or unsweetened frozen (page10)
6. Whole Eggs (raw, cooked, hard boiled, deviled)
7. Goat or Sheep cheese – 1-ounce limit per serving, 2-3 serving limit per week¹
8. Nuts and seeds – Raw is preferred, or dry roasted, salted if desired.
9. Nut butters
10. Butter and Ghee, Grass-fed only, organic if possible²
11. Undamaged fats & oils for cooking (see page 8)
12. Avocados
13. Olives
14. Avocado oil based mayonnaise (see page15 for brand suggestions)
15. Herbs, Spices, Unprocessed Salt³, Pepper
16. Almond, Pecan, Walnut and Hazelnut Flours, Coconut flour, Garbanzo Bean Flour
17. Sweeteners (Stevia, Monk fruit/Lo Huan, Xylitol)⁴
18. Unsweetened Almond, Cashew, Pecan, Hazelnut, Macadamia, Coconut or Hemp⁵ milk and creamers, can be flavored
19. Perrier, La Croix, and similar unsweetened sparkling waters – plain and flavored
20. Coffee and tea, including herbals⁶
21. Zevia brand carbonated soft drinks
22. Bai beverages/waters

¹ If eaten excessively, **dairy products** work against the anti-inflammatory, non-congesting goals of our diet. If goat cheese is already a daily staple in your diet, we recommend avoidance for several weeks to identify allergies to it.

² We recommend an organic, **grass-fed ghee**. Ghee is made by removing the milk solids (casein and whey) and water, thus leaving the pure butter fat. It is an excellent fat for cooking. Because toxins are stored in the fat of animals and people, we recommend 100% grass-fed cow or goat ghee and organic sources.

³ Look for **Celtic** or **Himalayan Salts**, or **Redmond's Real Salt**, for example.

⁴ **Xylitol** is a natural laxative. Individual thresholds vary. The body produces xylitol daily and, therefore, has the enzymes to adjust to its use. If used regularly, bowel tolerance will develop. **Pets cannot metabolize it so keep it away from them!**

⁵ **Hemp** can cross react with allergies to weeds so for those with environmental allergies and sinus congestion, we recommend avoiding hemp milks, proteins, and seeds if you are struggling with allergies.

⁶ **Formaldehyde** is used in the decaffeination process. Naturally caffeine-free is recommended and decaffeinated by 'cold water processing or CO2 is recommended.

Foods to Avoid

1. Cow's Milk products (milk, ice cream, sour cream, whipping cream, cheese, yogurt, frozen yogurt, kefir, cottage cheese, half & half, eggnog)
2. Grains (corn, wheat, rye, millet, amaranth, spelt, kamut, couscous, tabbouleh, bulgur or barley in cereals, baked goods, flour, chips, soups, and used as coatings and batters)
3. Bread or Baked Goods (muffins, cookies, cakes, crackers, pita, biscuits, rolls, tortillas, wraps)
4. Pasta of any kind (use spaghetti squash, Palmini™, or spiralized vegetables instead)
5. Sugar (cane sugar, honey, maple syrup, molasses, maltodextrin, dextrose, maltose, sucrose, agave nectar, rice syrup, corn syrup)⁷
6. Artificial Sweeteners (NutraSweet, Sweet-n-Low, Equal, Splenda)⁸
7. Soft Drinks⁹
8. Fruit juices, fruit or yogurt smoothies, sports/electrolyte replacement drinks, tonic water.
9. Alcohol (beer, wine, liquor; most are fermented with yeast and 100 % on the glycemic index so it is processed internally as sugar)
10. Damaged oils, including shortening, margarine, butter spreads, hydrogenated, partially hydrogenated, or trans-fats. Soy, Corn, and Canola Oils are consistently genetically modified and should be avoided. Cottonseed oil is toxic and should be avoided in every case. (See page 8 for ideal recommendations).

⁷ Natural **sugar** cane or turbinado sugar is often used in uncured, nitrate free, deli meats as a preservative or added to some otherwise acceptable foods. **A safe rule of thumb is never consuming more than 4-6 grams of sugar in a single serving of any food.** This rule will assist you in purchasing V-8 juice, meats and marinara sauces. Be very cautious with sugar. Certainly do not add sugar to foods or drinks. If you are looking at a product that has sugar and one or more of anything on the list above, we recommend avoiding.

⁸ **Artificial sweeteners** are known carcinogens, and all have a cumulative neuro-toxic effect. Research indicates that they contribute to weight gain and obesity. Other names include Aspartame, Saccharin, Sucralose, Acesulfame K, Acesulfame potassium). **Splenda (a.k.a. Sucralose) is known to kill favorable gut bacteria.**

⁹ Regular **soft drinks** have sugar, and diet sodas have artificial sweeteners. Both have a large amount of phosphoric acid, which prevents absorption of calcium from your food and/or supplements. Caramel coloring is also now understood to be a carcinogen.

Expanded Favorable Food List (Grocery List)

Proteins

IDEAL	ACCEPTABLE	AVOID
Bacon – uncured pork, humanely raised, organic, antibiotic and hormone free	Bacon – uncured, pork, all natural	Bacon – pork, beef or turkey cured w/ nitrates/nitrites
Beef – 100 % grass-fed and finished	Beef – grain fed, All Natural	Fast Food beef products
Buffalo/Bison – all cuts	Beef – standard USDA grade ¹	Mechanically pressed meats
Canadian Bacon – uncured	Canadian Bacon – cured	Canned corned beef or Spam
Chicken or Duck – organic, dark, or light meat, including skin, pasture raised is optimal if available	Chicken – All Natural, dark, or light meat, including skin	Soy/Tofu meat replacement foods
Eggs – from pasture raised birds, eating grass & insects, white & yolk	Eggs – all others, white & yolks	Low Cholesterol egg products or egg whites in pourable cartons
Game Meats – wild boar, venison	Sausage – 100% meat, uncured	
Ham, uncured, no antibiotics or hormones	Ham, cured	Jerky – cured with nitrates and/or teriyaki, BBQ or honey flavors
Hot Dog -100% organic, grass-fed Beef or Turkey	Hot Dog- All Natural 100% beef or turkey	Hot Dogs –restaurant, fast food, most common brands
Lamb – All Natural, humanely raised	Lamb	
Pork – All Natural, humanely raised	Pork	Sausage – cured with nitrites or nitrates
Salmon – wild Pacific/Alaskan		Atlantic Salmon
Seafood – wild		Fish – farm raised
Turkey – All natural, dark, or light meat, including skin	Turkey Bacon, uncured	Shrimp from the Eastern hemisphere (Taiwan, Malaysia, Vietnam, etc.)
Veal – all cuts		Sushi

Fats -Undamaged, Healthy

IDEAL – Daily Options	ACCEPTABLE - Occasional	AVOID
Natural Animal Fat rendered from any wild or grass-fed meats i.e. beef tallow, pork, duck, and chicken fat.		Butter blends & spreads, margarine, vegetable oil, canola, corn, or soybean oil, or lard (labeled hydrogenated)
Ghee, organic, 100% grass-fed, cow or goat	Ghee, non-organic, grass-fed	Safflower or Sunflower oil, expeller pressed, Hi-Oleic
Butter, organic and grass-fed	Sesame Oil, occasionally	Butter, all others
Coconut oil, raw or pressed, and organic		Coconut oil, hydrogenated
Olive Oil, cold pressed, unfiltered, certified ² , small batch	Olive oil, cold pressed, certified, dark bottles, small batch ²	Olive oil, common brands, uncertified, lightened, large bottles
Raw Nuts ³	Dry Roasted Nuts	Nuts roasted in Cottonseed or any oil
Avocado	Goat/Sheep Cheese (1 oz., 2-3 x wk.)	Cottonseed oil
Olives		Crisco /Shortening
Mayonnaise, specific brands listed pg.24	Dry Roasted Seeds	
Coconut Yogurt	Pumpkin, Chia and Hemp Seed	Mayonnaise and Miracle Whip

¹ Standard cuts of USDA meat will all be grain finished and include antibiotics, hormones and will have been fed genetically modified, highly pesticided food stuffs. The fat contains toxins. This may be the only affordable option for some but IF you can do so, it is in the best interest of your health to start with at least all-natural meats stating no antibiotics and no hormones ever. Even better if organic and ideal if the animal ate its natural diet 100% of the time and was not fed grains, antibiotics, or hormones.

² Certifications to look for include COOC – California Olive Oil Council, EVA-Extra Virgin Alliance and 100% Qualita Italiana, by UNAPROL, the association of actual Italian olive growers. Best from U.S., Australia, or Chile.

³ Generally, all nuts and seeds are acceptable. Rotation of nuts is recommended. The least inflammatory, healthiest nuts in order are macadamia, cashew, hazelnut, pistachio, almond, pine nut, peanut. Walnuts, pecans, pumpkin seeds, and Brazil nuts are deep in nutrition but more inflammatory due to linoleic acid content. Use them less frequently.

Expanded Favorable Food List – (Grocery List)

Vegetables, fresh or frozen, ideal carbohydrates

IDEAL	IDEAL with caution**	AVOID
Alfalfa Sprouts	Acorn Squash	Corn
Artichoke	Beets	(If corn, then organic, Non GMO only, and infrequently)
Arugula	Black Beans*	Soy Beans, Soy, Edamame, Tofu
Asparagus	Black Eyed Peas*	
Bean Sprouts	Butternut Squash	
Beans, green, yellow, wax	Cannellini or White Beans*	
Bell Pepper, all colors	Carrots (cooked)	
Bok Choy	Chick Pea or Garbanzo Beans*	
Broccoli	Garbanzo Beans or Chick Pea*	
Brussels Sprouts	Kidney Beans*	
Cabbage	Lentils*	
Carrots (raw)	Lima Beans*	
Cauliflower	Peas – Split or English Green	
Celery	Peas – Purple Hulled	
Cucumber	Potato – Red, White, Purple	
Eggplant	Pinto Beans*	
Endive	Radishes	
Fennel	Sweet Potato	
Greens- Collard, Mustard, Turnip	Turnip	
Jicama	White Beans*	
Kale	Yam	
Lettuces (all types)	*Canned or Dry Beans	ORGANIC OR NOT?
Leeks	are acceptable. Can should read:	Go to EWG.org for a list of
Mushrooms	beans, salt.	<i>Clean</i> and <i>dirty</i> fruits and
Okra	**Caution: Most of these	vegetables to help you make
Onions	digest into moderate sugar	the safest choices.
Peas – Snow or Sugar Snap	levels however also have	Look for their cell phone app too!
Peppers – all varieties	considerable fiber content.	Buying Organic will reduce intake
Pumpkin	You may choose one of them	of pesticides and genetically
Scallion	at each meal as a	modified foods.
Spaghetti Squash	suitable replacement for pasta,	
Spinach	French fries, and corn,	
Swiss Chard	however, be sure to limit	
Tomato (fresh or canned)	portion to ½-1 cup maximum	
Yellow Crookneck Squash	and combine it with protein	
Zucchini	and fat.	

Grains - carbohydrates

IDEAL	ACCEPTABLE	AVOID	
None	Millet*	Amaranth	Freekeh
	Oats, whole, Organic, Gluten Free*	Barley	Rye
	Quinoa*	Buckwheat	Spelt
	Rice, Basmati, Organic*	Corn	Wheat
	*all grains are higher in carbs, lower	Couscous	
	in fiber. Minimize portion, add butter	Farro	

Expanded Favorable Food List (Grocery List)

Fruit, whole, fresh, or unsweetened frozen, carbohydrates

(0-2 servings per day, medium = tennis ball size)

IDEAL	ACCEPTABLE	LIMIT OR AVOID
Apricot (2 small)	Apple (1 small to medium)	Banana, brown spotted, overripe
Blackberries (1 cup)	Applesauce Unsweetened (1/2 cup)	Cranberries, Dried, Sweetened
Blueberries (1/2 cup)	Banana, small, not very ripe	Dates
Boysenberries (1 cup)	Cherries, raw, sweet (10)	Dried Fruits
Cantaloupe (1 cup cubed)	Honeydew Melon (1 cup cubed)	Figs
Cranberries, raw (1 cup)	Mango (1/2 cup cubed)	Fruit Juices
Grapefruit (1 small)	Nectarine (1 medium)	Grapes*
Guava (1/2 cup cubed)	Orange (1 small)	Plantains
Kiwi (2)	Papaya (1 cup, cubed)	Raisins
Kumquat (6 small)	Passion Fruit (1 medium)	Watermelon
Raspberries (1 cup)	Peach (1 medium)	*2-4 chopped grapes may be
Strawberries (1 cup, sliced)	Pineapple (3-4 bite sized chunks)	used in chicken or quinoa salad
Tangerine (1 medium)	Plum (1 medium)	with mayo or olive oil.

Other – Condiments, Seasonings, Sweeteners, Drinks

IDEAL	ACCEPTABLE	AVOID
WF Infused EVOO - Italian or Greek	A-1 Sauce/Steak Sauces	All other Salad Dressings
Primal Kitchen Salad Dressings	BBQ Sauce – choose lowest sugar	Ketchup – high sugar or fructose brands
Chosen Foods Salad Dressings	Worcestershire Sauce	
Elmhurst Nut Milks	Nut Milks – Unsweetened	Cow's Milk, All dairy products
Coconut Liquid Aminos (soy sauce alternative)	Bragg Liquid Aminos (organic, non-GMO, fermented soy sauce)	Soy Sauce (genetically modified)
Mustard – no food colors	Pickles (no food coloring)	Mayonnaise and Miracle Whip
Herbs & Spices, Sea Salt, Pepper	Pickles or relish – no food coloring	Anything with Monosodium Glutamate a.k.a. MSG
Mayonnaise, Avocado oil based	Pico de Gallo	Anything with Yeast Extract
Pickles, Bubbies Brand	Picante Sauce	Stevia w/Maltodextrin, or Dextrose
Pico de Gallo -Organic	Erythritol sweetener	Splenda (aka sucralose)
Picante Sauce – Organic	Xylitol sweetener	Equal (aka aspartame)
Cocoa Powder, Unsweetened	Coconut Sugar – minimal usage	NutraSweet (aka aspartame)
Vanilla Extract	Bai- Natural fruit flavored waters	Sweet n' Low (aka saccharin)
Stevia Extract	Perrier and similar sparkling waters	Sugar – All forms
Monk Fruit sweetener	Coffee – non-organic	Honey, Agave Nectar - Fructose
	Tea – non-organic	Powerade, Gatorade, Monster Drinks
Stevia with Erythritol	Broths – no yeast extract	Broths with Yeast Extract
Coffee, Organic	Zevia- Natural Soft Drink	Soft Drinks
Tea – Herbal -Organic	Club Soda	Sweet Alcoholic Beverages
Tea – Black, Green, White - Organic	Wine – Dry Reds and Whites	Beer
Water - filtered	Hard Liquor – Tequila, Vodka, Bourbon	Tonic Water

Staying on Target

One of the most important keys to eating is to avoid dramatic spikes in blood sugar. This occurs when too many carbohydrates/sugars are consumed in one sitting, especially in the absence of fat, fiber, and protein. For example, eating a bag of M&M's or a donut will dramatically spike blood sugar. Another example is a Peanut Butter and Jelly sandwich, a bag of chips, and a cookie. This is not a balanced meal.

Erratic and elevated blood sugar levels lead to disease and many symptoms. Brain fog, fatigue, pain, irritability, and weight gain are common symptoms of excessive carbohydrates in the diet. Cancer, gut and digestive issues, inflammation, dementia, obesity, and diabetes are just a few examples of diseases and health problems caused by too many carbohydrates/sugar. Excessive sugar in our diets also leads to carb cravings and frequent hunger.

The secret to healthy eating, satiation, and maintaining a healthy weight is to listen to your body and correctly balance protein, fat, and fiber, with smaller amounts of carbohydrate.

You will know that you are eating correctly and on target when:

- ❖ **you don't experience hunger between meals**
- ❖ **you don't have carbohydrate cravings**
- ❖ **your meals keep you satisfied for 4 or more hours**
- ❖ **your mental function is sharp and focused**
- ❖ **you have energy to perform your daily tasks**

If you are hungry 1 to 3 hours following a meal, you have eaten too many carbohydrates and inadequate fat, fiber, and protein in your previous meal. To get back on target, you will need to balance your next meal with more fat and smaller portions of the starchier foods such as potato, pasta, rice, sweet potato, breads, and other grains. Eat plenty of healthy, undamaged fat to provide important healing nutrients and to provide satiation. You will find your personal optimal target when your meals keep you full for 4 hours minimally, 6 hours optimally.

Breakfast Ideas

We understand that many of your favorite breakfast foods are not included in our recommendations, so we have offered some other tasty options. Choose several options and purchase necessary ingredients so you are ready to rotate them for variety and optimal nutrition.

- ❖ Protein Shake – We recommend specifically Paleo Meal protein powder in chocolate or vanilla, and Mitocore in strawberry or lemon. Both of these are available in our office. If you prefer other options, please consult with our staff nutritionist. Many protein powders are poor quality and found to have plastics, molds, and heavy metals. Add 8-16 ounces of water or unsweetened nut/seed milk, and a few ice cubes. Because these protein powders do not include fat, we recommend the addition of fat to ensure satiation, such as 1-3 teaspoons of chia seeds, a small handful of nuts, or nut butter, 1 tablespoon of melted coconut oil, and/or ½ to a whole avocado. Greens are also fine. Blend in a shaker or blender. You may also enjoy adding ½ cup of frozen berries or peaches.
- ❖ 1 to 3 eggs, any preparation and combined with vegetables of your choice. Favorites include onion, zucchini, spinach, black beans, tomato, and/or bell pepper. Top with green or red picante. A small amount of goat cheese could be added. Avocado slices on the side would be a nice addition, as would bacon or sausage. (For an egg free alternative, use leftover spaghetti squash).
- ❖ Nutrail KETO Nut Granola mixed with coconut based yogurt.
- ❖ BLT Breakfast -Wash and dry 3 large Romaine or Boston lettuce leaves. Spread some mayonnaise or hummus on them. Layer tomato, avocado and bacon or sausage links. Salt & pepper if desired. Roll outer leaf edges up around tomato, avocado and bacon and eat like a taco.
- ❖ TWIHW Health Reset Protocol Cookbook and our website [www.TWIHW.com.] provide many healthy options including muffins, breads, and pancakes that also freeze well.

Quick Snacks

- ❖ Scoop of Chicken, Tuna, Ham, or Egg Salad wrapped in a lettuce leaf.
- ❖ 3 Mary's Gone Crackers spread with peanut or almond butter or grass-fed ghee.
- ❖ Boiled egg with 5-6 olives or cherry tomatoes.
- ❖ Nut & Seed Bags – Combine your favorite nuts, seeds, and dried unsweetened coconut flakes for a trail mix. Add some Lily's dark chocolate baking chips if desired.
- ❖ Carrots, jicama, celery, or cucumber sticks dipped in hummus or herbed mayonnaise.

Lunchbox Solutions

Make lunch a *one and done* meal. At the beginning of each week, prepare 5 meals to be eaten for lunch throughout the week. Line up five containers with lids on the counter. Be sure all ingredients are fresh, clean, and dry. This will ensure that Friday's lunch is as fresh as Monday's. Fill the containers with one or more of the choices below:

- ❖ Tossed Salad with a variety of vegetables combined with spinach, baby kale, arugula, cabbage, broccoli slaw or romaine (Field greens get slick and spoil quickly). Add beans, nuts or seeds, and meat or chopped egg. Be sure all vegetables are dried after washing. This will prevent spoilage. Avocado can be chopped onto the salad at the last minute. Keep your dressing at work or in the lunch box in a 2-ounce container.
- ❖ Prepare chicken, tuna, pork, ham, or egg salad with mayonnaise or dressing of choice and desired vegetables, nuts, and seeds. Scoop onto a bed of Romaine, baby kale, arugula, or spinach leaves. Surround with cherry tomato, cucumber, broccoli, or sugar snap peas.
- ❖ Use leftover meats and vegetables from Friday, Saturday, and Sunday to save for lunches during the week. Package up immediately after dinner in daily servings/containers. Add nuts, seeds, ½ avocado, prepacked hummus or crackers/Beanitos™.

Dinner

- ❖ TWIHW Health Reset Protocol Cookbook has dozens of simple, easy to prepare recipes, and many are slow cooker friendly.
- ❖ Prepare several slow cooker meals and freeze some for the second, third and fourth week. Examples include Taco Soup, Chicken or Beef Vegetable Soup, Chili, and 10-Bean Soup.
- ❖ Make meatloaf or meatballs and double or triple the recipe. These freeze well. Toss sweet potato or acorn squash into the same oven you are baking the meatballs/meat loaf and steam fresh asparagus or snow peas.
- ❖ Cook only 3-4 nights a week, making leftovers each of those nights for the second night. Hot seared steak the first night, cold sliced steak on a salad the second night. Hot grilled shrimp the first night, grilled curried shrimp salad on a sliced tomato the second night. Grilled chicken the first night, chopped chicken in quinoa with veggies the second night. Make sweet potato or spaghetti squash as part of dinner and have some sweet potato or spaghetti squash for breakfast the next morning.
- ❖ Buy a ready to go rotisserie chicken, steam some peas and get salad in a bag.

Substitutions

Skip This	Try This Instead
Coffee Creamer, Half & Half	So Delicious Coconut Creamer (6 T max) Milkadamia Coffee Creamer Califia or Coffee Mate Natural Bliss plant based creamer Unsweetened Almond, Cashew or Coconut Milk Unsweetened Milkadamia (macadamia milk) Grass-fed butter and Coconut Oil or MCT oil
Chips and Crackers	Mary's Gone Crackers® – round cracker, any flavor Beanito™ Chips -plain styles only. Terra Root Vegetable Chips
Vegetable Oil, Canola Oil, Margarine	Organic, Pressed, Coconut Oil Extra Virgin Olive Oil (cold preparation) Organic or Grass-Fed Ghee or Butter Epic Provisions cooking fats -beef, pork, duck Avocado Oil (cold preparation)
Sugar, Artificial Sweeteners	Xylitol Stevia Monk Fruit a.k.a. Luo Han
Wheat flour	Almond, Walnut, Pecan, Hazelnut Flour for baked goods Garbanzo Bean Flour (excellent for dusting, breading, coating) Coconut Flour (good thickener) Certified GF Oat Flour – to start a roux or thicken
Soy Sauce	Bragg Liquid Aminos Coconut Liquid Aminos
Pasta	Quinoa Spaghetti Squash or Spiralized Squash Garbanzo Beans Cauliflower "potato" or "rice" Palmini Angel Hair Pasta made from Hearts of Palm Cappello's Almond Flour Lasagna Sheets Large Sweet Potato sliced thin for layering casserole Black Bean Fettuccine (Liviva brand, Trader Joe's and Amazon)
Artificial flavorings, FD & C Food Colorings	Natural, fresh, or dried Herbs & Spices Bragg Organic 24 Spice Sprinkle Italian Seasoning blend Sea Salt, Pepper, Garlic
Cool Whip	So Delicious Coco Whip (3 Tablespoons max) excellent in coffee, on top of fruit, or mixed with cocoa powder for mouse.

Suggested Product List

This is NOT an exhaustive list. There are other products that are healthy in the marketplace.

Meats and Eggs

100% Grass-Fed and Finished Beef or Buffalo/Bison
 Aidell's sausages
 Applegate Farms deli meats, hot dogs, bacons
 Central Market Uncured Thick Slice Bacon
 Fiorucci Brand salami, pepperoni, cured hams
 EPIC brand pork rinds, meat bars, and cooking fats
 The New Primal Uncured meat sticks (www.Thrivemarket.com)

Sauces, Salsa, Mayonnaise and Dressings

Bragg Liquid Aminos (substitute for soy sauce)
 Coconut Secrets Aminos (substitute for soy sauce)
 Chosen Foods Salad Dressings
 Primal Kitchen Salad Dressings
 Chef Hak's Salad Dressings (HEB refrigerated in produce)
 Fermented vegetables such as Bubbies brand Dill Pickles and Dill Relish, or kimchi (found in refrigerated sections of grocery store in glass or pouches, never canned)
 Primal Kitchen Mayo (www.Thrivemarket.com), Whole Foods)
 Sir Kensington's Avocado Oil Mayonnaise
 Sir Kensington's Classic Vegan – **egg free mayonnaise**, Whole Foods and Walmart
 Chosen Foods Regular or Vegan Mayo -**egg free mayonnaise**, non-refrigerated
 Marinara Sauces – look for no added sugar, no more than 4-6 grams of sugar per serving.

Canned Foods and Broths

Kitchen Basics Organic Broths (watch other brands - avoid *yeast extract*)
 Canned beans or tomato products, salt and/or citric/ascorbic acid is fine.
 HEB All-Natural canned chicken
 Wild canned salmon (Wild Planet brand)
 Skipjack Tuna – (Wild Planet, Santa Catarina, Whole Foods Brands)
 Bone Broth: EPIC, Kettle & Fire, Bonified Provisions, Trader Joe's, or Bare Bones

Nut Butters

Laura Scudder's Old Fashioned, natural smooth or nutty peanut butter
 Barney Butter Almond Butter, smooth or crunchy
 Nut n' Butter, Organic peanut butter

Snacks

Beanitos™ Black Bean, White Bean Restaurant Style or Pinto Bean chips, plain only, 15/day
 Simply Nature Black Bean Chips (Aldi's brand) 15/day
 Mary's Gone Crackers® found in Gluten Free Food section, 8/day,
 Snow White Salted Pumpkin Seeds (Bigs or David's, or bulk section most grocers)
 Nutrail KETO Nut Granola's, Walmart or www.nutrail.com
 Lily's Dark Chocolate Chips, baking aisle

Oils – Expeller Pressed, Cold Pressed, Organic when possible

Tropical Traditions Coconut Oil (does not taste like coconut), www.tropicaltraditions.com
 Spectrum Expeller Pressed Coconut Oil (refined, does not taste/smell like coconut)
 Central Market Raw Organic Coconut Oil (unrefined, will have a light coconut taste/texture)
 100% Grass-fed Ghee (Organic Valley, 4th & Heart) – Usually found on oil aisle in jars.
 Olive Oil -Madhava, Primal Kitchen, Cobram Estate, California Olive Ranch
 Grass-fed butter –Organic Valley Pasture, Vital Farms, or Kerrygold

Drinks – Soda, Hydrators, Coffee, Tea

Unsweetened Almond, Coconut, Pecan, Hazelnut, Macadamia, or Cashew milks. Original, Vanilla and Chocolate flavors, or blended.
 Malk brand nut milks, organic, no gums, available in almond, cashew, and pecan. Available at some Kroger, Whole Foods and Sprouts stores
 1925 Elmhurst brand nut milks - (On-line – avoid oat milk)
 So Delicious Coconut Milk Creamer – plain only
 Zevia soft drinks
 All Herbal Teas – Celestial Seasonings, The Tea Spot, Numi, Republic of Tea, HEB Organic
 Perrier and Topo Chico sparkling waters
 Altura Decaf Coffee
 NUUN electrolyte hydrator (available on line and in health stores)
 HEB brand Stride Hydration waters
 Water with a pinch of unprocessed salt (excellent hydrator)
 Owyn non-dairy protein shake as a meal replacement or snack

Flours, Tortillas, Grains, and Pasta Substitute

Ancient Harvest Quinoa –White, Blended or Inca Red (whole seed only)
 Tru Roots Quinoa or Sprouted Lentils
 Siete Almond, or Cassava Flour Grain Free Tortillas, available at Whole Foods
 Bob’s Red Mill Stone Ground Garbanzo Bean Flour
 Bob’s Red Mill Almond Meal or Hazelnut Flour
 Palmini Hearts of Palm Angel Hair “pasta” (Walmart, Kroger)
 Liviva Fettuccine Organic Black Bean Pasta (Trader Joe’s, Amazon)

Seasoning

Central Market Organic Seasonings	Ms. Dash - All flavors
Tony Chacherie’s Seasonings	All Herbs & Spices
Celtic or Himalayan Sea Salt	McCormick Organic Herbs
Redmond’s Real Salt	Bragg Organic 24 Spice Sprinkle

Protein Powders & Bars

Paleo Meal or Mitocore Protein powders (available at TWIHW)
 Mercola Vegan Protein, Sweet Cinnamon, Vanilla, and Chocolate (www.mercola.com)
 Raw Crunch Bars, 5 flavors, available at TWIHW
 Aloha Bars – Organic plant based protein bars, Kroger, and Trader Joe’s
 Bulletproof Collagen Bars
 Zing Keto Bars

Sweeteners, Gum, Mints - (available at TWIHW, on line, health food stores and HEB)

Stevita Stevia, all products

Sweetleaf Stevia – liquid or packets

XyloSweet xylitol

Monk Fruit – single ingredient, pure, on-line

Spry Gum and Mints

Glee Gum

Ice Chip mints and candies

Resources On-Line

www.Thrivemarket.com

www.vitacost.com

www.Butcherbox.com

www.azurestandard.com

www.Eatwild.com

How to Eat

Basic tips:

1. Eat Protein, a Fat, and a Carbohydrate every time you eat.

Category	Example
Proteins	Meats, Fish, Eggs, Protein shake
Carbohydrates	Vegetables, Quinoa, Oats (recipes only), Fruit
Fats	Expeller Pressed Oils, Grass-fed Ghee, Olives, Avocado, Nuts, Nut Butters. Chia Seed: also, fat rendered from wild or grass-fed cuts of meat

Some foods are mostly one category but have a notable amount of another category in them. These combo foods make it easier to plan and balance what you eat:

Category Combo	Example
Fat/Protein	Dark Meat Poultry, Ground Beef, Eggs, Goat Cheese
Carbohydrate/Protein	Beans, Lentils, Quinoa, Peas, Spinach
Fat/Carbohydrate	Avocado, Olives
Fat/Protein/Carbohydrate	Hummus, Chia Seeds, Nuts, Nut Butters, Pumpkin Seeds

2. **Drink plenty of water.** Take your weight divided by 2 to determine the number of ounces of water your body needs every day (140 lbs. ÷ 2 = 70 ounces of water). This is important for flushing out toxins, mitigating die off symptoms, feeling full, increasing metabolism, and supporting cellular health. **Do not drink more than 4 ounces during meals as this dilutes your stomach acid and can impede your digestive process. This can lead to symptoms of indigestion.**

Guide to Reading Product Labels

General Note

In broad terms, we recommend you make the vast majority of all food come from the perimeter of the grocery store, meaning fresh vegetables, fruits, nuts, seeds, meat, seafood, and eggs.

If you are going to buy anything in a package, look for products made by natural food companies who have come about in the interest of your good health and normally state so on packaging or websites. Generally, packaging will offer a great deal of information describing what they will do or won't do to their food to protect your health. Often how the food is extracted, prepared, or treated will be described.

Alternatively, big food industry will use excellent marketing and packaging ploys and a few key words (Pure, Heart Healthy, Natural, Sugar Free, No Sugar Added) on the front of the package to get your attention. In most stores, these products will be front and center (vendors pay for that premium space!). When you closely examine the ingredient list and the nutrition information, you will be left with many questions as to the real quality of the product. It is what is *not* said that should concern you.

Ingredient List and Packaging Labels:

- ❖ Ingredients are listed in descending order, based on the amount/volume used. Example: If there is more salt than pepper in a product, salt will be listed before pepper. If there are only two ingredients, the first one will be at least 51% or more of the contents.
- ❖ Some uncured deli meats will have harmless amounts of sugar in them as a preservative, so in these cases, it is acceptable, provided your serving does not exceed 4 grams of sugar.
- ❖ Some Red Flag words include monosodium glutamate, cottonseed oil, hydrogenated, fractionated, isolated, sodium nitrite/nitrate, maltodextrin, high fructose corn syrup, words you cannot pronounce, or ingredients about which you do not know the purpose of their inclusion. Initials like BHA, TBHQ and colors with numbers like Yellow #6 are also red flags for toxic and harmful additives.
- ❖ "All Natural" and "Pure" are general marketing words but have no ingredient requirements behind them, except for the meat industry where the words "All Natural" on the label means there are no added hormones or antibiotics.
- ❖ MSG can be hidden in the word "natural flavors" so look for packaging that says, *No MSG*.
- ❖ At this point, there are no requirements to label foods as genetically modified. It is helpful and healthful to purchase foods that are marked: Non-GMO Project Verified, USDA Organic, and when looking at meat, 100% Grass-Fed and Finished. (Remember every cow has eaten grass in its lifetime so simply "grass-fed" may not be enough). Certified Gluten Free are also helpful words.



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