



# *The Ideal Diet*

## **IDEAL DIET**

1. Whole
2. Natural
3. Pure
4. Varied

## **EXCLUSIONS**

1. White Flour
2. White Sugar
3. Processed Foods
4. Additives and Preservatives
5. Fried Foods
6. Fast Foods

**TO INSURE THAT YOU ARE GETTING A PROPER BALANCE OF NUTRIENTS, YOU MUST EAT A WIDE VARIETY OF WHOLESOME, FRESH FOODS ALONG WITH YOUR NUTRITIONAL PROGRAM - EAT AT HOME TO STAY WELL!**

## **BASIC DAILY MENU**

(Always follow the Food Combining Chart and Remember, this is an example of a recommended menu only!)

**Breakfast - Have 1 egg either soft or hard boiled or 1 cup of cooked or cold cereal or 1 slice of toast. (Never Skip This Meal!)**

**Lunch - Always have a salad with raw beets, carrots, tomatoes, parsley, lettuce, sprouts and celery. This meal should include a slice of bread and another starch such as a potato or rice. Otherwise have a protein such as tuna fish or chicken.**

**Dinner - Always have a salad with raw beets, carrots, tomatoes, parsley, lettuce, sprouts and celery. This meal should include a slice of bread and another starch such as a potato dinner or rice or other starch. Otherwise have a protein such as tuna, chicken, tofu or other protein. (A good example would be a dinner salad, steamed vegetables and a protein or a starch.)**

## **PRIMARY FOOD GROUPINGS OF A HEALTHY DIET**

### **Vegetable**

**Rule of Thumb: The darker the color the more nutritious. Some exceptions would be cauliflower. Always preserve the nutrients in your vegetables by:**

1. Eat them raw as much as possible by grating, slicing and dicing them.
2. Steam them.
3. Bake them.
4. If you're not hungry but just want something, you can substitute a vegetable drink made by juicing your own vegetables at lunch or dinner as long as there is variety in the drink. (Example would be V8)

### **Fruit**

**Rule of Thumb: When possible, buy organic, unwaxed and undyed fruits. Do the best and:**

1. Buy fresh fruits while they're in season only. Don't buy green fruit. Fruit does not ripen once it's picked off the vine, it only softens.
2. Buy unsulfured, unsweetened dried fruits such as prunes, apricots, apples, dates, etc. and soak them overnight in luke warm water before eating them to stimulate the enzymes so they are easier to digest. (Avoid eating them straight out of the bag!)
3. Buy vine ripened citrus fruit. Green citrus fruit is unhealthy.

## **Milk and Dairy Products**

**Rule of Thumb:** If dairy products are tolerated, purchase:

1. Raw unsalted goat's milk and unsalted rennetless goat cheese.
2. Raw cow milk, buttermilk and cream.
3. Yogurt and kefir with active cultures.
4. Raw cottage cheese.
5. Raw, unsalted butter.
6. Raw, rennetless milk cheeses.
7. Soy milk, soy cheeses.

## **Meat, Poultry, Fish, Eggs and Other Proteins**

**Rule of Thumb:** Purchase only those raised on the free range without antibiotics and hormones. If you prefer to consume these products, do the following:

1. Eat red meat sparingly (beef, lamb, venison).
2. Avoid pork and pork sausages.
3. Avoid raw sushi.
4. When possible, purchase organically raised meats, poultry and eggs.
5. Purchase the freshest fish possible.
6. Use tofu, eggplant and beans as meat substitutes.

## **Seeds, Nuts, Whole Grains and Legumes**

**Rule of Thumb:** Use pasta sparingly. Avoid eating seeds or nuts out of the bag. Use whole wheat only if tolerated by those individuals without respiratory or Candida difficulties.

1. Eat sunflower, unhulled sesame, pumpkin seeds, etc. Sprouted mung, alfalfa, chia, etc. Soak them overnight in water and blend in blender to make a nut butter to stimulate the enzymes so they are easier to digest. (Avoid eating them straight out of the bag!)
2. Eat almonds, walnuts, peanuts, pine nuts, cashews, pecans, etc. Soak them overnight in water and blend in blender to make a nut butter to stimulate the enzymes so they are easier to digest. (Avoid eating them straight out of the bag!)
3. Purchase whole wheat, oats, millet, buckwheat, brown rice, whole cornmeal, rye and quinoa grains.
4. Purchase whole grain products such as whole grain pastas, crackers, breads and desserts. The healthiest store bought pasta would contain beet, spinach and durum wheat flours.
5. Purchase soy, kidney, black, pinto, navy, lima, lentil and split pea beans. Soak them overnight in water before cooking to stimulate the enzymes so they are easier to digest.

## **Cold-Pressed Vegetable Oil**

The only oil that is recommended is Virgin Olive Oil. This is because it is the only cold or heat processed oil that is not processed with the chemical Hexane.

## **Sweetening**

**Rule of Thumb:** Most average people cannot tolerate any sweetening on foods as this can cause intestinal gas as well as slow down the digestion process. It is also contrary to proper food combining. If your body can tolerate some sweetening, purchase:

1. Raw Honey.
2. Barley Malt.
3. Date Sugar.
4. Real Maple Syrup.
5. Sweet herbs such as Stevia, Cinnamon, Nutmeg and Ginger.

## **Seasoning**

**Rule of Thumb:** Stay away from Black Pepper as much as possible as this can irritate the stomach lining. White table salt contains both sodium chloride (chlorinated salt crystals) as well as sugar and is not advised. If your body can tolerate some seasoning, purchase:

1. Garlic (fresh or powdered).
2. Herbs such as onion, basil, oregano, dill, parsley, cayenne/capsicum (red pepper), kelp (has a salty taste), rosemary, etc.

## **Beverages, Desserts**

**Rule of Thumb: Use only if it is tolerated.**

- 1. Nut Milk/Protein Shakes using milk, seeds, cashews or almonds. Soak the seeds and/or nuts overnight to stimulate the enzymes and soften them. Blend them in a blender and add spices and flavorings.**
- 2. Fruit Shakes and Natural Ice Cream using cut up and frozen fruit. Use water or milk in blender and blend to the desired consistency.**
- 3. Purchase only unsulfured organic wines. You can tell if they have been treated with sulfites because the label will read "contains sulfites" and the bottle won't usually have a wooden cork. Do not purchase bottles with plastic corks.**