

Energy for Life Nutritional Program

Creating your personalized Energy for Life meal plan will become the cornerstone of your future health and wellness

Food

If you eat healthy foods, your health will improve exponentially. Healthy foods fulfill the following five criteria:

1. Non-toxic
2. Supports a healthy biome (gut bacteria)
3. Does NOT create inflammation
4. Easy to digest
5. Packed with healthy macronutrients

Over the course of this program, you will discover which foods are healthy for you, and which foods are not. If a large portion of your current diet turns out to be unhealthy, it is ok to feel a bit overwhelmed. This is normal. Be patient with yourself and ask for support when you need it.

There is no one perfect diet for all people. What is good for some, may not be right for you. It is up to you to discover your *Energy for Life Nutrition Plan*. As you learn to listen to your body, you will feel incredibly empowered. Your health will become far less mysterious as you gain insight and confidence in your food and nutritional choices.

Happy foods:

This is a list of foods that are “most likely” to fulfill the five healthy food criteria for you. There could still be foods on this list that create digestive distress or reactions, but often these reactions will improve as you heal your gut. Always test something that you suspect could be causing a problem.

Sad Foods:

The sad food list is hardly food at all. I prefer the term, “food like substances”, meaning you can ingest them, but they have no nutritional value. These foods are the result of processing and modern “food science”. They are the cause of most of our suffering and illness in the modern world. The more of these you can eliminate totally from your life, the healthier you will become. Begin your program by removing the Sad Foods from your diet.

Test:

This list is the longest. We must take the time to discover how our body and digestive system reacts to the huge selection of foods that are available in the modern world. To create a food “test”, we must first remove enough inflammatory foods and toxic food substances to eliminate our current symptoms. You must be symptom free to test a food. Reducing symptoms and healing the gut can take time, so be patient and stay the course.

Color Code

FODMAP Foods: FODMAPs are a group of fermentable carbs that can aggravate gut symptoms in sensitive people. They are found in a wide range of foods. FODMAP stands for: **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides **A**nd **P**olyols.



Lectin Containing Foods: Lectins are specific proteins created by a plant to protect its seeds from being eaten. Consuming plant Lectins can cause mild to severe inflammation, immune suppression, leaky gut syndrome, and onset of auto immune conditions.



Happy Food List

OILS

Olive oil

Avocado oil

Red palm oil

Beverages

Water

Salt

Original Himalayan Crystal Salt

OLIVES

Olives are a wonderful source of healthy fat, a healthy snack, and a good addition to any meal or salad.

VINEGARS


All naturally fermented vinegars. (One exception is *balsamic vinegar* which needs to be tested)


HERBS AND SEASONINGS

ALL green leaf and savory herbs: (When you are testing your sensitivity to Nightshades, be sure to remove all seasoning made with peppers, such as red pepper flakes, paprika, chili powder, curry, etc.)

VEGETABLES

The very important Cruciferous family

Broccoli 

Brussels sprouts 

Cauliflower

Bok choy

Napa cabbage

Chinese cabbage

Swiss chard

Arugula

Watercress

Collard Greens

Kale

Cabbage (Red & Green)

Kohlrabi

Maca

Mizuna

Mustard Greens

Radish

Rutabaga

Turnip


Watercress

Other fabulous veggies

Celery 

Ginger

Leeks

Onions 

Chives

Scallions

Asparagus 

Chicory

Carrots

Carrot greens

Artichokes 

Chard/ Swiss Chard

Daikon radishes

Beets 

Hearts of palm

Cilantro

Okra

Garlic 

Fennel

Parsley

Basil

Mint

Seaweed

Sea vegetables

Mushrooms

Leafy greens (such as, but not limited to)

Radicchio

Romaine

Arugula

Red and green leaf lettuce

Spinach

Endive

Dandelion greens

Butter lettuce


Escarole

Mustard greens

Microgreens

Naturally Fermented Veggies:

Fermented vegetables exist in a category of their own. They are not only highly nutrition but also contain naturally occurring pro-biotics (the good bacteria). For many people these are an acquired taste. If you do not like them now, that is ok. As your body changes and you consume more cooked and raw veggies you will be surprised how quickly your tastes for foods will change. Any vegetable can be fermented, but the most common are:

Cabbage (sauerkraut) 


Carrots

Beets 

Ginger

Radish

Cucumbers (pickles)

Kimchi (a mixture of fermented vegetables and hot peppers) 

There is a big difference between fermented and “pickled”. Pickled vegetables are cooked in vinegar and sugar. These are not healthy. Real fermented vegetables are raw, have no sugar added, and need to be refrigerated. The only ingredients should be water, salt and vegetables.

Resistant Starch Veggies

Cassava

Sweet potatoes

Yams

Rutabaga

Parsnips

Yucca

Celery root

Persimmon

Jicama

Taro roots

Turnips

FLOURS

Root and Plant Flours:

Cassava
Green Banana
Sweet potato
Arrowroot

Happy FRUITS

Avocado
Raspberries, blackberries, blueberries and similar wild berries
(strawberries are in the test category because they are a common allergen)

MEAT (Grass fed and grass finished ONLY)

Bison
Wild game
Venison
Boar
Elk
Pork
Lamb
Beef
Prosciutto

PASTURED POULTRY (not farm raised or free-range)

Chicken
Turkey
Duck
Goose
Quail
Pheasant
Dove

Test Food List



OILS

Macadamia oil
MCT oil (from coconut)
Coconut oil
Walnut oil
Sunflower seed oil
Perilla seed oil
Sesame seed oil

Cooking fats made from 100% Grass fed animals

Duck fat
Butter & Ghee
Tallow (beef fat)
Lard (pork fat)

Beverages

Green teas (unsweetened)
Herbal teas (unsweetened) 
Black teas (unsweetened)
Coffee (black, unsweetened)
Wine (organic and naturally fermented)
Carbonated water
Coconut water 

VINEGARS

Balsamic vinegar 

Eggs

Pastured or omega 3 eggs from any of the above birds: Eggs are an amazing source of healthy nutrients, proteins and fats. However, if the bird was fed soy or grains, the inflammatory lectins will concentrate in the eggs. The terms “Free-Range” or “Farm-Raised” do not mean a thing. These birds are still fed mostly a corn and soy diet. “Organic free-range eggs” are no better. This simply means the birds are fed organic corn and soy. There is the same amount of lectins in organic corn or soy as there is in non-organic. Look for the words “Pastured” or “Omega-3” when shopping for eggs. Birds need to consume high amounts of seeds and bugs (there natural food source) in order for the omega-3 content to increase in the eggs.

FISH & Seafood

Any wild caught salt or freshwater fish (limit the amount of larger fish such as Tuna, Swordfish, and Grouper etc., due to heavy metal contamination) Seafood is generally a happy food group for most people, however, because of the growing number of people who are allergic to seafood it must be tested.

Salmon (wild caught only – fresh or canned)

Wild caught white fish (trout, walleye, perch, etc.)

Alaskan halibut

Shrimp

Crab

Lobster

Scallops

Calamari/squid

Oysters

Mussels

Sardines

Anchovies

Clams

Nightshades

Nightshades are a family of vegetables and fruits that can trigger massive inflammation in some people. This inflammation can be hard to track, coming and going, which makes it hard to relate to a particular food.

Examples of nightshade inflammation include: gout, digestive inflammation, random joint pains, random headaches, brain fog, swelling of the ankles and general edema as well as autoimmune symptoms. Here are the most common nightshades:

Potatoes

Tomatoes

Most hot peppers (chili, red pepper, jalapeno, cayenne, etc.)

Bell peppers

Egg plant

Tobacco (smoking is extremely bad for those who are sensitive to nightshades)

Resistant Starch Fruits

These four “fruits” can be eaten in moderation as long as they are green. Before they ripen, these fruits consist almost entirely of resistant starches and zero fructose. Resistant starches are an excellent food for our gut microbiome. As long as they are eaten “green”, these fruits will not contain sugars. As soon as they begin to ripen, the resistant starches change into fructose. In other words, if it tastes sweet, you waited too long.

Green papaya

Green plantains

Green bananas


Green mango

Lemons and Limes:

Lemons and Limes are in a category of their own. Because they are citrus, they land in the “test” category. A small percentage of people have allergic reactions to citrus. If you suspect you have this, please remove all fruit and citrus and then test it. Otherwise lemons and limes are a staple in a healthy diet and can be used in many ways.

Fruit

There are many varieties of citrus fruit found around the world. But lemons, limes, grapefruit, and oranges are the most common. Lemons and Limes are incredibly low in sugar and are rarely infected with molds or fungus. Grapefruit and oranges contain more sugar and can contain more mold and fungus. Most fruits create digestive stress and dysbiosis, especially when eaten in the late fall and winter months. All tropical fruit should be eliminated from your diet for a minimum of 3 months before you add them back in. The following fruits can be consumed sparingly during the parts of your program that allow fruit.

Grapefruit 

Apples

Peaches

Pears

Plums

Nectarines

Cherries

DARK CHOCOLATE

60% or greater

DAIRY PRODUCTS: High FODMAP

A2 Milk

Soft unaged cheeses

Kefir

Cream

Cottage cheese

Plain unsweetened yogurt

Ricotta

Sour cream

Buffalo mozzarella and cheese

Sheep and goat milk

Sheep and goat cheese

Cream cheese

DAIRY PRODUCTS: Low FODMAP

Ghee

Butter

Hard aged cheeses

Aged soft cheese: Brie, triple cream, camembert etc.

Beans ■

All legumes ■

Sugar snap peas

Green beans

Chickpeas (hummus) ■

Bean sprouts

All lentils ■

Snow peas ■

Tofu

It is important to understand that ALL beans are high in plant Lectins since they are “plant babies”. Lectins are chemicals the plants create and place in their seeds to sabotage the digestive system of animals who may come along and eat them. The nutrients in the plants seeds are put there to ensure that the seed has enough energy to grow into a new plant. Saying that plant seeds have energy, therefore they are ok to eat, is kind of like saying, gasoline creates energy in a car, so we should drink it.

People throughout the ages have eaten beans and seeds as a source of energy and if you have the right genes and a healthy digestive system you will be able to extract the plant energy with minimal damage to your gut. However, most people consuming beans and seeds today have lost the ability to deactivate the plant Lectins, resulting a chronic digestive system inflammation and damage. Everyone should eliminate ALL beans from their diet for a minimum of 30 days to discover the benefit of reduced plant Lectins. Different beans have different types and quantities of plant Lectins. You will have to discover for yourself which beans you can eat and which ones you cannot.

Fruits “pretending” to be vegetables ■

If it has seeds in it, then it is a fruit. The lack of sugary sweetness in some of these fruits does not disqualify them as a fruit. Fruits are typically high in Lectins, especially the seeds, which is why many cultures remove the seeds from peppers or tomatoes before cooking them.

Tomatoes

Peas

Cucumbers

Zucchini

Pumpkins

Squashes

Melons


Eggplant

Bell Peppers


Hot Peppers

Anything with a seed

NUTS AND SEEDS

Macadamia
Walnuts
Pecans
Coconut 
Chestnuts

Flaxseeds
Hemp seeds
Sesame Seeds
Hemp protein powder
Psyllium

Pine nuts
Almonds 
Brazil nuts
Hazelnuts
Pumpkin Seed

Sugar from nature


Cane Sugar
Agave
Honey
Maple Syrup
Figs

Alcohol Sugars


Xylitol
Erythritol
Mannitol
Maltitol
Sorbitol

Grains and Grasses


Amaranth 

Wheat and wheat flour 

Kamut


Oats 

Millet

Quinoa 

Cous Cous

Rye 

Bulgur 

Brown Rice

Barley 

Kashi

Spelt

Wheat grass

Barley grass

Buckwheat

Wild Rice

Grains (low Lectin options)

White Rice

Sprouted Grains (are low in FODMAPs and Lectins but still contain small amounts)

Sprouted grain cereal products (ex. Ezekiel 4:9 breakfast cereal made by Food For Life)

A NOTE ON BROWN RICE:

Brown rice is much harder to digest because the hull (which makes it brown) contains the plant lectins designed to irritate the digestive system of animals that may wish to eat it.

Sad Food List

An Important note on microwave ovens:

ANYTHING THAT HAS BEEN HEATED IN A MICROWAVE OVEN BECOMES "SAD"! (THAT INCLUDES WATER)

This is especially important to understand as you begin to create your energy for life food plan. ANY food or liquid that is heated in a microwave instantly becomes a SAD food. The microwave radiation far exceeds the energy capacity of the molecules in your food and changes the nutritional content of your foods. This can create extreme nutritional deficiencies, allergy reactions to otherwise healthy foods, digestive distress, and immune system stress. During your program, please stop using your microwave.

The Saddest of the Sad: Corn & Soy

There is no other way to say it, corn and soy are responsible for much of our modern food problems. If you wish to live a healthy life it is imperative that you remove as much corn and soy from your diet as possible.

To remove corn and soy from your diet means eliminating everything that contains both corn or soy, as well as the processed chemicals made from corn and soy. These foods are processed junk and removing them from your life should be your first task in becoming a healthier you.

Soy

Soy is rather easy to spot on a label. It is usually in the name:

- Soy Protein
- Soy Isolates
- Soybean Oil

SOY LECITHIN: AN IMPORTANT EXCEPTION

Soy lecithin is the one soy product that is safe to consume if it is organic and non-GMO.

Lecithin is made from either soy or sunflower seeds. It is a phospholipid emulsifier that is used to keep fats from separating (Makes the food smoother).

Lecithin is in EVERYTHING processed. If you try to remove it, you will not be able to buy ANYTHING. It is also important to note that it is good for you, since it is high in choline, an important phospholipid that is necessary to create and repair cell membranes and neurotransmitters.

Lecithin from sunflower seeds:

The highest quality lecithin comes from sunflower seeds. This is preferred over soy lecithin if you have a choice. But to be clear, if the product is organic, or non-GMO, it is ok to consume lecithin sourced from both soy and sunflower seeds.

A few other exceptions for soy:

In the “test” list you will find a few fermented soy products. These products are ok in small amount if they are organic and if you have found that you do not react to the soy lectins in them. The process of fermentation breaks down the lectins, making the product far more digestible than unfermented soy. Most soy consumed in Asian countries is fermented for this reason.

- Soy Sauce
- Tofu
- Miso

Corn

Corn is a food chemist’s best friend. You can do just about anything you want with it. It is like the Lego blocks of the food chemical industry. Approximately 75% of the packaged food items in grocery stores contain corn products.

The following is a list of products made from corn:

- Cornstarch
- Corn Syrup
- High Fructose Corn Syrup
- Fructose
- Crystalline Fructose
- Dextrose
- Maltodextrins
- Iodized Salt: most uses dextrose as the non-caking agent
- Cheap Honey: as much as 80% of honey sold in grocery stores could have corn syrup mixed into it
- Glucose
- Malt, Malt Syrup or Malt Extract
- MSG
- Vegetable Oil
- Xanthan Gum
- White Distilled Vinegar

Genetically Modified Organisms (GMOs)

If you are not willing to eliminate GMO foods from your diet, it will be extremely difficult for you to achieve a strong balanced immune response. Eliminating GMOs should be on the top of your TO DO list.

Most common GMO foods and products:

- Soy
- Corn
- Canola Oil
- Cotton and Cotton Seed Oil
- Sugar (table sugar made from corn or sugar beets)
- Zucchini
- Yellow Squash
- Papaya
- Aspartame (NutraSweet) manufactured using genetically modified bacteria
- Tomatoes
- Potatoes

If the ingredient list says **sugar** you are most-likely consuming processed sugar made from GMO sugar beets or corn. The only way to know you have eliminated ALL GMOs is to only consume products that use organic cane sugar.

The following was taken from an article in *Time Magazine* about GMOs:

“More than half the granulated sugar in the United States comes from GM sugar beets, which have been in production since 2008. Though their use was temporarily halted due to safety concerns, production resumed in 2011.”

- Time, April 30, 2015

SAD OILS

Soybean

Grapeseed

Corn

Peanut

Cottonseed

Safflower

Canola

Partially hydrogenated anything

SAD Salt

Table Salt
Kosher Salt
White Sea Salt

SAD Sugars and Starch

Pastry
Cookies
Cereal (commercial breakfast cereal)
Table Sugar (corn or beet)
Baked goods

SAD Beverages

Soda
Coffee Drinks
Alcohol (mixed drinks)
Sweet tea
Beer
Fruit juice
Sports drinks

Artificial Sweeteners

NutraSweet (Aspartame)
Splenda (Sucralose)
Saccharine
Maltodextrin
Every other artificial sweetener

Cow's milk products made with a-1 milk (99% of cows in America are a-1 cows which produce the inflammatory a-1 casein protein)

American a-1 milk

Cheese made from a-1 dairy (soft or hard)

Yogurt (flavored and sweetened)

Whey protein

Animal meat & Animal Products fed grains or soybeans:

Any animal that is fed corn, soybeans, or other grains is full of highly concentrated, highly inflammatory, grain lectins and the animal's fat becomes primarily Omega-6, which is a pro-inflammatory fat associated with cancer and heart disease. If an animal is fed its natural food sources (plants, grasses and forage), then its fat content is primarily omega-3's which are anti-inflammatory.

Farmed fish

Farmed shellfish

Beef

Poultry

Lamb

Pork

Eggs

Dairy

* Any other animal product that was raised on grains and beans

Beans (The Sad Ones)

Soy

Edamame

Peanuts (are a bean)

Cashews (are a bean)

(Version: 1.3)