

READY STATE FITNESS

EVOKING HUMAN POTENTIAL

Optimizing a Vegetarian Diet

Separating Politics, Morality & Nutrition

Recipes

Eggs, Salsa & Avocado

Scramble **4 eggs** in shaker or using whisk before pouring into a cast-iron skillet heavily coated with **coconut oil**. Pour **salsa** over eggs and place sliced **avocado** on side.

Alternative options include placing **sliced tomatoes** covered in **olive oil** on the side or using mashed **avocado** (guacamole) instead of slices. If salsa is not poured over eggs, you may want to season the eggs more with **fresh herbs** (cilantro, basil, oregano) and **spices** (cayenne pepper, sea salt, red pepper, cumin, or curry blend).

Eggs & Veggies

First cook **green peppers**, **mushrooms** and **onions** in the cast-iron skillet (heavily coated with **coconut oil** or **butter**) before adding **4 eggs** (pre-scrambled) and **spices**. Serve **fruit** on the side (kiwi, strawberries or blueberries) and/or **nuts** (walnuts, macadamia, brazil).

Alternative options include scrambling **greens** like spinach, kale or chard with the eggs, the **eggs** should be seasoned for flavor use different **spice** combinations (curry blend, mint/lime/ginger, cayenne/cilantro/cumin, basil/red pepper).

Curries

Start by warming one or two cans of full-fat **coconut milk** (canned) in a large saucepan. While waiting to warm prep **spices** (cumin/red pepper/basil/ginger) and slice up desired **vegetables** (carrots, bok choy, mushrooms). Add veggies and spices and stir, simmer on low for ½ hour or longer.

Vegetable Salad

Cut up yellow and orange **peppers**, **tomatoes** and **cucumbers** and add to pitted kalamata **olives**. Then add dressing: **olive oil**, **vinegar**, **turmeric** and **dill**.

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Kale & Chard 2 ways

Both kale and chard are great additions to the diet and replacements for grains. Both however are generally better digested and enjoyed cooked either simmered in coconut oil or in a vinegar. For a warm **chard** salad, warm **coconut oil** in a saucepan and cook **onions**, when onions brown add chard to saucepan to lightly steam, adding **spices** (turmeric/cayenne/red pepper) before putting on lid. Sprinkle on **slivered almonds** and serve.

For a cold **kale** salad, marinate kale in **vinegar** (apple cider, balsamic or white) and **olive oil**. Herbes de Providence is a good **spice blend** for salads you can add. Then add **nuts**, orange slices, dried cranberries, strawberries or **vegetables** (peppers, radishes, beets).

Grain-Free Granola

Remove **coconut milk** from can and get coconut meat and water to recombine (shake in closed drink container). Pour in bowl and add variety of **nuts** (walnuts, slivered almonds, pecans) and **berries** (strawberries, blueberries, blackberries). This can be a portable breakfast, since the coconut milk doesn't need refrigeration before opening, the nuts are dry and a little dried fruit (cranberries) can be substituted for fresh.

Laraballs: Nuts & Fruit

This recipe is simplified by using a food processor. Combine a variety of **nuts** (no peanuts), with **dates** or dried fruit (apricots) and spices in the processor. Add **coconut oil** and form into balls, honey can be used and different **spice** combinations. Let refrigerate for a while to harden. One option is combining unsweetened chocolate powder, coffee ground and coconut flakes; another is to use cinnamon, nutmeg and clove with the apricots (instead of dates).

Guacamole

Cut 1-4 **avocados** in half and use knife to remove pit. Use spoon to remove from shell and mash in bowl with fork. Add lemon or **lime juice**, **red pepper**, **sea-salt**, and **cayenne pepper** or jalapenos to taste. Fresh chopped cilantro and cumin are optional.

Strawberry Spinach Salad

Combine **spinach** leaves with **olive oil** and red-wine or balsamic **vinegar**. Top with sliced **strawberries** and slivered **almonds** or walnuts.

For more recipes and shopping tips, sign-up for my newsletters: www.readystatefitness.com

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FIVE SIMPLE STEPS TO A PALEO-DIET

Some nutritionists advocate a thirty days of a strict Paleo-Diet as a detox, during which all Neolithic foods are eliminated: all grains, legumes and dairy. There is a clinical reason for this approach in that in my opinion it does three things: allows for the gut lining to heal (because of absence of irritating foods like gluten), reduces elimination (especially by eliminating processed and omega-6 rich foods) and restores insulin sensitivity (moves people towards under 150grams carbohydrate and eliminates grains that elevate insulin in small amounts).

However this approach does not work for everyone and can be considered extreme, that being said, here is a simpler way to start a healthy eating routine: follow these five steps.

Five Steps: Omega-6, Gluten, Sugar/Fructose, Processed Soy, Low-Fat Dairy

Step 1: Rebalance Omega-3/6 Ratio

Reduce/Eliminate omega-6 oils: corn/soybean/canola/safflower, as well as commercial salad dressings, fake butters (smart-balance) and processed foods containing these and replace with olive oil/vinegar for salads and coconut oil, lard, tallow or pastured butter for cooking. Read labels at home and while shopping and notice if canola oil or soybean oil is a listed ingredient.

Step 2: Eliminate Wheat & Gluten containing grains

The easiest way for some is to just eliminate grains all together, but if you are consuming gluten-free grains like oatmeal, soak overnight in an acid medium (tablespoon of lemon juice) and hot water. When purchasing gluten-free grains stick to white-rice, sprouted breads and sourdough breads or buckwheat. "Nourishing Traditions" covers soaking and sprouting and is a great cookbook. Adequate fiber from the diet can be obtained from fruits and vegetables, there is no need for fiber supplements or grains which often contain gluten and upset the intestinal tract.

Step 3: Reduce/Eliminate Dietary Sugar

Sodas and fruit juices provide an unnatural amount of sugar in the diet. Processed foods often contain sugar and high-fructose corn syrup which should also be avoided. Fructose is a naturally occurring type of sugar (found in fruits) but is not tolerated well above 50grams daily. For that reason agave and other fructose containing products should be avoided with the exception of fruit. Acceptable sweeteners are honey, maple syrup and stevia, avoid artificial sweeteners and products containing aspartame and splenda (sucrolose).

Step 4: Eliminate Processed Soy

Eliminate processed soy: soy milk, soy protein powders, imitation meat products: tofurky, garden/boca-burgers. Tofu in small amounts if fine, tamari is a wheat-free soy sauce.

Step 5: Eliminate Low-Fat Dairy

Avoid commercial milk (even organic), allow only full-fat cheese on occasion, Greek yogurt, pastured butter and heavy cream. Unsweetened coconut or almond milks should be used.

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Resources

BOOKS

The Paleo Solution by Robb Wolf
The Vegetarian Myth by Lierre Keith
Nutrition and Physical Degeneration by Weston A. Price
Nourishing Traditions by Sally Fallon
The Primal Blueprint by Mark Sisson

MEDICAL JOURNALS

What if it's all Been a Big Fat Lie? Gary Taubes
Hyperinsulinemic Diseases of Civilization: More than Syndrome X (Loren Cordain)
Cereal Grains Humanities Double Edged Sword (Loren Cordain)
Origins and Evolution of the Western Diet (Loren Cordain)
The Clinical Importance of Vitamin D (John Cannell)
Beneficial Effects of a Paleolithic Diet on Cardiovascular Risk Factors in Type 2 Diabetes
In the Face of Contradictory Evidence: Report of the Dietary Guidelines for Americans
Alterations in Intestinal Permeability (Meddings)
Modulation of Immune Function by Dietary Lectins in Rheumatoid Arthritis (Cordain)

KITCHEN ESSENTIALS

Chef's Knife/Good Cutting Board (Bamboo)/Paring Knife
Coconut Oil/ Olive Oil/Vinegar/Coconut Milk/Spices
Cast Iron, SaucePan, Stainless Steel Fry Pan, Tupperware, Crockpot, Food Processor
Frozen greens, nuts, eggs, sundried-tomatoes, salsa, olives, almond meal, coconut flour

30 DAY NUTRITION PLAN

\$300 includes the following:



3 Consultations, weekly phone and email support
Foundational science behind the Paleo Diet
Cooking and shopping tips, recipes and meal planning
Lifestyle advice: exercise, sleep and supplementation

Reclaim optimal health; eliminating or better controlling modern diseases like heart disease, obesity, diabetes, joint pain, indigestion and thyroid/adrenal related problems

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