

# EverStrongSF Food Habits Plan

**At EverStrongSF, we recommend a low-glycemic, real-food diet composed of vegetables, proteins and healthy fats.** This combined with High-Intensity Slow Motion Resistance Training once a week can turn people into energy “burners” instead of “stomers”. We also may recommend experimenting with fasting depending on the person and how their environment or life is.

First a few definitions:

**A low-glycemic diet** consists of foods that have a minimal effect on blood glucose. When a high-glycemic food is consumed, like white flour in baked goods or beer or wine, it raises blood sugar which then signals insulin to store the energy in fat cells. Eating a low-glycemic diet doesn't stop this but it happens with much less effect which means less is stored.

**Intermittent Fasting (IF)** is basically not eating constantly. Simply put...fasting means not eating and intermittent means cycling. The fasting protocol we recommend is eating 8 hours and not eating 16 hours (assuming there is 7-8 hours of sleep in the not eating cycle).

The benefits from IF are often reported anecdotally as weight loss, free time, mental alertness and improved blood markers like blood glucose and cholesterol.

The downside to fasting is hunger and getting used to it. Hunger does take adjustment and can be abated by consuming small amounts of high quality fats which satiates the desire to eat (the coffee and broth). Also, when fasting, the body sheds water and salt. Salt supplementation is often required. Broth is perfect for this.

We recommend BulletProof Coffee recipe made with MCT oil and ghee (or unsalted butter) for the healthy fat supplement in the morning. THIS makes the fasting easier.

## Fat Metabolism

You may have been told to eat low fat and do lots of cardio. That recommendation is really hard for many people. There is a very strong correlation with the rise of disease in the US right along with the low fat recommendation. Basically, people are starving and eating sugar instead of fat. So crazy. Fat makes us satiated! It does this by signaling the leptin hormone (which says, “I'm full”) which turns off the grehlin hormone (which says, “I'm hungry”).

To get grounded, first know that fat cannot be stored in the body without a glycerol molecule which comes from glucose metabolism. This is key to understand. If you eat sugar, your liver metabolizes that glucose and a by-product is glycerol. Glycerol binds FFAs (called Free Flowing Fatty Acids which can pass in and out of cell walls

freely, thus the name!) into triglycerides. That is how fat is stored...with the help of sugar. This is why we say eat less sugar. That's it right there.

## Be progressive...and patient with yourself

If you make an abrupt change to your diet, it could be very difficult and you can experience low energy, irritability and flu-like symptoms. People want fast results with diets. However, set your expectation that serious weight loss will happen over months and years. This is especially true with menopause! That's why taking a food habits approach is so critical.

## Attention Women!

For women who are perimenopausal or in menopause, lower estrogen can cause weight gain. If HRT cannot be implemented for health reasons, then the journey can be longer. In our experience do not eat a ketogenic diet if estrogen is low. Weight could go up due to upregulated lipo-lipase which estrogen down regulates. In this case, likely fat may need to be moderated as described in the "Next: No more than 20 grams of carbohydrates a day" section below. Other experimentation may be needed.

## Food Habit Choices

We base our approach to weight loss on sustainable habits, not calorie counting. It is a life change. It is an environmental change. It is NOT a constant willpower scenario. That doesn't work over time. Willpower becomes depleted.

Regarding calorie counting, you should know that calories do matter but more importantly it's the type of food the calorie comes in. For example, you can eat 1000 calories of chocolate cake or 1000 calories of steak and broccoli and they will have a very different hormonal effect in your body and be different amounts. 1000 calories of cake is much smaller than 1000 calories of broccoli. Broccoli will stuff you at that amount and cake will leave room for more food. That's really what you are looking to do in this. Fill yourself with good foods and that reduces blood sugar and insulin. That's what's important here!

In order to build good habits, we take a progressive approach with people depending on where they are. If you eat a lot of carbs, first you need to start to switch those carbohydrates for lower-glycemic options. That's a whole process in itself. You have to go slow. You can expect to have an adaptation period anywhere from 1-6 weeks where you don't feel well. It really depends on how long you have been eating high-glycemic foods.

From that point, a person may be choosing healthy foods but still not be where they want to be from a body fat perspective. At this point, carbohydrate replacement is emphasized further.

At any point, a person may decide to try fasting. This may or may not work initially. It takes some getting used to.

## First thing: Go Lower carb if you haven't

We do not count food calories or grams or focus too much on food portioning in this phase. Here's what that looks like.

### A typical day of lower carb (low-glycemic) eating:

- wakeup-9am - Breakfast of 2-3 hard boiled eggs and ½ an avocado
- 11-1:59pm - Veggie with protein and avocados or cheese. A chicken salad is perfect.
- 2-6pm - Snacks like almonds, peanuts or pistachios
- 6-10pm - Healthy dinner of proteins, vegetables, and fat like chicken, broccoli with olive oil and garlic
- 10pm-Sleep

### Choosing the right foods to eat

Each meal should contain vegetables, protein and fat in that order. The vegetable is leafy or looks like a tree and less like a root. Sadly grains are not vegetables and should be treated differently. From a portion sizing perspective, aim for more vegetables than protein. Barring any food allergies or food preferences... avoid processed foods and grains as much as possible and choosing vegetables, proteins like meat and nuts will put you on the right path.

#### Food to skip 80-90% of the time

- Flour, Bread and Bagels
- Sugar, Cookies
- Chips, Crackers
- Potatoes and Rice
- Breakfast Cereal
- Candy, Juice
- Bananas
- Beans

#### Foods to choose 90% of the time

- Protein: Eggs, Ground meat, Chicken breasts, Sausage, Ham, Bacon, Steak,
- Jerky, Deli meat, Fish, Tofu
- Nuts and seeds of your choice (walnuts, almonds, flax, pumpkin, cashews)
- Vegetables: Broccoli, Cauliflower, Kale, Spinach, Cabbage, Red and yellow peppers, Sauerkraut, Mixed greens for salads, Romaine, Spinach
- Fruit: apples or berries you enjoy

#### A great lunch

Grilled Chicken salad over greens with avocado and pumpkin seeds. Olive and vinegar dressing.

Or eating out? Chipotle bowl with extra meat, no rice and avocado and cheese

#### A great snack

Macadamia nuts or Peanuts (both salted) and an apple

#### A great dinner

Grilled steak with vegetables and a salad with walnuts and cheese. Olive and vinegar dressing.

## On Quantity or Portion Size

Eat when you are hungry. Stop when you are full. Listen to your body. For the foods on this list, your effective carbohydrate count will end up being about 5 grams or less per meal if you follow the recommendation.

## Replacement vs. Abstinence

Regardless of any approach you take, replace instead of abstaining. Abstinence for anything you truly enjoy will not work. If you really like a food or the food is really easy to acquire in your environment, it will be impossible to resist. In this case, choose a replacement food and make it just as easy to access in whatever way works for you. Buy almonds for example and keep them in your bag. Or unsweetened jerky. Use this replacement strategy continually for the first 2 weeks.

Also, a couple of dark chocolate squares after a meal can really save you from going overboard.

## Substitutes when eating out:

- When you eat for joy, eat for you. Forget the substitutes. Maybe that can fit in the 90% or 80% plan (80% is a total of 4 joyful eating meals a week vs 2 a week with 90%).
- For the other times when you eat, you can most always skip the bread, fries, and dessert and ask for vegetable substitutes.
- Also, you can create meals from the side menu of many establishments (that are not on the main menu) that are perfect. For example, a charcuterie plate and shaved brussel sprouts. Or, chicken wings (not breaded) and a side salad.
- For ordering burgers...skip the bun and fries. Get bacon and an egg on it and ask for a veggie side. Most always works. People will look at your plate and likely show some envy.
- For sandwiches, do salads instead. You can get the same ingredients without the bread.
- If a sandwich is required, have sourdough or rye bread. They are less of a glycemic load than a baguette or a dutch crunch roll.
- For Chinese food or Thai food, get an extra vegetable dish instead of the rice or make your own cauliflower rice.

## Needing to Finish a Meal with Sweets

The way to address this is with a substitution. Often this need is hard to stop. Don't fight it. Trick it! My recommendation is to eat more food and finish with something else that has a physical sensation. Bubbly water with lemon or lime or mint leaves. Try that for a few meals and see if it works. That physical sensation is what can form a new habit! Did you know that's how toothpaste became a habit? It wasn't advertising, it was mint oil! People wanted to repeat that tingly clean feeling. This can really work. This can also work for alcohol. Beer is tingly but so is bubbly water!

## Emotional Eating

This is a big deal. You might need to eat something comforting. Although, it's a good idea to prepare for an emotional eating scenario by creating some default choices in your environment. Find something that is a substitute or do an exercise that can allow you to process the emotion. That's outside this scope but it could be a huge lever to pull to keep you in adherence.

## The Week's Plan... includes JOY EATING

For the week, it's important to realize that you are going to be tempted. You are going to be tired. You will have lower energy for willpower and you will want to eat something good and easy. This is where Joy Eating comes in. Joy eating is eating without restriction. This does 2 really cool things.

1. It's a psychological break from the plan. This allows you to keep on it!
2. It tricks your body's homeostasis. Meaning your body will adapt to what you are doing and find a way to stabilize itself.

Joy eating tricks it. Basically, it makes the body think it's back to lots of glucose and so it relaxes and will give up fat tissue. Then, you go back to the plan and the body has to adapt again. This creates a kind of cycling so you can keep on the plan and continually lose weight.

Joy eating is not eating a chicken kale salad and feeling good about making a healthy choice. It is eating pizza, ice cream, a chocolate cookie and or having alcohol. Seriously. It doesn't have to be all at once, but you do need to eat something off the plan!

There are two options: 90% and 80%. Pick which one you think you can maintain. It's either 4 meals off plan a week or 2. Please note, if IF, then one of these blocks would have fasting in it...essentially skipping a meal.

### 90% Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake to 9am	Breakfast - veggie, protein	Breakfast - veggie, protein	Breakfast - veggie, protein and	Breakfast - veggie, protein			

	and fats	and fats	fats	and fats	and fats	and fats	and fats
11-1pm	Lunch - veggie, protein and fats	Lunch - veggie, protein and fats	Lunch - veggie, protein and fats	Lunch - veggie, protein and fats	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats
7-9pm	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	JOY EATING	Dinner- veggie, protein and fats

### 80% Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake to 9am	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats	Breakfast - veggie, protein and fats
11-1pm	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats
7-9pm	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	Dinner- veggie, protein and fats	JOY EATING	Dinner- veggie, protein and fats

FYI: Some wonderful high-glycemic meals can be low-glycemic. These don't have to be the Joy meals and you keep to the plan.

- Cauliflower pizza is awesome. Get the crust at Trader Joes or make it at home.
- Zucchini noodles make pasta possible. Buy a spiralizer or buy the noodles at Wholefoods.
- There is such a thing as keto bread. Grilled cheese sandwiches with keto bread are pretty good.
- We make keto custard. It's magic.

## Favorite Foods:

If you can put your favorite foods into the Joy Eating meals, perfect. If you can't then, let's work on maybe not eating them on specific days of the week. For example, 4 days out of 3, favorite foods are not eaten.

## Sometimes, eating clean can get monotonous

Here are some ideas...

### Breakfast

- Check out this link: <https://ultimatepaleoguide.com/101-paleo-breakfast-ideas/>
- Egg muffins: <http://healthycrush.com/paleo-egg-muffins/>
- It gets kind of nuts. Pancakes! <http://www.girlgonecountry.com/best-paleo-pancakes/>

### Smoothies

- Here is one that might be similar to peanut butter mood from Jamba Juice: <http://primaltoad.com/low-carb-chocolate-almond-smoothie/>
- Check out this smoothie option: <http://www.refinery29.com/2013/11/56626/paleo-breakfast#page-4?bucketed=true>
- <https://www.everydaymaven.com/coconut-cherry-vanilla-smoothie/> Notice they use coconut or nut milk as a base.
- This one looks purdy good! <https://www.ibreatheimhungry.com/keto-cinnamon-almond-butter-breakfast-shake/>
- Here's a custard recipe: <https://www.ibreatheimhungry.com/egg-fast-recipe-salted-caramel-custard-low-carb/>

## Dinners for the week, cook it on a Sunday

<http://www.abewilliams.com/slow-cooker-recipes-for-friends/>

## Recipes from Sally

[5 ingredient super easy keto/paleo blender bread](#) This takes less than 10 minutes to make (though needs a while in the oven but completely unattended) You just throw everything in a blender or food processor. I made this with my 4 year old nephew. He practically could have made it himself it is so easy. You can use any type of nut or seed butter buuuuttttt it will turn a bizarre frankenstein green (totally safe) if you use sunflower seed butter due to a chemical reaction between the small amount of chlorophyll in sunflower seeds and the backing soda.

### [Yellow Squash Spaghetti and Meatballs](#)

[Daikon radish fries](#) I made these a few months back and they were good! They definitely need spices or herbs of some sort or they are otherwise too bland but they have a remarkably real french fry texture of soft on the inside crispy on the outside. And again stupidly easy... 5 minutes or less and then toss them in the over for a few.

[2 Minute English Muffin](#) I haven't tried this one but plan to!

[Big Man's World](#) A lot of super easy, often 5 ingredients or less recipes and many in small or individual servings which is great for those with portion control challenges.

[Sugar Free/ Paleo 1 Minute Vanilla Mug Cake](#)

[Elana's Pantry](#) lots of keto and paleo recipes. Many of them only use 5 or so ingredients and are generally pretty easy.

[slimpalate.com](#) - not all recipes are paleo but there are a number of good ones. Written by a surprisingly young fellow with a pretty remarkable body transformation story.

[Empowered Sustenance](#) Some inventive substitutions like creating French toast from eggplant.

## Low carb and healthy delivery services

1. Get some weekday meal kits from GoodEggs. Pretty great.  
<https://www.goodeggs.com/sfbay/meal-kits#meals-weekday>
2. Another option: <https://www.thistle.co/how/>

## Great Healthy Restaurants we recommend

- Kitava on Mission, our customers get discounts or they used to! Let me know if not.
- Glaze on Fillmore

## Want to experiment more with Fasting?

After you've adapted to low carb eating, try fasting. Fasting is not eating. It can have many patterns and it may be good to try different ones. You could fast one day a week or fast a little every day. You could fast for a couple of days every couple of weeks. It really comes down to how you prefer your life to be. You may not need this. However, here is an example of what fasting could look like if you did it everyday a little bit. It's called Intermittent Fasting (IF). It's important to have electrolytes when you do this. SmartWater has this with no sugar. Broth works also.

## A typical day of low-glycemic eating and IF:

- Morning - 2pm - Fasting supplemented with broth type drinks as needed
- 2pm - Lunch of vegetables, protein and fat
- 4pm - 6pm - Snack on high quality proteins and fats like nuts.

- 6pm - 10pm - Healthy dinner of vegetables, protein and fat
- 10pm - next Morning - Sleep. Aim for 8 hours

That's it. You basically don't eat for 16 hours and eat for 8. Which 8 you do is completely up to you. You could also fast from dinner to dinner one day. That's a 24 hour fast. You could do this once a week and see how it works for you. If that's fine and it works for you, you could try a 48 hour fast. Here's what a 90% and 80% adherence plan looks like with IF.

### 90% Plan with IF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake to 9am	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting				
11-1pm	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats				
7-9pm	Dinner-veggie, protein and fats	JOY EATING	Dinner-veggie, protein and fats				

### 80% Plan with IF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake to 9am	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting	Water, Coffee/Tea, Fasting
11-1pm	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats	JOY EATING	Lunch - veggie, protein and fats
7-9pm	Dinner-veggie, protein and fats	Dinner-veggie, protein and fats	Dinner-veggie, protein and fats	Dinner-veggie, protein and fats	Dinner-veggie, protein and fats	JOY EATING	Dinner-veggie, protein and fats

## Next if needed: No more than 20 grams of carbohydrates a day.

Our plan is to get the body the nutrition it needs while eliminating what is not required. For this to be most effective, you will need to restrict your carbohydrates to less than 20 grams per day. Choose foods exclusively from this pdf and watch the labels for carb amounts, especially if you are choosing packaged foods. Use the total carb count minus the fiber.

You may not feel well making this adjustment. However, it will pass. Here's the key: **Eat when you are hungry and stop when you are full.** Also, it is critical that you drink fluids while doing this change. Broth is good, but drinking more non-caffeinated fluid is required.

Here's what our recommendations look like. The times of eating are not important. Here is an example.

### A typical day of low-glycemic eating of less than 20 grams of carbs:

- Early morning: Water, Coffee and 2 eggs and cooked spinach with ½ an avocado
- Mid morning: Drink water or broth
- Lunch: meat or other protein source. If it's lean, add butter, salad dressing, cheese, cream or avocado. 1 to 1.5 cups of salad greens or cooked greens and .5 to 1 cup of vegetables.
- Afternoon snack: Drink water and have a low carb snack with protein and/or fat
- Drink a bit more water
- Dinner: meat or other protein source. If it's lean, add butter, salad dressing, cheese, cream or avocado. 1 to 1.5 cups of salad greens or cooked greens and .5 to 1 cup of vegetables.

## Choosing the right foods to eat

Barring any food allergies or food preferences...

### Foods to choose 100% of the time for the first 2 weeks

- Protein: Beef (hamburger or steak), pork, unglazed ham, bacon, lamb, or other meats. For processed meats, check for less than 1 gram of carbohydrates. Jerky can be a real offender if it has a lot of sugar.
- Chicken, turkey, duck, or other fowl.
- Any fish.
- Eggs are great but you may need to do whites depending on your sitch..
- Salad greens: 2 cups a day. Arugula, bok choy, cabbage, chard, collards, all greens, spinach, etc.
- Vegetables: 1 cup a day. Artichokes, asparagus, broccoli, brussel sprouts, cauliflower, celery, cucumber, eggplant, green beans, jicama, leeks, mushrooms, okra, onions, peppers, pumpkin, shallots, snow peas, squash, tomatoes, zucchini.
- Bouillon: 2 cups a day. For sodium replacement.
- All fats, butter and oils are allowed. Avoid trans fats and margarine. I know you would!

### Foods to limit:

- Cheese: 4 oz a day

- Cream: 4 tablespoons a day
- Olives: 6 a day
- Avocado: ½ a fruit a day
- Pickles: 2 servings a day unless zero sugar.
- Mayo: low carb is OK
- Snacks: pork rinds, pepperoni, ham, beef, turkey, deviled eggs (watch for carbs)
- Non-starchy nuts & seeds - macadamias, walnuts, pine nuts, blanched almonds, sesame seeds

Food to skip:

- Sugars: candy, cookies, sugar, honey, syrup, molasses, corn, beer, milk, yogurts, fruit juice, and fruit
- Starches: whole grains, flour, bread and bagels, pasta, rice, cereal, corn starch, muffins, crackers
- Beans, carrots, parsnips, corn, peas, potatoes, french fries, potato chips
- Starchy nuts - peanuts, cashews, chestnuts, pecans
- Alcohol

<u>For example, skip these</u>	<u>And choose these</u>
Root vegetables, potato, sweet potato, parsnips, yams, taro, cassava radish, beetroot, celeriac, corn, pumpkin, arrowroot, tapioca etc	Broccoli, asparagus, onion, shallots, mushrooms, capsicum, celery, red and white cabbage, swiss chard/silverbeet, collard greens, kale, fresh or dried herbs
Lentils and Pulses. Peas, split peas, beans (eg Baked beans, kidney beans, soy beans, broad beans, butter beans etc), chick peas, dhal etc	Non-starchy fresh and/or dried fruit eg green grapes, melons, lychee, kiwifruit, berries, coconut, raisins, sultanas, dates etc
Starchy nuts - Peanuts, cashews, chestnuts, pecans	Non-starchy nuts & seeds - macadamias, walnuts, pine nuts, blanched almonds, sesame seeds
Starchy fruit - bananas	See fruit above