

Food Guidelines | Real Healthy Food To Crush YOUR Cravings

Food Section - Eat healthy versions to create a healthier version of yourself

You have been given healthy options and your goal is to get junk food out of site [in the trash if you can] and to set your mind on “NEW” healthy alternatives such as almond flour, arrowroot flour, Erythritol (best to use for baking & not beverages) Monk fruit and stevia. (stevia is nice for beverages and can be purchased in liquid drops)

Here is a list of Foods to Eat

The Real Food Real Faith Lifestyle emphasizes healthy high in fat food and low in carbohydrates. They include:

- Eggs: Eggs are high in healthy fats and essentially a carb-free food.
- Oils: Olive oil, coconut oil, ghee and avocado oil are healthy choices.
- Fish: All fish, but especially those high in fats like salmon, tuna and trout.
- Meats and poultry: LEAN Red meat, chicken, turkey, etc.
- Unsweetened almond and coconut milk in a carton - Silk is a good brand
- Almond and coconut flours are best combined with arrowroot flour for baking
- Full-fat coconut milk: coconut cream instead of dairy cream
- Non-starchy vegetables: tomatoes, greens, broccoli, cauliflower, peppers, mushrooms, onions, etc. Include starchy veggies like carrots and sweet potatoes.
- **Cut back on rice or mash potatoes using cauliflower rice or mashed potatoes**
- Avocados: These high-fat fruits are versatile and delicious.
- Use healthy sweeteners like Stevia Flavored Sweet Drops, Monk Fruit & Erythritol in beverages, unsweetened yogurt, coffee, tea, warm & cold almond milk and lemon or lime water. Use it to sweeten frozen berries to make jams and make your own protein shakes.
- Berries: Berries such as blueberries, blackberries, raspberries and strawberries can be enjoyed and used in baking, yogurt and breakfast meals like pancakes and crepes.
- Nuts and seeds: Almonds, walnuts, macadamia nuts, pumpkin and flax seeds, etc.

Here are some ideas for low carb snacks, sides or light meals:

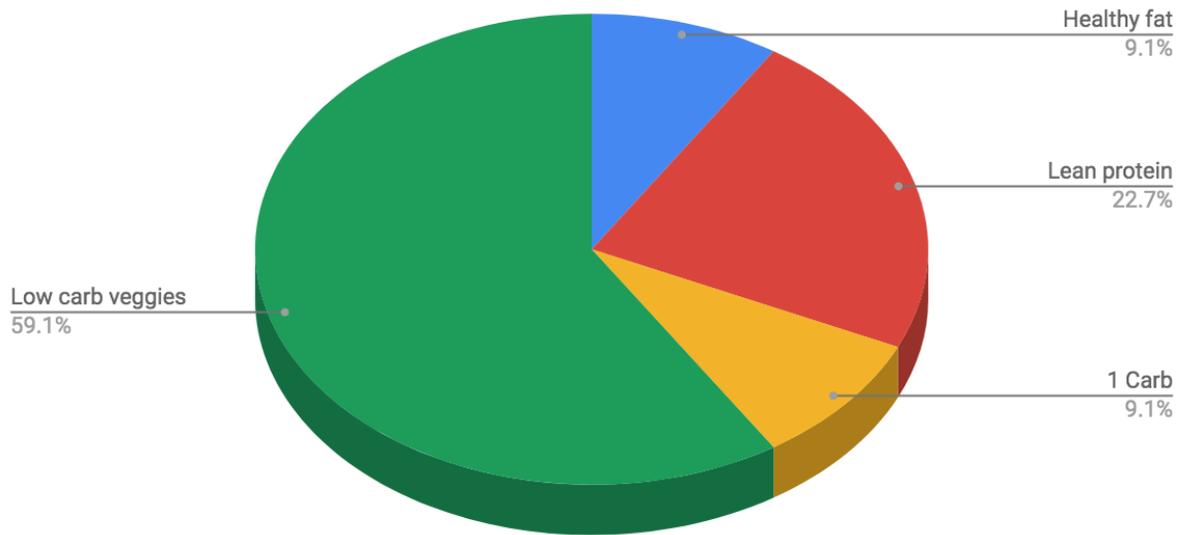
- Baby carrots and cucumber slices with hummus
- Sliced or whole apples with almond butter or sun butter
- Almond milk Protein Shake with an apple
- Protein shake add extra whole berries frozen to keep cold
- Raw Nuts with Peanut Butter Celery
- Raw Pumpkin seeds and/or sunflower seeds
- Salad greens loaded with cucumber & berries (this is my favorite)
- Garlic Hummus with Avocado a few Celery Stalks
- Cut-up rotisserie chicken in a lettuce wrap
- Egg Salad with Olives & Cucumber Slices
- Unsweetened Coconut yogurt and fresh berries & liquid stevia
- Plant based chips with almond milk cream cheese
- Lettuce wrap tuna salad
- Unsweetened coconut yogurt protein berry shake

SEE PLATE BELOW: Carbs can be reduced or added depending on your health and weight loss goals. There are countless low-carb, healthy fat recipes online to experiment with, so you can always enjoy a new, tasty meal or snack. Try making large pots of stews, stir-fry dishes and creamed veggie soups. These dishes help with hydration and make you feel full. For example: Make a large pot of beef stew (meat 93% less fat) every week with plenty of added low starchy veggies. [green beans, celery, zucchini and whatever you like. Try Making rice and mashed potatoes with cauliflower. Try making zucchini noodles [zoodles] and add to stir-fry.

To keep it simple. A SAMPLE image below of what your plate should look like every meal. Remember to drink water during food prep or end your meal, if still hungry, end it with an almond milk protein shake. **[more guidelines in my book “Fixing My Fattening Life” amazon & the 7 day challenge]**

All Fruit should be low carb as much as possible. Berries of all types, apples and pears, preferably granny smith apples, berries, lemons and limes. NOTE: Other fruits could be triggers.

PRINT THIS GRAPHIC & KEEP IN YOUR KITCHEN TO STAY FOCUSED



SOCIAL EATING TIP! If at all possible, make your favorite healthy baked goods for social events and always eat salad or veggies for your main meals and when going to social events. Also bring apples and water when making errands in the car for your “safety net”.

Focus On Gratitude To God