



*Your Health Now!*

## THE PEGAN DIET

The Pegan diet is a whole new ... but very old (Neanderthal-old) ... idea. It combines to best of the Paleo craze and the Vegan diet, according to Dr. Mark Hyman, who coined the phrase. But ... more than that ... its easy guidelines are great to start healing your digestive and immune systems (one is actually inside the other) and getting your body back into balance. And also aid in combatting such problems as SIBO, candida, and parasites as it deprives them of what they like to feed on ... sugar, starches, chemicals in processed foods and ... in the beginning ... fruit.

It's important to start with diet first, as other treatments such as supplements and stress management can only go part of the way to achieving overall health. In other words, you need to "clean up your (whole) act" to be truly healthy. Including your mental and emotional "act" (more on that later).

The reality is that most of the things we eat are full of sugar, white wheat flour, poor fats, and additives that can cause inflammation and keep your immune system from working properly. Once the immune system is compromised, things that naturally exist in your body can overgrow and leak into your body in places they shouldn't be, like candida, yeast, and even parasites.

This overgrowth can cause a lot of difficulties, depleting your body even further and causing things like GRRRRERD ... bloating, burping, and discomfort upon eating. As well as weight gain (and loss in some people) and other problems as severe as autoimmune issues and even things like diabetes and heart disease. All these things start with inflammation.

### WHAT ARE WE TO DO?

The Pegan Diet is very much the best of the Paleo, Vegan, and Candida-busting diets. As I've said, it's generally healing but it also avoids things like gluten, dairy, and sugar that can encourage candida and yeast overgrowth. It does take some adjustment, but if you're one of those that enjoys steak and salad (which I ate tonight), changing will be a snap!

Here are some Pegan ideas. Strict is best, but I don't want you ever to feel that you're "cheating" or otherwise obsessing about being perfect on it. So do the best you can. In other words, if you eat a piece of pizza, please enjoy it, recommit and start again anew the next day.

### Here are the general guidelines:

- **Eat mostly non-starchy** (low glycemic index [foods lower in sugar content that don't stimulate your body to secrete insulin]) **vegetables, fruits, protein and fats.**
- **Eat the right fats.** Stay away from most processed vegetable oils such as canola, sunflower, corn, and especially soybean oil. Use instead olive oil, ghee (clarified

butter), coconut oil, avocado, nut and seed oils ... and make sure they're organic and expeller cold-pressed.

- **Eat protein - 4 to 6 ounces per meal** (1/4 of the plate) - **only from organic, grass fed or sustainably raised animals** (which are naturally higher in good Omega-3 fats). ButcherBox is a monthly meat delivery service that brings these meats and poultry directly to your door, and there are others.
- **Eat mostly plants** (1/2 to 3/4rds of your plate) like lots of low glycemic vegetables and fruits (see list).
- **Eat more nuts and seeds.** They are full of protein, minerals, and good fats and they lower the risk of heart disease and diabetes.
- **Avoid dairy** as much as you can. Try goat or sheep products ... only as a treat ... And always organic.
- **Avoid gluten** as much as you can.
- **Eat gluten-free whole grains sparingly.** They still raise blood sugar and can trigger autoimmunity.
- **Eat beans sparingly.** Lentils are best. Stay away from big starchy beans.
- **Think of sugar as an occasional treat** in all its various forms except Stevia.
- **Choose foods that are organic, local, fresh, and low in pesticides, hormones, antibiotics, and GMOs** for the most part.
- **No chemicals or "fake foods"**. There are 3,000 chemicals currently allowed in processed foods by the FDA.
- **To start a Candida-busting diet, NO GRAINS, SUGAR (except Stevia), FRUIT, LEGUMES (lentils, beans, etc.), OR DAIRY FOR AT LEAST TWO WEEKS!** We want to starve out those critters.

## SPECIFICS

### Low-Glycemic Fruit

(Avoid for the first two weeks)

- Apple
- Kiwi
- Applesauce, unsweetened
- Lemon
- Blueberries
- Lime
- Blackberries
- Mandarin oranges
- Boysenberries
- Nectarine
- Raspberries
- Orange
- Gooseberries
- Peach
- Strawberries
- Pear
- Casaba melon

- Persimmon
- Honeydew melon
- Plum
- Cherries
- Pomegranate
- Figs, fresh
- Tangerine
- Grapes
- Tangelo
- Grapefruit

## Low-Glycemic Vegetables

- Artichoke
- Leeks
- Arugula
- Lettuces
- Asparagus
- Mushrooms
- Avocado
- Okra
- Beans, garbanzo
- Onions
- Beans, lime
- Olives
- Bean sprouts
- Peas, dried, green or split
- Black eyed peas
- Pickles
- Broccoli
- Radishes
- Brussels sprouts
- Sauerkraut
- Cabbage
- Scallions
- Cauliflower
- Snow peas
- Celery
- Spinach
- Collard greens
- Squash, summer yellow
- Eggplant
- Sweet potatoes, yams
- Endive
- Tomatoes
- Escarole
- Turnip greens

- Bell peppers: red, yellow, green
- Water chestnuts
- Kale
- Watercress
- Kohlrabi
- Zucchini

## Healthy Fats

- Nuts and seeds (walnuts, pistachios, cashews, almonds, flax seed, chia seed, sesame seed, pumpkin)
- Olive oil
- Sesame seed oil
- Coconut oil
- Avocado
- Avocado oil
- Ghee (clarified butter, available in natural foods markets)
- Nut oils (walnut, hazelnut, etc.)

## Starches

### (Avoid for First Two Weeks)

- Beans (Limit 1 cup per day)
- Parsnips
- Plantains
- Pumpkin
- Acorn Squash
- Winter Squash
- Sweet Potato
- Wild Rice (limit to 1/2 cup per meal)
- Black Rice (limit to 1/2 cup per meal)
- Quinoa (limit to 1/2 cup per meal)

## Sweeteners

- Coconut flakes/Palm sugar
- Maple syrup
- Honey
- Agave nectar/syrup
- Dates
- Truvia/Stevia (use this ONLY the first two weeks)
- Spices and seasonings with no sugar or high glycemic additives.
- Salsa, taco and picante sauce are low glycemic unless they contains high glycemic additives.

## Plant-Based Protein

- Lentils

- Beans
- Quinoa
- Seeds and Nuts
- Nutritional Yeast
- Peas
- Spirulina

## Animal Protein (25% or less of plate)

(Organic, Grass-Fed, Sustainably-Raised, or Wild)

- Seafood/Fish
- Eggs
- Chicken
- Pork
- Bison
- Turkey
- Lamb
- Venison

## Beverages

- Decaf, green, and herbal teas
- Unsweetened almond milk
- Unsweetened coconut milk
- Mineral water with liquid stevia and a drop of lemon essential oil
- Distilled or filtered water ONLY

Coffee and tea can be high glycemic because caffeine increases insulin secretion. If they have high antioxidant content they could be low glycemic. Look for specifically formulated coffees if you drink it ...

## Other

- Goat's milk or coconut yogurt (unsweetened/sweeten with stevia or fruit)
- Miso
- Vinegar
- Coconut cream
- Coconut Aminos (like soy sauce)
- Fish Sauce
- Mustard
- Almond Flour
- Coconut Flour
- Yam Noodles/Shirataki Noodles
- Spices and seasonings with no sugar or high glycemic additives.
- Salsa, taco and picante sauce are low glycemic unless they contain high glycemic additives (like sugar or high fructose corn syrup).
- Most bottled salad dressings are made with sugar or high glycemic additives. Make your own or order just vinegar and oil in a restaurant.

- Jams and jellies are low glycemic if they are made from low glycemic fruits and have no added sugar/are made with only pectin and fruit juice.

## 3-DAY MENU PLAN

### DAY ONE

BREAKFAST	Omelet (2 or 3 eggs) with mushrooms, spinach, and yellow squash cooked in coconut oil or ghee Fresh berries
LUNCH	Collard green or lettuce wrap with tuna and avocado oil mayo Spinach salad with oil and vinegar (or lemon juice)
DINNER	Stir fry with shrimp (or steak or pork), carrots, red bell pepper, mushrooms, bok choy (if desired) & Coconut aminos Spinach salad with oil and vinegar (or lemon juice)

### DAY TWO

BREAKFAST	Green Smoothie (coconut milk, bone broth protein (I use Designs for Health Pure PaleoMeal or Dr. Axe is very popular), 1/2 banana, 1/2 avocado) Fresh berries
LUNCH	Berrylicious Salad (Greens + Shredded Chicken or Salmon (Trader Joe's has "Just Chicken" and "Just Salmon" already made) + Strawberries + Oil and Vinegar + Pecans)
DINNER	Free-Range chicken breast w/ spice rub Roasted Brussel sprouts and Broccoli (have at least two veggies at a meal) Yam noodles or riced cauliflower drizzled with Ghee or Olive oil

### DAY THREE

BREAKFAST	Cherry Vanilla Smoothie (cherries, coconut milk, greens (if desired, such as kale or watercress) avocado, Bone broth protein, cinnamon)
LUNCH	Leftover stir-fry or roasted vegetables (make a bunch and freeze [don't leave in fridge more than a day]) Hummus (homemade or
DINNER	Ground turkey burger (make your own) in lettuce or paleo wrap Parsnip "fries" Rainbow chard sautéed in Ghee

If you're cooking-clueless, check out similar recipes or menus on the internet. Pinterest has lots under "Paleo" or "Pegan" diet groups or boards, so you might want to join one. I know that this is a BIG change for many, but your health is at stake. GO FOR IT!