



Basic Real Food Plan

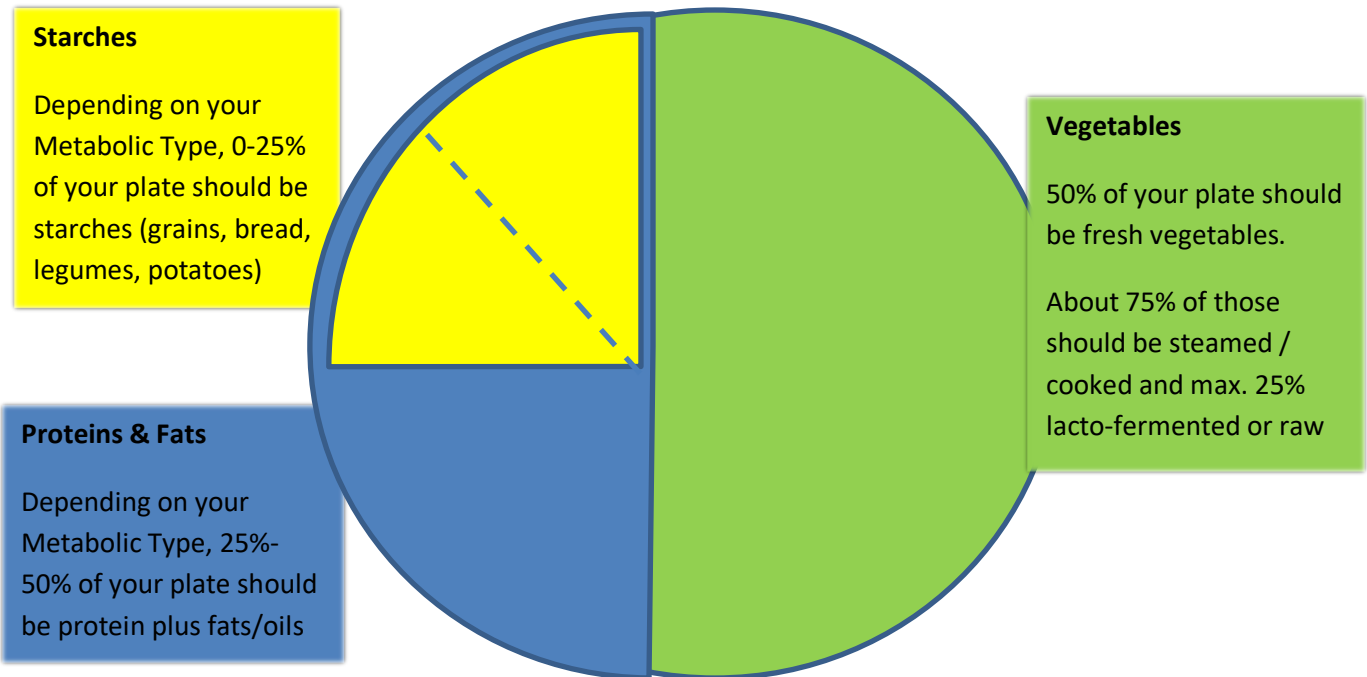
While there is no “one-size-fits-all” when it comes to eating healthy, because we are all individual on a biochemical basis, there are a few basics that are beneficial for everyone, no matter their individual “Metabolic Type. These basics are mainly about food quality and a general balance between proteins, fats and carbohydrates.

General Guidelines:

Foods to eat	Foods to avoid
Natural, artisan, minimally processed Real Foods	Industrially processed edible food products (most packaged & tinned foods)
Vegetables, fresh or frozen (min. ½ kg per day)	
Fruits (max. 1-2 per day)	Canned fruit, fruit juice, sweets
Grass-fed meat, pastured chicken, wild fish, eggs from pastured chickens (every day, 100-300g depending on type)	Non organic meat & chicken & eggs Farmed fish (incl. “bio” fish) Too much processed meat / charcuterie
Raw dairy (if tolerated)	Pasteurized dairy
Whole grains (soaked, fermented, sprouted) and sourdough bread. Depending on type, 0-100g per day	White flour + bread + pasta Wheat (incl. whole wheat) Unsoaked / unfermented whole grains
Legumes (lentils, beans, peas – soaked and/or sprouted). 0-100g per day	Unfermented soy and seitan Unsoaked / unsprouted legumes
Potatoes and sweet potatoes (0-250g per day, depending on type)	Fries, crisps
Nuts & seeds (1-2 tablespoons)	Peanuts
Raw butter, ghee, lard, coconut oil, olive oil (freely) – for cooking High quality fish oil, cod liver oil, black currant oil (1 teaspoon) – as supplement	Vegetable oils (except olive oil, coconut oil, black currant oil), margarine
Home-made bone broth (1-2 cups / day)	Bouillon-cubes
Lacto-fermented veggies, kefir or kombucha (small serving per day)	
Dark chocolate (max. 30g per day) Raw honey (max. 1 teaspoon per day)	Sugar, candy, desserts
Water, herbal tea (freely)	Coffee, black tea, alcohol, sugary drinks, fruit juice

From here, you can further finetune. For example, some Metabolic Types do better on light poultry or fish or even vegetarian protein sources, while others do need red meat in their diet. Some need lots of fat, while others only need the fat naturally contained in the foods. Some need grains and lots of vegetables, while others feel better with no grains and less vegetables (or only certain types of them).

Basic Real Food Plate



Vegetables			
Very low starch	Low starch	Medium starch	High starch
Alfalfa Sprouts	Asparagus	Avocado	Artichokes
Arugula	Broccoli	Bamboo	Beet Roots
Bean Sprouts	Brussels Sprouts	Bell Pepper	Carrots
Dandelion	Cabbage	Bok Choy	Corn
Endives	Cauliflower	Eggplant	Green Peas
Gardencress	Cucumber	Fennel	Parsnip
Kale	Garlic	Green Beans	Pumpkin
Lemongrass	Ginger	Jerusalem Artichoke	Rutabaga
Parsley	Green Celery	Kohlrabi	Squash
Radicchio	Hot Pepper	Leeks	Sweet Potato
Salads	Mushrooms	Okra	Yam
Savoy Cabbage	Onions	Olives	
Spinach	Shallots	Radish	
Swiss Chard	Spring Onions	Turnips	
	Tomatoes	Zucchini	

Starches
Grains
Bread
Lentils & Beans
Potato
Fruit

Proteins	
Animal Proteins (complete)	Plant Proteins (incomplete) Combine with
Meat	Lentils & Beans + Whole Grains, Bread or Nuts/Seeds
Poultry	Nuts & Seeds + Lentils/Beans
Fish	Tempeh + Whole Grains or Nuts/Seeds
Eggs	
Raw Dairy	

Fats/Oils
Coconut Oil or Milk
Olive Oil
Ghee or Raw Butter
Lard / Tallow
Fish Oil
Avocado
Nuts / Seeds

Basic Real Food Menu Suggestions

Here are some meal suggestions to help get you started on the Real Food journey

- Eat according to your appetite. The above quantities are just given as general guidelines. **You do not need to nor should you weigh your foods, measure out serving sizes or count calories.**
- Eat at least 3 meals a day. Snack if you need to and always eat before you get hungry to stabilize your blood sugar.
- Eat protein and fat with EACH food intake.
- If possible, drink a cup of home-made **bone broth** and have some **lacto-fermented vegetables** every day.
- You don't have to eat something different every day. Choose 2-3 breakfasts or lunches you like and repeat those throughout the week.
- You can exchange all meals, eating a dinner for lunch or even for breakfast or a breakfast for lunch or vice versa.
- Cook more at night to take the left-overs for next day's lunch.

Breakfast

For most people, esp. women, a WARM breakfast is much better than a cold one. Eating hearty is usually also better for lasting energy than eating sweet.

Depending on your appetite in the morning, you can pick one or combine several of the provided options (e.g. a shake with a pancake or soup with bread + butter)

- **Soup** made with home-made bone broth, vegetables (starchy and non-starchy), fat (coconut milk, almond milk, cream, butter, oil), herbs and spices. Add seeds, meat or lentils/beans for additional nutrition and variation. Optionally add 1-2 slices of **bread with butter, ham or raw cheese**. Some ideas:
 - Pumpkin-cauliflower with curry/turmeric and ginger
 - Green Pea-broccoli-mint soup (delicious with some ham on top)
 - Red beet – parsley root
 - Brussels-Sprouts-potato
 - Red cabbage-parsnips-apple
 - White beans-spinach-garlic
 - Red lentils-leeks-green celery-carrots
 - Rice with chicken, carrots and broth
- **Beans** combined with vegetables, oil and maybe an additional protein. You can prepare this for several days in advance and then simply warm it up. Ideas:
 - Red kidney or black beans with corn, green celery and olive tapenade
 - Broad beans with onion and lard, dried tomatoes, mushrooms and egg
 - Sprouted mungbeans with quinoa, dried tomatoes, seaweed, olive oil
- **Eggs**, e.g. omelet or scrambled eggs with veggies (e.g. spinach, mushrooms and/or green beans). Optionally add ham, bacon or raw cheese. Combine with (non-wheat) sourdough bread + butter, beans, a cooked grain, buckwheat crackers or a boiled potato...
- **Protein-Shakes / smoothies**
 - With coconut milk, raw milk or home-made almond milk, little fruit, cacao powder, bee pollen + protein powder
 - With avocado, barley grass, little fruit, green veggies, protein powder, bee pollen, hemp seeds

- Home-made buckwheat **bread**, (sprouted) buckwheat crackers or traditional sourdough bread (rye, spelt, Einkorn, buckwheat) with butter, ham, smoked fish, eggs, avocado or raw cheese, plus cup of broth (in the weekend, add spinach, mushrooms and bacon for a delicious brunch)
- **Porridge** from soaked gluten-free oats cooked in water, milk, coconut or almond milk, mixed with coconut oil or coconut butter, collagen protein powder, nuts... Fruit or chestnut flakes can add in natural sweetness. Cooking an egg with the oats adds in high quality fats and protein, creating an even better balance.
- **Pancakes or muffins** made with nut flours or gluten-free flours (+ eggs):
 - From buckwheat flour plus avocado, tahini, chicken, spinach
 - From coconut, chestnut and/or almond flour with fruit and coconut oil
- **Burgers** from any combination of legumes + grains + flax seeds (or eggs) + veggies. Eat pure or with some raw cheese / ham + broth
 - From lentils + oatmeal + onions
 - From white beans + millet + spinach
 - From mung beans + amaranth + dried tomatoes
 - From chickpeas + quinoa + carrots
- **Meat Balls** served with steamed vegetables, a potato and olive oil or butter. For variation, you can use different types of ground meat (beef, lamb, poultry), different spices (sambal, herbs of Provence, lemongrass, Italian herbs...), add desiccated coconut or bread crumbs, an egg and even some pureed chicken liver for additional nutrients! You can also make a combination of ground meat and lentils...
- **Yogurt** with nuts, fruit, cinnamon, protein powder (not recommended in winter or if you are constantly feeling cold)
- **A dinner or lunch** from yesterday

Lunch/Dinner

Tipp: If you have a strong appetite, take a soup or salad as starter

- Soup (see breakfast), + bread or a salad
- Stews, e.g.
 - Dried peas, beans or lentils with bacon, vegetables, broth and meat or sausage
 - Chili con Carne (with some rice, quinoa or “cauliflower rice”)
 - Vegetablestew with beef (and maybe extra chick peas or beans)
- Salads with veggies, protein and a good fat. Note that for many people COOKED or steamed veggies are much easier to digest than raw ones. ideas:
 - Red beets, green apple, smoked herring or mackerel with olive oil
 - Green salad, lamb’s lettuce or arugula with avocado, chicken or sardines or tuna or shrimp, corn, mushrooms, dried tomatoes, cucumber, olive oil and seeds
 - Salad of green beans with sardines, dried tomatoes, mushrooms, olive oil and pumpkin seeds
 - Salad of steamed broccoli with sardines and dried tomatoes
 - Grated carrots with apple, cheese and nuts
- Salads with grains or legumes + veggies + protein + seeds, e.g.
 - White beans-tuna-salad with cooked spinach or kale
 - Lentilsalad with bacon, young onions, corn, dried tomatoes
 - Green broad garden beans with bacon, onion, dried tomatoes and cooked mushrooms
 - Green Pea “salad” with bacon, dried tomatoes, olive oil, egg

- Quinoasalad with bell peppers, young onion and cheese or egg
- Barley with cooked red cabbage, sardines and olive oil
- Millet, chickpeas, eggplant, courgette and raw goats cheese
- Vegetables + protein + good fat (+ starch), e.g.
 - Steak, fish or chicken with (oven-roasted) vegetables and (sweet) potatoes plus butter
 - Fish with vegetables and parsnip or sweet potato fries (“fried” in a bit of coconut oil in the pan)
 - Chicken Curry in coconut milk with sesame seeds, carrots and cauliflower “rice” (shredded cooked cauliflower) or real rice
 - Meat balls and vegetables + quinoa
 - Minced meat, veggies (e.g. kale or leeks and carrots) + mashed potatoes or quinoa
 - Spaghetti sauce Bolognese to be eaten with quinoa, rice, vegetable noodles made from zucchini or spaghetti squash, or occasionally real whole grain pasta (spelt, rice or kamut)
 - Asparagus with ham, sauce hollandaise and pork filets
 - Liver or black pudding with onions and apple, potatoes, red cabbage
 - Carbonnade with carrots, sourdough bread and mustard in the sauce
 - Chicken leg, cauliflower, baked sweet potato, coconut oil
 - Mussels with veggies in broth, home-made sweet potato fries
 - Omelet

Snacks

- Nuts + fruit
- A spoon of coconut butter, almond butter or cashew butter
- Nut butter combined with ½ fruit
- Nut butter combined with a piece of dark chocolate
- Coconut butter combined with chestnuts (cooked or dried flakes)
- Dried coconut flakes
- Olives
- Avocado
- Dried sausage or ham
- Hard-boiled egg
- Vegetable sticks with hummus
- A slice of sourdough or sprouted bread with hummus
- Vegetable seed crackers
- Kale chips
- Tin of smoked fish (pure or on bread or mixed into an avocado)
- Chicken or beef broth or portion of soup
- Breakfast shake
- Healthy “cake”, cookie or pancake (see recipes)
- Plain full-fat yogurt/quark/kefir with some fruit and/or nuts
- Raw cheese or ham with some carrots or bread
- Raw cheese combined with chestnuts (ready-to-eat ones)
- Liverpaté with slices of green apple or kohlrabi
- Vegetable juice with some nuts
- Gazpacho
- Beef Jerkey