



Specific Metabolism Diet[®]

Specific  Wellness
clinics



GET STARTED RIGHT AWAY

Just get started. Any roadblocks or obstacles that you come across in this plan are the keys in what is keeping you stuck. Work with Dr. Francis to overcome the obstacles you notice along the way. It may be an energy drain at three pm that has you reaching for a donut or you find you are not drinking your optimum amount of water. It doesn't matter how big an obstacle, take note! These are the keys to your optimal health.

THE 3 MAIN RULES

- The three main rules are your foundation. No matter where else you may go off track, be mindful to stick with these three rule.
- With these three rules you are establishing good habits.
- This is the place to start. Working with Dr. Francis will allow you to fine tune your plan specifically for you.



THE DETAILS

EAT A PROTEIN AT EVERY MEAL

Your ability to maintain muscle gets harder with age. In addition to exercise, eating healthy forms of protein helps maintain muscle mass. This will help protect you from injury and will help prevent you from losing muscle instead of fat.

Muscle is more metabolically active than most other tissue in the body. More muscle, means a higher metabolism and more fat burning potential.

EAT 2 SERVINGS OF ABOVE THE GROUND VEGETABLES AT EVERY MEAL

If you are having trouble losing weight then you probably have damaged your insulin receptor sites. Your cells just aren't responding to glucose the way it should and it's because your insulin receptor sites are not as sensitive as they once were. This can happen when you skip meals and reach for empty nutrient snacks.

Eating 10 servings of a variety of above the ground veggies per day will supply your receptor sites with the nutrients it needs to repair. It will also provide fiber for satiety and healthy bowel function.

Above the ground vegetables are less starchy. Corn grows above the ground, you say. Yes, but corn will not be on this plan because of its high glycemic load, its high allergic potential and its tendency to irritate the intestines and contribute to leaky gut.

Corn is also one of the most genetically modified crops next to soy. So if you do eat them, please eat organic.

EAT EVERY THREE HOURS

If you've ever skipped a meal you know how hungry you are for your next meal. So much so that your brain can get high-jacked and all rational thought goes out the window. Your body will be starving for fuel and will have you reach for a high glycemic snack before you have a chance to rationalize why you shouldn't have it.

By eating every three hours you are giving your body enough of a break for digestion but not so much that you are starving for your next meal and losing your mind to a cupcake.

This will also allow you to evaluate if one serving of protein and two above the ground veggies is sufficient to get you through to the next meal. If you are overly hungry, that is a signal to include a fruit, a below the ground veggie or a healthy fat to the last meal.

THE OTHER FOOD GROUPS

FRUIT AND BELOW THE GROUND VEGETABLES AND FATS

Now you may ask, where do we put in fruit, below the ground veggies or healthy fats? The answer is, wherever they are needed.

You may find that you have a sugar craving around three pm when your adrenal glands are running low. That is a

great place to put a higher glycemic carbohydrate food like a piece of fruit or a below the ground veggie. Remember to add it to the corresponding meal, not just eat it on its own.

To start, have two servings of fruit a day, one of which should be berries and one serving of below the ground vegetables.

Try to keep that to your first, third or fourth meal of the day. Only add it to the fifth meal if you have trouble sleeping.

Two servings of healthy fat is necessary to maintain brain and nerve function in addition to keeping your metabolic fires burning.

You will want to avoid vegetable oils since they increase inflammation in the body. Stick to olive oil and coconut oil to cook and bake with and avocados, nuts and seeds to use in meals.

A SAMPLE PLAN

Eating should be within a time frame of twelve hours. That gives you twelve hours of digestive rest, eight of which should be while sleeping. It's best to stop eating three hours before bed.

Wake: 7am

	M	T	W	Th	F	Sat	Sun
8 am	Spinach and mushroom omelet, apple and cinnamon	Nitrate-free smoked salmon on cucumbers and grilled eggplant	Egg drop soup and cut up fresh peppers and snap peas	Eggs baked in portobello mushrooms with spinach	White beans with sautéed veggies	Eggs baked in portobello mushrooms with spinach	Hummus cucumber and snap peas
11 am	Almond butter, berry, kale and red pepper coconut milk smoothie	Celery soup, nut butter and rice crackers	Butternut squash with baked apple and sliced peppers, almonds	Broccoli soup, nut butter and rice crackers	Apple, kale, cucumber, lemon, avocado, almonds, coconut milk smoothie	Green shake with cucumber celery, lime and stevia. Walnuts and apple	Turkey roll ups with cucumber and romaine
2 pm	Chopped salad with grilled chicken	Tuna with chopped onion, pepper, tomato, pickles and dill	Leftover beef and cabbage with cut up peppers and cucumbers	Taco salad with ground bison and salsa	Chicken with cauli-Alfredo sauce on zucchini noodles	Bean chili with tomatoes and onions	Egg salad with avocado and lime. Sliced peppers, cucumbers
5 pm	Lemon, garlic, paprika sole with broccoli, asparagus and sweet potato	Beef with cabbage, side salad with balsamic vinegar	Spiced lime chicken, zucchini and eggplant	Lamb chops with sautéed mushroom and bok choy	Spagetti squash with tomato sauce and ground turkey	Cornish hens with leeks and green beans	Grilled Salmon with broccoli and brussels sprouts
8 pm	Lentil soup with spinach and onions	Roasted cauliflower and sliced turkey	Split pea soup with onions and kale	Hummus And kale chips	Black bean soup with tomatoes and onions	Roasted peppers and walnuts	Roasted mushrooms and peas

Sleep 11 pm

FOOD QUALITY

Avoid genetically modified organisms (GMOs) Organic food is best when available. Keep in mind to stick to the clean fifteen when eating nonorganic food. You can find the clean fifteen and the dirty dozen lists on the website: www.ewg.org Animal meats and dairy need to be grass-fed, organic. Happy animals, make happy people. Get to know your local farmers and always read the ingredients.

WATER

I know this will not come as a shock to you, but you need to drink a lot of water. This is not a temporary assignment; this is every day, always. We are exposed to numerous known and unknown chemicals in our environment and in our food supply. Water is the key component in how our body detoxifies.

Drink $\frac{1}{2}$ your body weight in ounces of water a day.

If you weigh 200lbs you will be drinking 100 ounces of water a day. It can be in the form of caffeine free herbal tea, water with lemon or water with lime. (If you have sensitive teeth, you may want to drink lemon/lime water through a glass or stainless steel straw or just stick with herbal tea)

Some find that filling up a 30 ounce ball jar in the morning and refilling it throughout the day allows them an easy way to track how much water they are consuming.

RECIPES NOT NECESSARY

You do not need complicated recipes to eat healthy. It's easy to roast a variety of vegetables ahead of time and reheat as needed.

The best above the ground vegetables to roast are: Brussel sprouts, slices of cabbage, cauliflower, red/orange/yellow peppers, mushrooms, asparagus, zucchini and summer squash. Although there is a serving size of ½ to 1 C, you can easily snack on these if you find yourself hungry.

Below the ground vegetables are great roasted as well. Sweet potatoes, carrots, beets and parsnip need to be kept to 1 serving a day (2 servings if you are skip a fruit) due to their starchy component. Although butternut and acorn squash grow above the ground, they are also starchy vegetables and would fit in here.

If you have been off sugar for 2 weeks, roasted red peppers will taste like candy.

Roast vegetables in a preheated 400 degree oven for 20 minutes. Turning once at 10 minutes.

KALE CHIPS

Preheat the oven to 300 degrees. Remove kale stems and chop 1 bunch of kale into large bite-sized pieces. Add the kale, washed and dried (very important to dry thoroughly) and 1 tablespoon olive oil into a large bowl. Pour flavor ingredients in, and mix and massage until

combined well. Lay kale on parchment lined baking sheet. Bake for 30 minutes or until crisp.

Soy & Sesame: 2 tbsp soy sauce + 1 1/2 tbsp sesame seeds

Salt & Vinegar: 1 quarter cup sherry vinegar + 2 tsp fine salt

Lime & Chili: Juice of 1 lime + 1 tsp lime zest + 2 tsp chili powder

Seasoned Lemon: 2 tbsp Annie's Naturals Lemon Chive Salad Dressing + juice of 1 lemon + 1 tsp black pepper

Balsamic Vinaigrette: 3 tbsp balsamic vinegar + 1 tbsp Dijon mustard + 2 tsp Herbes de Provence

Roasted Garlic: 3 cloves garlic, finely chopped + 3 tsp garlic salt

SOUPS

Soups, specifically bone broths, are not only healing to the gastrointestinal system, they are great to accompany any meal.

Egg Drop Soup(=1 protein serving)

Heat 1 cup chicken broth to boiling, take off burner and whisk in 1 egg and 3 egg whites. Add 1 teaspoon of sesame oil, chopped green onion and salt and pepper to taste.

Celery Soup (=1 ATG vegetable serving)

Cook ½ to 1 cup of chopped celery in broth until soft. Blend in high speed blender and season to taste with dill, onion powder, raw garlic clove...)

You can do the same to make broccoli, cauliflower, asparagus, red pepper and onion soups.

Add ½ to 1 tablespoon of nutritional yeast to make it “cheesy” or ¼ cup of unsweetened coconut milk to make it creamy.

Use sweet potato, squash or carrot to equal a starchy vegetable serving.

Keep the cauliflower soup thick and add extra garlic to make a creamy **Alfredo Sauce**. Serve over **Zucchini Noodles**, made with a potato peeler or a spiralizer and sautéed for 10 minutes, for another ATG vegetable serving. Add chicken for a protein serving.

SPICED LIME CHICKEN (SERVES 4)

In small bowl mix ½ teaspoon salt, ½ teaspoon pepper, 1/8 teaspoon cayenne pepper, ¼ teaspoon paprika, 1 teaspoon garlic powder and ½ teaspoon onion powder. Sprinkle mix on both sides of 4, thinly cut, chicken breasts. Heat 1 tablespoon coconut oil in a large skillet and cook the chicken. Once the chicken is almost done, put it to the side and add the juice of one lime and 1/3 cup chicken broth to the hot pan and bring to a boil. Add the chicken back to the pan and flip once. Simmer until done.

GROUND BEEF AND CABBAGE

(serves 4. 1 serving vegetable and 1 serving protein each)

Saute 1 pound organic grass-fed ground beef until browned. Add salt and pepper to taste. Mix ½ teaspoon grated fresh ginger, 1 teaspoon white or rice wine vinegar, ¼ teaspoon raw organic honey, 2 tablespoons coconut aminos (soy sauce equivalent) ½ teaspoon hot sauce in a small bowl. In large skillet heat 2 tablespoons toasted sesame oil and sauté 2 minced garlic cloves and 3 sliced green onions over medium high heat. Add 10-14 ounces of chopped green cabbage and cook until tender. Stir in the sauce and beef and mix well. Serve hot.

CANDIED STRAWBERRIES

Bake strawberries in a 210 degree preheated oven for 3 hours on a baking sheet lined with parchment paper.

APPLE CHIPS

Preheat oven to 275 degrees. Sprinkle cinnamon over cored and thinly sliced apples on baking sheet lined with parchment paper for 2 hours. Flip halfway through and check every 30 minutes to prevent burning.

You can find more recipes on Dr. Francis' Pinterest Page

THE LIST

PROTEIN

3-4 ounces cooked, or as indicated

Meat, poultry and fish should be grilled, baked, roasted or poached

Eggs, 1 whole and 3 egg whites

Shellfish, cod, sole, halibut, tuna, salmon,

Poultry: chicken, Cornish hens, turkey

Lamb

Beef, buffalo, venison, elk

Dairy (if you are tolerant) cottage cheese $\frac{3}{4}$ cup, ricotta $\frac{1}{2}$ cup, mozzarella 2 ounces, parmesan cheese 6 tablespoons, sour cream 6 tablespoons, feta cheese 2 ounces, yogurt 4 ounces, milk 6 ounces.

Legumes $\frac{1}{2}$ cup cooked: beans, split peas, green peas, lentils, hummus, bean soups.

Nuts and Seeds: 15 almonds or 15 hazelnuts, walnuts 10, nut or seed butter 2 tablespoons.

CARBOHYDRATES $\frac{1}{2}$ TO 1 CUP

Above The Ground

Artichokes, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, brussels sprouts, cabbage, cauliflower, celery, chives, cucumber, eggplant, garlic, green beans, greens (bok choy, escarole, swiss chard, kale, collard greens, spinach, dandelion, mustard greens,

beet greens) leeks, kohlrabi, lettuces (romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory, mushrooms, okra, onion, radishes, salsa (sugar free), scallions, sea vegetables (kelp), snow peas, snap peas, sprouts, summer squash, spaghetti squash, tomatoes, zucchini.

Starchy ½ cup

Beets, acorn squash, butternut squash, carrots, pumpkin, sweet potato, yams

Fruit ½ to 1 cup

Apple, apricot, berries (raspberries, strawberries, blueberries, blackberries, cantaloupe, honeydew, watermelon, cherries, fresh figs, grapefruit, grapes, kiwi, mango, orange, pear, persimmon, pomegranate seeds, tangerines, nectarines

Grains ½ cup cooked

Basmati rice, brown rice, wild rice, buckwheat, oatmeal (steel cut) millet, quinoa, teff, sprouted grains

OILS AND FATS 1 TABLESPOON

Avocado 1/4, flaxseed oil, sesame oil, olive oil, olives 10 medium, coconut oil, ghee, avocado oil

MISCELLANEOUS (UNSWEETENED)

Tomato sauce, salsa, mustard, fresh or dried herbs or spices, balsamic vinegar, apple cider vinegar, rice wine vinegar, coconut milk, almond milk, cashew milk, rice milk, hemp milk, herbal teas

EXERCISE

You can't get out of it. It is absolutely necessary to move your body, lift heavy things and stretch.

Walk 30 minutes a day, lift weights 3 times a week and stretch 20 minutes daily.

FINAL WORDS

You are not in this alone. Call us with any concerns regarding autoimmune disease, hormonal issues, thyroid issues, blood sugar problems or cardiovascular disease. It's our mission to help.

Allow your body to be brilliant.

