



Eating Survival Guide: Avoid Diabetes, Heart Disease and Obesity

by Stacey Francis, DC

Pick a Protein/meal:

Beef
Chicken
Turkey
Fish
Eggs
Lamb
Cheese
Milk
Yogurt
Peas
Lentils
Chick peas
Hummus
Nuts
Nut butter
Seeds
Seed butter
Beans

Pick 2 Veggies/meal:

Artichokes
Asparagus
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Dark greens (Spinach/Bok choy...)
Eggplant
Green beans
Lettuces
Mushrooms
Okra
Onion
Peas (Snow, Snap)
Pumpkin
Radishes
Salsa (sugar free)
Sea vegetables (kelp)
Squash
Tomatoes
Zucchini

Pick 2 Fruit/day

Apple
Apricot
Berries
Cantaloupe
Honeydew
Watermelon
Cherries
Fresh figs
Grapefruit
Grapes
Kiwi
Mango
Orange
Pear
Persimmon
Pomegranate seeds
Tangerines
Nectarines

Pick 2 Heavy Veg or Grain/day

Split Peas
Potato
Sweet potato
Yams Grains
Basmati/brown/wild rice
Buckwheat
Oatmeal
Millet
Quinoa
Teff
Sprouted grains

Pick 2 Fat or Oil/day:

Avocado
Avocado oil
Olives
Olive oil
Coconut oil
Butter
Ghee
Lard
Flax oil
Sesame oil

Highlight the foods from each category that you absolutely love and underline the foods that you tolerate or are willing to try.

Eat every 3-4 hours in a 12 hour window

Drink approximately ½ your body weight in ounces of water a day

Move your body daily (walk, yoga, biking, weight lifting...)

Details, serving sizes, recipes, meal plan and tips can be found at:

<http://specificwellness.com/wp-content/uploads/2017/08/Specific-Metabolism-Diet.pdf>