**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>