

Let Food be your medicine!

Grain based diet

Basic combination: cereals (brown rice, millet, corn, buckwheat ...) and legumes (beans, lentils, soy, chickpeas ...)

1 Level Cooking class - Simple diet

Breakfast: The basic combination + fruit + nuts+ seeds

Grains: millet, brown rice, polenta, corn flour, cooked / baked corn, buckwheat, other gluten free cereals ...

Nuts + Seeds: Sunflower, sesame, poppy seed, flax, peanuts, walnuts, almonds, hazelnut, pumpkin seeds, cashew, pistachio...

Legumes: soy milk, tofu, soy pate, beans, lentils, chickpeas, kidney beans ...

Fruit: fresh seasonal fruit and dried (dates, prunes, figs, raisins, dried pineapple...)

Combination: - porridge as a base,

- With dressing

- crushed nuts and seeds as grinded supplement or as plant based milks. (See

Menu)

Legumes such as vegetable milk, tofu cream or pate... Use fruit liberally, preferably to start the breakfast with fresh fruit.

Breakfast example: Millet with apples, vegetable milk from nuts, peanut butter banana bread with rice.

Lunch: The basic combination (cereals+legumes) + vegetables+ nuts +seeds

Grains: millet, brown rice, polenta, corn flour, buckwheat and other gluten free cereals ...

+ Starch: potato

Legumes: Beans, lentils, soybeans, chickpeas, peas, green beans, kidney beans ...

Nuts + Seeds: Sunflower, sesame, poppy seed, flax seed, peanuts, walnuts, almonds, hazelnut, pumpkin seeds, cashew, pistachio...

Vegetables: variously.

Combination: a cup of cooked cereal, a cup of beans, vegetables steam / cooked, salad, vegetable soup (see recipes). Supplement: cornbread with beans patee and vegetable broth.

Quantity: mostly raw, more steam, something cooked /sautéed, rarely baked, no frying ...

Qualitatively: Variety.

Principles of Nutrition: The combination – must be! The non refined cereals will give you clean energy and the legumes will give nice protein content and good combination of the proteins with the proteins from the cereals. It will give satiety!

From the end of a meal to the other has a distance 5 hours except in irregular circumstances, water up to 30 min. before eating and 1.5-2 hours after a meal you can drink.

Products for avoiding / replacement: Refined products (with wholegrain), sugar (with Stevia muscovado black unrefined sugar), processed foods (home made), pepper (oregano), vinegar (lemon), alcohol (water ...), coffee (carob, chicory) cigarettes (air, morning stimulant: good breakfast, exercise, hydrotherapy, sun bath...), psychotropic substances (hydrotherapy, stable glucose condition, positive life experience)...

Economy and time saving: Boil more beans (1-2 kilos for example), drain it, take plastic bags and fill them with the dry beans in one time quantity(maybe 300g.) and freeze it!

In percentage: grains (50-60%) + Beans (30%) / Nuts (10%)

Strictly vegetarian diet (no meat, milk, cheese, eggs, fish ...), without concentrated and refined foods: without oil, refined flours, sugar, margarine and products of them. First option: gluten free (a protein found in wheat, rye, barley and oats.)

Even more Simple way to describe it:

Potato with beans; brown rice with soy; cornbread with lentil ; kachamak (corn meal) with chickpeas; millet with peas; buckwheat with kidney beans ... + Salads + simple soups

2 Level Cooking class - complicated dishes

Dressings, yogurt, Vegetable backed goods, creams, risotto...

3 Level Cooking class (+gluten and oil)

Recipes for celebrations and gluten diet with the use of oil (After a few months)

Grains: wheat, rye, barley, oats

Oil: cold pressed sunflower oil for cold dishes and cold pressed olive oil for cold and cooking.

Gluten is part of the grains: wheat, rye, barley and oats. Gluten is known to make trouble in the

gut, acting as glue on the walls. May interfere with the absorption of the vitamins and minerals playing an important role in autoimmune diseases. It is good to give preference to the gluten free food or from time to time to clean the body from it. To clean the intestines from gluten it takes 3-4 weeks.

4 Level Cooking class Raw food and juice therapy

The ultimate food therapy for many diseases!

Dr. Caldwell B. Esselstyn, Jr. of Cleveland Clinic says:

“The optimal diet consists of grains, legumes, vegetables, and fruit, with <10%-15% of its calories coming from fat. This diet minimizes the likelihood of stroke, obesity, hypertension, type 2 diabetes, and cancers of the breast, prostate, colon, rectum, uterus, and ovary. There are no known adverse effects of such a diet when mineral and vitamin contents are adequate.”

Note: Depending on the health state of every individual person adjustments are necessary to be made. Consult and research before you decide to change your lifestyle! *** This material is illustrative and does not replace a personal consultation with your doctor.***
www.natural-remedies-healthy-lifestyle.com