

COMPONENT #1

Your Protein Options Menu

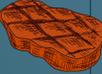


FOLLOWING ARE LEAN PROTEIN OPTIONS. THE BEST PROTEIN OPTIONS ARE FREE-RANGE, HORMONE-FREE AND ANTIBIOTIC FREE. THREE OUNCES IS THE SIZE OF A WOMEN'S PALM OR THE SIZE OF A DECK OF CARDS.



1 SERVING = 3 OZ. COOKED

← IHC HIGHLY RECOMMENDS WEIGHING YOUR PROTEIN

	CHICKEN/TURKEY (ALL WHITE MEAT / NO SKIN) (NO TURKEY BACON, TURKEY SAUSAGE OR LUNCH MEAT)	3 OUNCES
	BEEF (EX: ROUND, SIRLOIN, FLANK, TENDERLOIN, LONDON BROIL, LEAN HAMBURGER)	3 OUNCES
	ELK, BUFFALO, VEAL, VENISON, LAMB, DUCK, BISON, RABBIT, SQUIRRELL & LAMB (NO PORK)	3 OUNCES
	EGGS	2 WHOLE
	FRESH FISH (NO SHELLFISH-SHRIMP, CLAMS, LOBSTER, MUSSELS, ETC.)	3 OUNCES
	FRESH SLICED DELI MEATS NO PRESERVATIVES, NO NITRATES OR NITRITES (NOT PACKAGED, NO HAM)	3 OUNCES

A NOTE ON HUNGER

- 1 Hunger is a normal detox symptom. If you can get past the 1st 10-14 days, this should subside.
- 2 Hunger can be psychological rather than physiological, so check "where" your hunger is located. If you have questions on this, please email us.
- 3 In your "Mastering Your Mind" section, read "MINDFUL Eating" (PG 76-77). This can be a huge help!
- 4 The Pure Vitality Metabolic Drops will significantly decrease hunger.
- 5 Hunger will greatly decrease when you flip the switch into "fat-burning" mode, but it may come and go. Keep reading to address this REAL hunger.

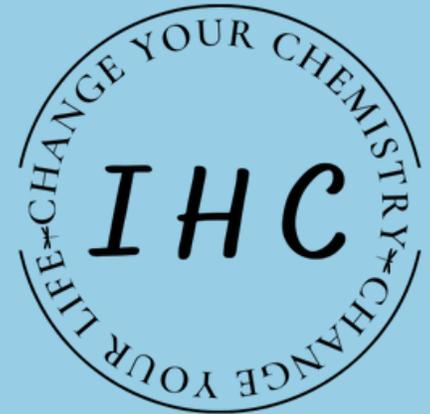
ADDRESSING REAL HUNGER...

- 1 You should **not** be getting hungry between meals. If you do get true hunger between meals be sure to eat the optional snack. **BEFORE** making any changes to your meal plans please TALK TO YOUR HEALTH COACHES 1ST by emailing us at the email below.

Email us: AskDrChilders@gmail.com

****IF IT IS NOT LISTED HERE, DO NOT EAT IT****

Your **Vegetables** Options Menu



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THE BEST **VEGETABLE** OPTIONS ARE ORGANIC TO REDUCE OR ELIMINATE INTAKE OF TOXINS FROM PESTICIDES.

****START WITH 2 CUPS OF RAW VEGGIES, AND THEN COOK IF DESIRED. ****

Servings for all vegetables are 2 SERVINGS
= 1 Cup cooked OR 2 Cups raw

	<u>FIBER</u>		<u>FIBER</u>		<u>FIBER</u>
CUCUMBER.....	(.5 G)	RADISH.....	(.5 G)	MUSHROOMS.....	(2 G)
LETTUCE.....	(1 G)	ARTICHOKE HEARTS.	(4 G)	GREENS (COLLARD)...	(7 G)
CELERY.....	(2 G)	GREEN/STRING BEANS	(2 G)	OKRA.....	(2 G)
CABBAGE.....	(2 G)	BRUSSEL SPROUTS.	(3 G)		
* BROCCOLI.....	(5 G)	CAULIFLOWER.....	(2 G)	* WINTER SQUASH.....	(2 G)
* SPINACH.....	(7 G)	EGGPLANT.....	(4 G)	(ACORN, BUTTERNUT, PUMPKIN, SPAGHETTI)	
TOMATO.....	(1 G)	PEPPERS.....	(1 G)	SUMMER SQUASH.....	(3 G)
SWISS CHARD.....	(2 G)	ASPARAGUS.....	(1 G)	(ZUCCHINI, YELLOW)	
* GREENS (KALE)...	(7 G)	LEEK.....	(1 G)		
ENDIVE.....	(1 G)	WATERCRESS.....	(1 G)	ONION.....	(1 G)

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*** Tip: choose those **vegetables** with higher fiber to improve bowel movements & increase weight loss**

ALWAYS MEASURE YOUR PORTIONS FOR THE BEST RESULTS .





Essential Fats (Healthy Fats)

THE BEST OPTIONS ARE FROM MONO AND POLYUNSATURATED FATS WITH THE CONSUMPTION OF SATURATED FAT OPTIONS ALWAYS COMING FROM ORGANIC AND/OR RAW SOURCES. ALL OPTIONS LISTED HERE ARE 1 SERVING.

BE CAREFUL ON PORTIONS/MEASUREMENTS

- OIL (COCONUT, OLIVE, GRAPE SEED, AVOCADO)..... 1 TSP.
- AVOCADO..... 1/8 MEDIUM
- OLIVES, BLACK/LARGE..... 6
- OLIVES, KALAMATA..... 6
- OLIVES, GREEN..... 6
- REAL BUTTER (NO MARGARINE)..... 1 TSP.
- VEGENAISE, AVOCADO MAYO..... 1 TBSP.
- SEEDS (PUMPKIN, SUNFLOWER)..... 1 TBSP.
- CREAM (ORGANIC HALF/HALF-NO FLAVORS)..... 2 TBSP.
- NUT BUTTER ALMOND (RAW/ORGANIC)..... 2 TSP.
- TAHINI..... 2 TSP.
- SHREDDED COCONUT (DRIED & UNSWEETENED)..... 2 TBSP. (3 G OF FIBER)



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****PAY ATTENTION TO THE SERVING SIZES DO MIX UP UP TEASPOON & TABLESPOON****

Healthy Fats to Fry or Cook with ONLY

- ✓ AVOCADO OIL
- ✓ COCONUT OIL
- ✓ GRAPE SEED OIL

Most oils break down at high heat (frying) and then transform into damaged and harmful fats that your body has a difficult time metabolizing. The oils mentioned above have a HIGH FLASH point and do not breakdown under high heat. (Do not Fry with Olive Oil) You can use olive oil in salads, when baking or drizzled on after frying but do not fry with it as it becomes a damaged fat. Olive oil has a low heat threshold.

Primal Kitchen Brand & Sir Kensington Brand offer options for dressings, mayos and sauces.

****Always read the labels for added sugar & type of oil used**

There's a recipe in the recipe section on how to make your own homemade mayonnaise!!



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Fruits

IF POSSIBLE, CHOOSE ORGANIC TO REDUCE/ELIMINATE ADDED TOXINS.

*TIP: Use Your Fiber tracker in the back of your manual (your goal is 28-30 grams per day). As it travels through the digestive system it whisks away waste, which helps reduce inflammation and bloating. Fiber combines with water to create a gel-like substance that feeds the healthy bacteria in your digestive tract. And fiber helps manage weight by reducing the amount of fat that is absorbed from a meal !

	<u>SERVING</u>	<u>FIBER</u>		<u>SERVING</u>	<u>FIBER</u>
Granny Smith Apple.	1 SMALL	(4G)	Blueberries.....	1 CUP	(4G)
Peach.....	1 SMALL	(2G)	Watermelon.....	1 CUP	(1G)
Strawberries.....	1 CUP	(4G)	Blackberries.....	1 CUP	(4G)
Honey Dew.....	1 CUP	(1G)	Orange.....	1 SMALL	(3G)
Raspberries.....	1 CUP	(8G)	Boysenberries.....	1 CUP	(4G)
Cantaloupe.....	1 CUP	(1G)	Grapefruit.....	1/2 OF MED	(1G)
Persimmon 1 med....	1 CUP	(6G)	Pomegranate	1/2 CUP	(3G)

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TIP: Always Weigh & Measure Your Food Portions

