

# Essential #3 – Maximize Nutrients

## THE MAXIMIZED LIVING NUTRITION PLANS “The Core Plan” and “The Advanced Plan”

### The Core Plan:

Most North Americans need to make several changes in order to prevent and reverse disease and illness. The 3 Core Principles are the foundation for the Maximized Living Nutrition Plan, regardless of one’s age, genetic background, or medical history, and are broken down by food group: fats, protein, and carbohydrates.

### The 3 “Core” Principles

#### 1. Fat

Healthy fats vs. Damaged fats: Eat more healthy fats and reduce/eliminate all damaged fats.

#### 2. Protein

Naturally-raised vs. unnaturally-raised animals: Go as much organic and natural as possible for animals at the top of the food chain.

#### 3. Carbohydrates

Whole carbohydrates vs. refined carbohydrates: Eat more vegetables, fruits, and eliminate refined grains and sugars.

### Food Choices

**1. Fat:** The #1 missing ingredient in the Standard North American diet is not a vitamin or mineral, but good fat. Be sure to eat good fats with every meal. They

are essential to hormone production, cancer prevention, regulating metabolism, fat-burning, brain development, weight loss, cellular healing and anti-inflammation.

Bad fats such as hydrogenated and partially hydrogenated oils, trans-fats, and rancid vegetable oils are linked to cellular congestion and are related to cancer, heart disease, and neurotoxicity. Bad fats are also linked to chronic inflammation which is the underlying cause of 21st century diseases and the leading disease killers in North America.

### **Healthy Fats for the Core Plan**

#### **1. Raw nuts & seeds**

Almonds, Cashews, Flaxseeds, Hemp Seeds, Pecans, Pine Nuts, Macadamia, Sesame Seeds, Sunflower, Walnuts.

Raw nut and seed butters (almond butter, macadamia butter, raw tahini)

#### **2. Olives, avocado, and coconut products** (Milk, oil, butter, flakes, flesh, flour, spreads)

#### **3. Animal proteins with good fats**

**Grass Fed Meat** – contains good fats in the ideal ratio for consumption

**Fish** – best are cold water fish (salmon, mahi-mahi, mackerel, halibut) and/or smaller on the food chain (sardines, anchovies)

**Eggs** – from hens who are cage free/free range, organic, hormone/antibiotic free, fed no animal by-products)

#### **4. Full Fat Dairy Products**

Full fat, organic dairy is a bare minimum. Non-homogenized is even better. Non-pasteurized (raw) is best, if available.

Dairy products with reduced fat contain a higher percentage of sugar.

Full Fat Raw Milk, Full Fat Plain Yogurt, Butter (preferably raw), Ghee (Clarified Butter), Cream, Raw Cheeses, Kefir

#### **5. Oils**

**Acceptable for Heat:** Coconut Oil (*best for high heat*), Grape seed Oil, Olive Oil (*medium heat only – do not let it smoke*)

**Do Not Heat:** Walnut, Flaxseed, Avocado, Cod Liver Oil, Hemp Seed Oil (good fats in the right ratio)

**\*\* Learn more about the health benefits of Coconut from your Maximized Living doctor certified in nutrition. Further information is available in *Maximized Living Nutrition Plans* available in your Maximized Living Health Center**

## **Damaged Fats to eliminate on the Core Plan**

1. NO: Hydrogenated and Partially Hydrogenated Oils
2. NO: Rancid oils (corn oil, vegetable oil, canola oil, cottonseed oil, soybean oil, safflower oil, and sunflower oil)
3. NO: Trans Fats (margarine, synthetic butters, and shortening)
4. NO: Roasted nuts and seeds
5. NO: Roasted nut and seed butters
6. NO: Pasteurized and homogenized dairy products

## **Healthy Fat Supplementation**

**The problem:** Fat is North America's number one missing ingredient. You need good fats — and lots of them — in the healthy ratios your body uses for function.

**The solution:** Omega-3 supplements. **ProOmegaRx.** If you're eating a standard commercial diet that consists of little grass-fed meat, omega-3 eggs, walnuts, avocado, or fish, then you need to supplement the missing omega-3s in your diet. However, beware of two problems associated with omega-3 supplementation: It's common to overdo omega-3 supplementation and end up creating the opposite problem, omega-3 dominance. The other risk with fish oil supplements is mercury contamination from toxic waters. The best omega-3 supplements will not only give your body the ideal ratio of omega-3 and omega-6 fatty acids, but also will come from a blend of plant and fish sources, having been molecularly-filtered for optimum purity.

**2. Protein:** Countless studies link commercial meats with cancer and heart disease. In contrast, naturally raised meats provide nutrients, fatty acids, and amino acids that are essential for good health. Many cultures, along with our own Paleolithic ancestors have survived on naturally-raised meats without experiencing cancer or heart disease in the proportions we do in North America.

To avoid and/or reduce the toxic burden of harmful nutrients in your body, purchase organic and natural especially for animals at the top of the food chain. (See below for further explanation)

**Toxic Bioaccumulation:** When a potentially toxic and non-biodegradable substance, such as a pesticide or herbicide, is released into the environment, its concentration may be so low that it causes no obvious damage. It may move into plants at the same low concentration in which it exists in water or soil. However, an herbivore, (a plant-eating animal), must eat about 10 grams of living matter to make 1 gram of itself. So herbivores will on average take in as much of the potentially toxic substance as was found in 10 individual plants. A carnivore, (a meat-eating animal), will accumulate the toxin to a concentration about 10 times that found in an herbivore, or 100 times that found in individual soils and plants. Animals at the top of the food chain may contain toxic compounds in the most damaging concentration of all, even though the concentration in the environment or in other species may be too low to cause harm.

**Fatty Acid Ratio Distortion:** When red-meat animals that would naturally eat grass are fed grain, their fatty acid ratios are altered and their good saturated fats are denatured, becoming bad fats. As a result, they become susceptible to sickness and require a constant dose of antibiotics.

Grass-fed and free-range meats provide many of the fatty acids that are missing in the Standard North American Diet (arachidonic acid, conjugated linoleic acid and the proper ratio of Omega-6 to Omega-3 fatty acids), which your body actually needs to burn fat, to detoxify, and to prevent heart disease and cancer.

### **Good Proteins for the Core Plan**

#### **1. Animal proteins**

Grass-Fed Meat (beef, lamb) – Contains good fats in the ideal ratio for consumption. Choose grass-fed, free-range, and hormone-free animal sources.

#### **2. Fish**

Best are cold water fish (salmon, mahi-mahi, mackerel, halibut), from the cleanest waters (Pacific and Alaskan oceans), and those that are lowest on the food chain (sardines, anchovies)

#### **3. Eggs**

From hens that are cage-free, free-range, organic, hormone-free, antibiotic-free, and fed no animal by-products

#### **4. Poultry**

Naturally-raised, free-range, hormone-free, antibiotic-free poultry (chicken, turkey)

#### **5. Raw nuts & seeds**

These are an excellent source of protein and substitute for meat products. Almonds, Cashews, Flaxseed, Hemp Seeds, Pecans, Pine Nuts, Macadamia, Sesame Seeds, Sunflower Seeds, Walnuts, and others. *For best results, soak the nuts/seeds overnight in filtered water. Then drain, dry, and store in glass jars in the refrigerator. This releases the natural enzymes and makes them easier to digest and assimilate.*

#### **6. Fermented Soy Products**

Miso, Tempeh, Tamari

#### **7. Dairy Products**

These are an excellent source of protein and substitute for meat products. *Full fat, organic dairy is a bare minimum. Non-homogenized is even better. Non-pasteurized (raw) is best, if available.*

*Dairy products with reduced fat contain a higher percentage of sugar.*

Full Fat Raw Milk, Full Fat Plain Yogurt, Raw Cheeses, Kefir, Whey Protein

**\*\* Order your own copy of the *Maximized Living Nutrition Plans* (available through your doctor) to learn more about the role of dairy in the Core Plan.**

**Protein tip:** *Have some protein with every meal, and most importantly when your body needs it most (toward the end of the day and 30-45 minutes after exercise).*

### **Bad Proteins to eliminate from the Core Plan**

1. NO: Grain-fed red meats (beef, lamb)
2. NO: Pork (highly acidic and large toxic load)
3. NO: Conventionally-raised poultry (chicken, turkey)
4. NO: Farm-raised fish (these fish are fed grains, not their natural diet and are not raised humanely)
5. NO: Shellfish (highly acidic and large toxic load) and large ocean fish (tuna, cod)
6. NO: Processed soy products (tofu, soy nuts, soy milk, soy formula)

7. NO: Commercial Whey protein (if hydrolyzed, treated with heat, and/or from pasteurized dairy)
8. NO: Roasted nuts and seeds (highly acidic, loss of nutrients, heat turns natural oils rancid)
9. NO: Pasteurized and homogenized dairy products

*Maximized Living Nutrition Plans* (available through your doctor) features the most current research on pork, shellfish, pasteurized dairy, and the diseases to which they may be linked.

## Healthy Protein Supplementation

**The problem: Clean, quality protein is hard to obtain.**

**The solution:** Organic grass-fed whey supplement. **NatureProML - the organic whey protein by Maximized Living.** Protein provides the building blocks for hormones and neurotransmitters. It is essential that you get an optimal amount of clean, lean protein at each meal. Cool-processed, grass-fed whey is a fantastic source of protein. It is bioavailable, raises the master antioxidant glutathione, and helps to bind and pull heavy metals out of the body. Be careful. Hydrolyzed and heat-processed whey proteins, which make up the majority of whey protein supplements on the market, do not contain the same benefits. Because their amino acids have been denatured through heat processing, they become virtually useless and potentially harmful in the body.

**3. Carbohydrates:** Carbohydrates like fruits, vegetables, and grains are energy-producing foods. The higher a carbohydrate is on the glycemic index, the quicker it turns into sugar and upsets your hormone cycles.

The reality is that sugar is everywhere. According to published reports, the number one source of sugar for the vast majority of North Americans is soft drinks. Other sources include: lunch meats, pizza, sauces, breads, soups, crackers, fruit drinks, canned foods, yogurt, ketchup and mayonnaise. Read the ingredients; you will be shocked. Today, North Americans consume an average of 120 pounds of sugar per year per person, compared to 5 pounds per year per family in the early 1900's.

As stated above, remember that refined carbohydrates such as flour, bread and rice, turn into sugar almost immediately after putting them in your mouth and your saliva starts breaking them down. Don't be fooled. These foods are still sugar even if they don't taste sweet.

Sugar is also an "anti-nutrient." Not only does it include an insignificant amount of vitamins and minerals, it actually robs your body of precious nutrient stores. The herb stevia is the preferred alternative sweetener. Xylitol is an acceptable alternate. While alternatives like honey and maple syrup are "natural," they will spike blood sugar considerably.

High glycemic and refined sugars cause elevated glucose, which in turn elevates insulin, leading to premature aging and degenerative disease (type 2 diabetes, heart disease, inflammation of the arteries and cancer).

Therefore, the only grains acceptable on the Maximized Living Core Nutrition Plan are those which are sprouted, whole-grain, or stone-ground.

### **Lower-Glycemic Carbohydrates**

High in fiber, these are always your best carbohydrate choices, any time of the day.

### **Moderate-Glycemic Carbohydrates**

Reduce consumption of these carbohydrates after lunch.

Completely eliminate these carbohydrates after lunch if weight loss is a concern.

### **High-Glycemic Carbohydrates**

Eat these carbohydrates only during recovery from exercise.

Avoid them completely if weight loss is a concern.

### **Refined Carbohydrates**

Sugars and refined grains are eliminated completely on the Maximized Living Nutrition Plans

## **Healthy Carbohydrates for the Core Plan**

## 1. Grain-free carbohydrate replacements:

Flax seed bread, muffins, and crackers

Almond flour cookies

**\*\* *Maximized Living Nutrition Plans* (available through your doctor) – your complete resource for maximum nutrition – with over 100 recipes including grain-free breads, muffins, crackers, cookies, and pizza doughs.**

## 2. High-Fiber / Low-Glycemic Carbohydrates

High in fiber, these are always your best carbohydrate choices, any time of the day.

**Vegetables** – Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Bell Peppers (*red, yellow, green*), Broad beans, Broccoli, Brussel Sprouts, Cabbage, Cassava, Cauliflower, Chives, Celery, Chayote Fruit, Chicory, Coriander, Collard greens, Cucumber, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Jicama (raw), Jalapeno Peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Parsley, Mustard Greens, Onions, Radishes, Radicchio, Snap Beans, Snow Peas, Shallots, Spinach, Spaghetti Squash, Summer Squash, Swiss Chard, Tomatoes, Turnip Greens, Watercress, Zucchini

**3. Fruits** - Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries), Limes, Granny Smith Apples

## 4. Moderate-Fiber / Moderate-Glycemic Carbohydrates

Reduce consumption of these carbohydrates after lunch. Completely eliminate these carbohydrates after lunch if weight loss is a concern.

**Vegetables and Grains:** Leeks, Lima Beans, Okra, Pumpkin, Sweet Potato or Yam, Turnip, Legumes, Artichokes, Squash (Acorn, butternut, winter), Pumpkin, Sweet Potato or Yam, Turnip, Adzuki Beans, Black Beans, Chick Peas (garbanzo), Cowpeas, French Beans, Great Northern Beans, Kidney Beans, Lentils, Mung Beans, Navy Beans, Pinto Beans, Split Peas, White Beans, Yellow Beans, Barley, Brown Rice, Buckwheat (kasha), Bulgar (tabouli), Millet, Rye, Steel Cut Oats, Semolina, Tapioca, Whole Grain Breads, Ezekiel 4:9® Bread, 100% Whole Grain Cooked Cereals & Crackers

*Whether or not you are trying to lose weight, healthy grains are best used as an energy source when consumed early in the day. They shouldn't be eaten after lunch.*

**Fruits:** Cherries, Pear, Apricot, Melons, Orange, Peach, Plum, Grapefruit, Prunes,

Apples, Kiwi, Lemons, Limes, Nectarines, Tangerines, Passion Fruit, Persimmons, Pomegranates

### **5. Low Fiber / High Glycemic Carbs**

Eat these carbs only in recovery from exercise. Avoid them completely if weight loss is a concern.

**Fruits** – Banana, Pineapple, Grapes, Watermelon, Mango, Papaya, Dates, Honey, Fruit juice

**Vegetables, Tubers, and Grains** – Carrots, Corn, Potatoes, Beets

Be cautious with carbohydrates and sugars from vegetables that are not grown above ground. They will alter insulin levels.

## The Advanced Plan:

Some individuals will require a more Advanced Plan to restore health and healing to their bodies. This plan may be used for short-term management of weight, disease or detoxification, or may be used on a long-term basis by those who are genetically suited for it. The Advanced Plan has been researched and formulated to maximize your body's full potential for health, energy, recovery, and cognitive power. The Advanced Plan is designed to reduce inflammation, restore cell membrane function to aid detoxification, regulate hormones, and promote the use of fat as the body's primary source of energy.

### Indications you may need the Advanced Plan:

- High triglycerides
- High cholesterol
- High blood pressure
- High blood sugar
- Low blood sugar
- High insulin
- High leptin
- Toxicity
- Inflammatory disease
- ADD/ADHD
- Autism spectrum disorders
- Cancer
- Chronic fatigue
- Fibromyalgia
- Heart disease
- Digestive dysfunction
- Obesity
- Genetically intolerant to grains

There are many others who will benefit from the Advanced Plan. Those listed above absolutely need it.

The Advanced Plan may at first appear extreme. However, it is actually the easier meal plan to follow as it is designed to completely eliminate cravings. This is

something several generations of low-calorie and low-fat diets have been unable to achieve, so it should come as no surprise that this plan is noticeably and fundamentally different from others you may have experienced.

### **3 Rules on the Advanced Plan**

- 1. Fat: Increase your intake of healthy fats.**
- 2. Protein: Moderate your intake of protein.**
- 3. Carbohydrates: Eliminate grains, sugars, and fruits.**

### **Food Choices on the Advanced Plan**

Follow the 3 Principles of the Core Plan, with the following modifications to eliminate not only sugar, but all foods that turn into sugar which include:

**NO: Grains** - Even the healthy grains rapidly convert to sugar and cause inflammation.

**NO: Fruits, except below** -Except berries and granny smith apples are exceptions because they have a lower glycemic index and do not raise blood sugar levels as much as other fruits.

**NO: Excess protein** - Too much protein will also convert into sugar.

*(If you need to lose weight, but are having difficulty on the Advanced Plan, reduce your protein intake first. On average, men should consume 20 grams of protein,*

*and women should consume 15 grams of protein per meal. Consume 5-10 additional grams of protein after exercise.)*

Note: removing all grains and sugars is easiest when they are removed completely and simultaneously. Although the first 10-14 days may be difficult, your body will adapt quickly and the cravings will be eliminated. Because the purpose of the Advanced Plan is to regulate hormones - not reduce calories – in order to be the most successful, removing grains and sugars cannot be started “gradually!”

Over the first 2-3 weeks, while immediately eliminating all grains, sugars, and fruit, you should slowly increase your intake of good fats, because it is during this period that your body will be learning to burn it as its primary fuel.

### **Carbohydrates to eliminate on the advanced plan**

**Grains:** Barley, Brown Rice, Buckwheat, Bulgar (tabouli), Millet, Rye, Semolina, Steel Cut Oats, Tapioca, Whole Grain Breads, Grains, Crackers, Tortillas, and Cereals, Ezeikiel Bread 4:9,

**Root vegetables and tubers:** Sweet Potato, Potato, Yam, Carrots,

**Fruit** - Exceptions are berries, granny smith apples, lemons, limes, avocados.

### **Carbohydrates to moderate on the Advanced Plan**

These carbohydrates may be consumed in small amounts on the Advanced Plan, and not on a daily basis: Artichokes, Leeks, Okra, Pumpkin, Tomatoes, Turnip, Legumes, Black Beans, Adzuki Beans, Black Beans, Chick Peas (garbanzo), French Beans, Navy Beans, Kidney Beans, Lentils, Mung Beans, Yellow Beans, Pinto Beans, Split Peas, White Beans, Lima Beans, Squash (acorn, butternut, winter)

### **Carbohydrates to increase on the Advanced Plan**

The advanced plan is NOT a “low-carb” diet. Be sure to replace the above lower-fiber and higher-glycemic carbohydrates with MORE of these high-fiber, low-glycemic carbohydrates: Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Beet Greens, Bell Peppers (*red, yellow, green*), Broadbeans, Broccoli, Brussel Sprouts,

Cabbage, Cassava, Cauliflower, Celery, Chayote Fruit, Chicory, Chives, Collard greens, Coriander, Cucumber, Dandelion, Greens, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Jicama (raw), Jalapeno Peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Radicchio, Snap Beans, Snow Peas, Shallots, Spinach, Spaghetti Squash Summer Squash, Swiss Chard, Turnip Greens, Watercress, Zucchini

Visit your Maximized Living Health Center for more information on:

1. How long you may need the Advanced Plan.
2. How toxins can adversely affect weight loss.

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## Core Plan Menu Ideas

Starting on a new program can be confusing and overwhelming at first, so here is a sample seven-day menu plan to help you get started. This is meant to be a guide. You can customize your meal plan to suit your own needs and taste. These are simple, straightforward, and most do not require a recipe. However, we encourage you to use the recipes in *Maximized Living Nutrition Plans* (available through your doctor) to add more variety and zest to your meals.

	Breakfast	Lunch	Snack	Dinner
Day 1	Smoothie	Tomato Soup with Not Tuna Salad	Whole Grain Tortillas with Salsa and Guacamole	Cole Slaw with Roasted Vegetables and ¼ Cup of Hemp Seeds
Day 2	Eggs with Whole Grain Toast	Leftover chicken with Quinoa and Spinach Salad	Crackers and Veggies with Hummus	Grilled Steak with No-tatoes and Green Beans
Day 3	Smoothie	Chili over Brown Rice with Spinach	Trail Mix (mixture of raw nuts and seeds)	Chicken Salad on Greens with Almonds
Day 4	Oatmeal with Sliced Bananas and Nuts	Taco Salad on Brown Rice and Greens (using leftover chili)	Whole Grain Crackers with Cheese and Olives	Bison Burgers with Steamed Broccoli on Salad
Day 5	Smoothie	Turkey Reuben Sandwich	Celery with Baba Ganoush or Tahini Dip	Greek Salad with Grilled Chicken
Day 6	Eggs, Any Style over Spinach	Hemp Seed Salad with Stuffed Portobello Mushroom	Almond Power Bar	Salmon with Asparagus and Roasted Cauliflower
Day 7	Yogurt with Fruit	Veggie Wrap w/ Hummus Spread	Chocolate Bark with Nut Butter or Raw Nuts	Curry Chicken with Broccoli and Field Greens Salad

## Advanced Plan Menu Ideas

When following the Advanced Plan menu, it's important to include some high-quality fats (i.e. olive oil, butter, hemp seed oil, flax meal, olives, avocados, raw nuts, seeds, coconut, full-fat organic dairy, etc.) plus a moderate amount of protein (15 grams for women and 25 grams for men) with each meal. This will keep you feeling satisfied for several hours.

	Breakfast	Lunch	Snack	Dinner
Day 1	Smoothie	Greek Salad with Turkey Burger	Raw Nuts and Sea Salt Trail Mix	Chicken Breast with Over Roasted Vegetables
Day 2	Veggie Omelette with or without Cheese	Cole Slaw and Hemp Seeds in Salad	Almond Power Bar	Grilled Beef Steak with Green Beans and Roasted Tomatoes
Day 3	Yogurt and Berries (with or without added Whey Protein)	Chicken Salad on Greens with Almonds	Granny Smith Apple with Almond Butter, Cinnamon, and Pumpkin Seeds	Cabbage Salad with Hemp Seeds
Day 4	Baked Granny Smith Apple with Cinnamon and Stevia Plus Two Eggs	Buffalo Chicken Wraps (Chicken, Hot Sauce, Blue Cheese in Lettuce)	Chopped Coconut or Coconut Flakes	Mini Grass-Fed Burgers with Roasted Cauliflower
Day 5	Smoothie	Chicken Caesar Salad	Red Peppers and Tahini Dip	Fancy Salmon Over Greens with Sautéed Zucchini
Day 6	Artichoke Frittata	Leftover Salmon on Greens	Baba Ganoush and Celery	Fish Fry with Steamed Vegetables and Salad
Day 7	Green Smoothie	Ground Turkey Zucchini Boats	Raw Veggies and Hummus	Grilled Lamb with Roasted Eggplant and Greek Salad