

REAL FOOD CHALLENGE PREPARE FOR SUCCESS...



Real Food Plate

What is Real Food?

Real Food comes from a plant, it is not made in a plant. Michael Pollan says, "Eat real food, as in food that is unprocessed and doesn't come from a factory. Eat the foods you want to eat that are, in general, *closest* to the way you might encounter them at their source." The primary purpose of food is for our body's nourishment, not taste. If there are no original nutrients, than the primary purpose can't be fulfilled. You are left with the illusion of nourishing your body, but no real building blocks. For example an apple is a real food. You see the whole apple, and you can recognize it. What about apple fruit leather? Unless it tells me on the label that it is apple, I wouldn't know. Say I read the label, there is only apple in the leather, and I know the company uses whole organic apples. Is it real food? No, more of a grey area brought to us by modern processing. Those grey area foods, I wouldn't use in my daily diet. I reserve those for backup snacks for travel, where food storage is very important. Now, imagine you are looking at a bottle of apple juice, apple pop tart, apple jam. Are these real food? NO! The processing has taken out all of the original nutrients. Even if they add some back, it is not the same as eating an apple. For the main purpose of food to be experienced you need to eat the whole food with the least amount of processing.

There are some limitations. I would like to make everything fresh, freshly grind all my own herbs and flours (almond meal and coconut), know my grass fed cow, and pick everything from my garden. I would go crazy trying to accomplish all of that, all at once. The tortoise won the race, because he persevered. Add one real

healthy habit at a time. Integrate it into your meals. Then choose another health habit to incorporate into your life. Spend time with it. Merge it into your families habits. There may be initial resistance, but as you find your family's recipes, it will be accepted. I have made much progress in my health and the health of our family by just doing what I can. Slowly adding time and money to the resources we give to healthful habits. My slow can be fast for others. Know yourself.

Rate record and rate your main concern?

This is the concern that motivated you to take the Real Food Challenge.

What is your main concern?

← Daily Interference with life activities →
Annoying ← → Debilitating
1 2 3 4 5 6 7 8 9 10
star number of your main concern

Frequency:

Duration:

Intensity:

What are any other concerns you have?

What Real Food Change is Best for you?

There are two really important components in choosing an eating plan that is best for you.

1. **What** is your main goal? Is it weight loss, healthy family meal plan, heart condition, diabetes, thyroid, dementia, menopause...? If you have a specific goal in mind, you need a diet that can reasonably meet that goal. So many people pick a diet by looking at the allowable foods, this is not a sound way to choose an eating plan. Your taste buds don't care about your health. Know your goal/goals and know yourself.
2. **Who** is going to use this diet? Despite the fact that Americans need to allocate more time to cooking food and more money to pay farmers (instead of doctors) that hard fact doesn't accommodate for our current state of affairs. The rule of perseverance takes people wherever they are and moves them toward their goals at their own pace. I am a jump-in-the-water-with-two-feet type of person. When I make a change, it is all or nothing. Others do not prosper in that type of environment. They take much time and delineation. And still others want to go all in, but really should start slow and study. Be honest and know yourself. Don't put off for tomorrow, what you should do today; but make small or large lasting progress, depending on what is best for you. (If you are a person with a current life threatening health crisis, my advice would change. Go all out! If your health continues to decline despite slow health changes. It is time to push yourself into a health centered lifestyle faster.) Too slow, too fast, that is up to you. I will add an additional caution. If you go too slow you may not receive the health rewards fast enough to encourage your continued perseverance. Knowing yourself and your goals is very important.

*Be open to problem solving when something isn't working for you.

*Some conditions can make some diets ineffective or dangerous. If you have existing conditions, ask your doctor or research what diet is best for you. I will also be available for questions.

Create a Real Food Challenge Helpline:

Encouragement is important! Find someone (or more) who is Ok with you calling when you need encouragement during your Real Food Challenge.

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

What if's--

What if... You go to church on Sunday (or any church event), and they have fellowship snacks that you can't have? Then i'll...

What if... You are invited to dinner at someone's house? Then i'll...

What if... You are invited to a party, wedding, shower...and there is nothing for you to eat....? Then i'll...

What if you go on vacation? Then i'll...

What if...I get stuck out like working late, shopping, over time, spontaneous side trip...? Then i'll...

What if... my friends and family tease me about my "crazy diet"? ... Then i'll...

What if... my friends and family actively complain or eat my favorite foods in front of me? Then i'll...

Add your own What if... Then i'll...

What if Answer Helpers:

1. When you say “yes” to something, you automatically are saying “no” to other things. Choose your answer carefully. Have your answer be defining by the goals and plans God has placed in front of you. Not by the your self doubts, insecurities, and fear of offending others.
2. Don't be offended! Understand that most people are not out to sabotage your success, only you can do that. For sure there is an enemy that wants to prevent you from being full of energy, but it is not a person. It is the against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. -Ephesians 6:12. They just don't understand what you have come to know. You were once like them. Have compassion. Also know this they may not be able to accept your choices even if you tell them. That shouldn't prevent you from explaining your actions. Just keep it light. If they want to know more, they will ask. Then you will have an invitation to tell your story.
3. Don't give others the power that only you should have. It is in your power to act for yourself and your family (when they are under your care). It is a God-given responsibility. Loving friends and family do not have the power to act for you. They may be concerned or jealous or wrestling with their own issues, but their concern for you is not within their parameter of action. They have every right to pray for you; however, it is only you who have the power to act upon your behalf.
4. Poor pre planning leads to pretty poor performance. Have a backup plan for your backup plan. As much as I like to make all my food, I still have a diet approved “better” option. Real Food “better options” that are shelf stable are expensive, but if you used for backup plans for backup plans, they can give you a little safety net. Have a backup snack in your pocket book, at church, at work, and in the car.
 - *[Bulletproof healthy protein/fat bars](#)
 - *[Mitomix bars, Dr. Mercola](#), 7gm net carbs
 - *[Whey Bar, Dr. Mercola](#), 7 gm net carbs
 - *Have some power bars in the freezer
 - *Nuts
 - *Smoked Oysters or crab cans
 - *Seaweed snacks
 - *Olives
 - *Quick lunches: nut/seed butter and carrots/celery/plantain chips, protein shakes,
 - *Know that when you leave the house there is always potential to be out and about over a meal. Plan accordingly.
5. Not all places can accommodate your needs. If you are going out to eat, call the place ahead of time. Ask them everything you need to know to make a good choice. If you are have the opportunity, suggest a pre-researched place that can best accommodate your real food diet. If you cannot make suggestions, and there is nothing that you can eat, you can bring your own food. Since you will be sitting beside paying customers, no one will care. Except maybe your East coast family members. In that case, who has the power to act? You do!
6. Traveling with diet constraints: There is no problem too difficult to overcome. Have a determined mindset. I hate to be the bearer of bad news, but all places don't have the same real food options. Yet you will have to eat 3 times a day wherever you go, so be prepared. Google maps can help you know what your options will be ahead of time. If you can make your food, find out the best places to get real food and be sure you have the cooking equipment. Here are my options:

- *Multi cooker when you have electric can allow you to cook inside a hotel room
- *My favorite camping option is a thermal cooker (You need a burner at first and then it continues to cook without electricity)
- *Canned wild caught seafood
- *Coconut wraps for sunflower with jam or meat with mayo sandwiches

7. Add your own helping tips... What is God revealing to you about yourself?

Detox Helpers:

1. **Activated charcoal** for sugar detox “flu.” If you suddenly feel like you are getting the flu without lung or sinus issues around the time to start your diet, it may be a detox flu. Old habits die hard, particular sugar. One thing is for certain, you do not have a processed food or sugar deficiency. You should not be hungry, because your body has gotten all the needed nutrients. Charcoal can help with the anxiousness that come with sugar withdrawal symptoms. Precaution: If you are on a extremely low carbohydrate diet you may have to transition a little more slowly.
2. With every “diet” I recommend 6-8 low carbohydrate vegetables and a good **multivitamin** supplement. Kicking out toxins in your body, requires a lot of nutrient resources. It is a good cause. Those toxins aren’t your friends.
3. Magnesium glycinate
4. Vitamin D: In order for our bodies to make Vitamin D, our skin needs to be exposed to Beta radiation from the sun. The northern latitudes of the United States have very few Beta radiation hours. Last summer in Portland, I checked the Navy database and found 2-3 hours of UVB during the mid-day. If I want ample Vitamin D, I would have to lay out in full sun for 15 min. between the hours of 12 and 2. With clouds, clothes, and a job in the way of my Vitamin D acquisition, I decided it was safer to supplement while living in Portland, even in the summer. The Northern locations just don’t get enough exposure to be convenient.
5. Vitamin K₂: K₂ is produced from friendly bacteria in our gut, in the soil, and in some foods. It is a fat soluble, so the vitamin is more abundantly found in high fat foods, like grass fed butter and certain cheeses. Natto is another good source of K₂, albeit a little stinky and snotty. There is no known toxicity of K₂. The sad part of this story is that with our obsession to sterilize everything we have lost much of our historic sources of vit. K₂. In our modern society it is really difficult to even obtain the very minimum amount. I wanted to mention this, because in our area of the country there are many people suffering from “misplaced calcium”. K₂, Vit. D, and Vit. A all work together for proper storage of Calcium. K₂ is also required for proper absorption of Vit. D. Low Vit. D being the number one nutrient deficiency, it would be good to ensure sufficient amounts of K₂.
6. Fiber! This is the bulldozer that pushes the toxins through and cleans the intestines of debris. It balances blood sugar and feeds healthy intestinal bacteria. It also helps you feel full.

Craving Busters:

You will be hungry for the foods your body is use to eating. It is unrealistic to think otherwise. Be prepared for cravings. They come over you like a tidal wave when you least expect it. You must have some craving busters on hand or in the freezer. If you are a rare person that this tidal wave doesn't befall you, you are no worse off. Eat your snacks and enjoy whenever you wish. But if you are normal, you will not falter in your goals.

*[Redeeming Vitality](#) has some low carb, nutrient dense treat recipes

*Lily's stevia sweetened chocolate bars and chocolate chips

*Balance your anxiety! Without balance your brain will play tricks on you. (I take 1 tsp ashwagandha and 1 tsp shatavari. More on that later.)

*The bars will help. [Bulletproof healthy protein/fat bars](#), [Mitomix bars](#), [Dr. Mercola](#),, [Whey Bar](#), [Dr. Mercola](#),

*Be sure you get enough water. 8 cups/day. More with my Enagic filter. You will feel hungrier without enough water.

*Be sure to get 8 hours sleep! You will feel hungrier without enough sleep.

*Be sure to get enough protein. 60gm/day. You will feel hungrier without enough protein.

*Be sure to get enough fiber. It will help you feel full.

*My book, "[Mission Nutrition](#)" has a [14 Day Sugar Fast](#) to start your tongue out with a clean slate

Real Food Challenge Calendar: January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Prepare for Success Real Food Diets Handout</p>	<p>1 Choose your Real Food Diet: Goal & You Based</p> <p>I Did it! <input type="checkbox"/></p>	<p>2 6:30 PM Prepare for Success & Real Food Plan for you? Buy support</p> <p>I Did it! <input type="checkbox"/></p>	<p>3 Clean out your refrigerator</p> <p>I Did it! <input type="checkbox"/></p>	<p>4 Clean out your pantry</p> <p>I Did it! <input type="checkbox"/></p>	<p>5 Clean out your cabinets</p> <p>I Did it! <input type="checkbox"/></p>	<p>6 Create a menu plan and shopping list Psalm 139:14</p> <p>I Did it! <input type="checkbox"/></p>
<p>7 Real Food Shopping Day! Have support! 1Thessalonians 5:9-11</p> <p>I Did it! <input type="checkbox"/></p>	<p>8 Start your Real Food Challenge Deut. 30:19-20</p> <p>I Did it! <input type="checkbox"/></p>	<p>9 Powerful Timesaving Tips 6:30 PM Encourage Others Meeting Proverbs 14:1</p> <p>I Did it! <input type="checkbox"/></p>	<p>10 Double your Recipe and freeze one</p> <p>2 Samuel 22:30</p> <p>I Did it! <input type="checkbox"/></p>	<p>11 Philippians 3:13</p> <p>I Did it! <input type="checkbox"/></p>	<p>12 Romans 6:14</p> <p>I Did it! <input type="checkbox"/></p>	<p>13 1 Cor. 9:27</p> <p>I Did it! <input type="checkbox"/></p>
<p>14 Increase Energy 1 Cor. 10:13</p> <p>I Did it! <input type="checkbox"/></p>	<p>15 Revelation 3:21</p> <p>I Did it! <input type="checkbox"/></p>	<p>16 Increase Energy 6:30 PM Encourage Others Meeting Proverbs 25:16</p> <p>I Did it! <input type="checkbox"/></p>	<p>17 Revelation 2:17</p> <p>I Did it! <input type="checkbox"/></p>	<p>18 Isaiah 41:13</p> <p>I Did it! <input type="checkbox"/></p>	<p>19 2 Timothy 2 :23-24</p> <p>I Did it! <input type="checkbox"/></p>	<p>20 1 Peter 5:7</p> <p>I Did it! <input type="checkbox"/></p>
<p>21 Isaiah 43:1-2</p> <p>I Did it! <input type="checkbox"/></p>	<p>22 Ephesians2:10</p> <p>I Did it! <input type="checkbox"/></p>	<p>23 Weight loss tips 6:30 PM Encourage Others Meeting Jeremiah 31:3</p> <p>I Did it! <input type="checkbox"/></p>	<p>24 Job 5:2</p> <p>I Did it! <input type="checkbox"/></p>	<p>25 Ephesians 4:31-32</p> <p>I Did it! <input type="checkbox"/></p>	<p>26 Luke 6:37</p> <p>I Did it! <input type="checkbox"/></p>	<p>27 Ephesians 6:12</p> <p>I Did it! <input type="checkbox"/></p>
<p>28 Exercise Isaiah 61:10</p> <p>I Did it! <input type="checkbox"/></p>	<p>29 1 Peter 2:9</p> <p>I Did it! <input type="checkbox"/></p>	<p>30 Exercise For Life Psalm 45:11,13</p> <p>I Did it! <input type="checkbox"/></p>	<p>31 Zephaniah 3:17</p> <p>I Did it! <input type="checkbox"/></p>			