

# The Biofield Food Guide

*Please enjoy the effects of this exciting, new adventure in healthy eating! The Daily Meal Plan below outlines a recommended list of foods that support this well-designed hypoketogenic eating plan. You can find these foods at your local supermarket or health store. For specific locations in Los Angeles, please view the last page.*

*The goal of the Biofield Food Guide is to keep the body in a state of ketosis so it can burn the most fat while sustaining adequate daily energy. Part of the secret to do this is to cleanse the body during the morning hours by drinking a fair amount of water (with no or little solid food) and by not eating any sweets (such as high glycemic fruit or honey) or carbs until **after 3 pm** every day when insulin resistance is the lowest. (This means that after 3 p. m., sugar/carbs can be more easily digested and not turn into fat.) The dietary goal is also to eat at least 50% raw food at every meal to support optimal digestive and intestinal function.*

## **Daily Meal Plan**

### **Morning** (7 am – Noon)

During the morning hours, drink a minimum of 1-2 quarts of purified water to maximally promote ketosis and to detoxify the body. You may add a dash of Premier Pink Salt to the water for taste, if desired. *If you feel very hungry and feel that you need to eat something, you may eat low glycemic fruit. You will still need to drink 1-2 quarts of water (or more).*

#### **List of Recommended Low Glycemic (low sugar) Fruits** (Organic when possible)

- Strawberries
- Blueberries
- Raspberries
- Blackberries

### **Lunch** (11:00a - 1:30p)

**Goal: High Fat, High Protein, High Vegetable, Low Carbohydrate.**

For lunch, eat one protein, 1 - 2 raw fats and a large salad with some fermented food.

*Choose one main protein from #1 - 3 below:*

#### **Main Protein**

##### **1. Red Meat**

**Most Recommended:** Grass-fed Bison, New Zealand Lamb, Grass-fed Beef

Less Desirable (Eat less often): Applegate Organic Uncured Genoa Salami, Applegate Organic Uncured Bacon, Applegate Organic Uncured Ham

Avoid: cured ham and bacon

## **2. Fresh Fish**

Most Recommended (Organic or wild caught when available)

Dover Sole	Anchovies
Halibut	Cordina
Swai	Mackerel
Whitefish	Haddock
Sardines	Red Snapper

Less Desirable (Don't eat or eat less often): Salmon, flounder, sea bass, shrimp, tilapia, trout, catfish, mahi mahi, cod, herring, shark, tuna, albacore, crab, lobster, scallops

## **3. Eggs**

Most Recommended: Duck eggs or goose eggs (raw, poached, soft boiled) (Check your local Farmer's Market for suppliers)

Less Desirable: Organic chicken eggs (Vital Farms or Shelton's)

Avoid: Non-organic chicken eggs

## **Raw Fat**

*Choose 1 or 2 sources of raw fats to add to your Lunch meal – NOT optional!*

Most Recommended

- Organic Pastures Raw or Cultured Butter (1-3 tablespoons)
- Organic Pastures Raw Cream (1-2 oz.)
  - Homemade fermented raw cream recipe (Available at The Premier Center)
- Premier EFA Oil (The Premier Center) (1-2 tsp)
- Premier Olive Oil (The Premier Center) (1-2 tsp)
- Premier Coconut Oil (The Premier Center) (1-2 tsp)
- ¼ - ½ Avocado
- Soaked nuts (especially Brazil nuts) (5-10 nuts)

Less Desirable (Don't eat or eat very infrequently): Pasteurized butter, soy milk, margarine, canola oil (including organic), hydrogenated oil, most vegetable oils (corn oil, safflower oil, soy oil, etc.)

## **Fermented Foods**

### Most Recommended

- Homemade Fermented Kefir (Using Organic Pastures Raw Milk to make kefir) (Recipe available at The Premier Center)
- Homemade Fermented Vegetables (Recipe available at The Premier Center)

Less Desirable: Store-bought fermented vegetables

## **Vegetables** (Organic when possible)

For Lunch, include a large, raw salad or raw vegetable soup.

- Large salad (You may also add condiments, fermented vegetables and raw fats for taste)

Most recommended salad vegetables (organic when possible): Tomatoes, romaine lettuce, green leaf lettuce, red leaf lettuce, onion, avocado (Recipe available at The Premier Center)

- Raw Soup (Recipes available at The Premier Center)

Less Desirable: Cooked vegetables

## **Condiments** (to go with salad) (optional)

- Vintage Vinegar (Raw Apple Cider Vinegar) (Available at The Premier Center)
- Premier Olive Oil (Available at The Premier Center)
- Premier Pink Salt (Available at The Premier Center)
- Tassos Olives (Kalamata, Mediterranean Olives) (Available at Albertson's in LA)

## **Mid-Day Snack** (3:00 pm - 6:00 pm)

**Goal: Moderate Carbs. Some Protein and Fat are OK.**

Choose a snack from the choices below:

### **High Glycemic fruit** (May eat after 3:00p) (Organic when possible)

Banana	Apple	Orange
Pear	Mango	
Papaya	Pomegranate	
Peach	Persimmon	

### **Low glycemic fruit** (Organic when possible)

- Strawberries
- Blueberries
- Raspberries
- Blackberries

### **Premier Super-Food Smoothie**

#### Ingredients:

- Purified or Spring Water (1-2 tablespoons)
- Premier EFA Oil (2 teaspoon)
- Premier Pink salt (½ teaspoon)
- Premier Greens (2 tablespoons)
- Colostrum (1 teaspoon)
- Premier EFA Oil (2 teaspoon)
- Coconut Oil (1 tablespoon)
- Whey Peptin (2 tablespoons)
- Trim Body Blend (2 tablespoons)
- Organic berries (½ cup)
- Galactan (1-2 tablespoons)
- Purified Water (½ cup or more)

*Directions: Blend all ingredients in a TurboBlend. Add enough water to blend well.*

### **Simple Smoothie**

#### Ingredients:

- ½ cup strawberries (or other fruit)
- Canadian Raw Honey (1 tablespoon; to taste)
- Premier Greens (2 tablespoons)
- Purified water (½ cup)

*Directions: Blend all ingredients in a blender. Add enough water to blend well.*

### **Fermented Foods and Snacks**

#### **Fruits and Nuts** (Organic when possible)

Example: 3 - 5 Organic unsulfured apricots and organic Brazil nuts

*Directions: Soak apricots and nuts in purified water for 30 minutes, then rinse. Next, place the mixture on a fruit tray and dehydrate in a Premier Food Dehydrator at 105° to 120 F° degrees overnight or up to 48 hours.*

#### **Fermented Nut Bread**

##### Ingredients:

- ½ cup Organic unsulfured apricots
- ½ cup Cranberries
- ½ cup Organic Brazil nuts
- ½ cup Purified water

*Directions: Blend all ingredients together. Spread on fruit tray in a Premier Food Dehydrator. Dehydrate at 105° to 120 F° overnight or up to 48 hours. Fermenting it for a longer time will make it more bread-like.*

## Dinner (5:00 pm - 7:30 pm)

**Goal: High Fat, High Complex Carbohydrate, High Vegetable. Optional Protein**

Dinner Recommendations: Eat one starch (complex carbohydrate), 1 - 2 raw fats and a large salad (or raw vegetable soup). Animal protein is optional. Fermented foods are optional.

*If immune stress is present or if you have done heavy exercise that day, eating animal protein is recommended. Otherwise, animal protein is not recommended at Dinner.*

### Carbohydrate/ Starch (Complex Carbs)

#### Most recommended

- Cooked Pinto Beans, ½ cup (high in protein, high detox capacity) (Organic Fat-Free Bearitos brand or buy organic dry pinto beans and cook your own)
- Lundberg Arborio Organic White Rice (*Rinse, then soak rice for 20 minutes. Next, add water and cook rice at a boil for 20 minutes.*)

Not recommended in any form: Wheat, white potatoes, pasta, barley, rye, quinoa, amaranth, spelt, faro, corn

The only exceptions to the grains are: *Organic brown rice, organic white rice*

### Raw Fat

*Choose 1 or 2 sources of raw fats to add to your Dinner meal:*

#### Most Recommended

- Organic Pastures Raw or Cultured Butter (1-3 tablespoons)
- Organic Pastures Raw Cream (1-2 oz.)
  - Homemade fermented raw cream recipe (Available at The Premier Center)
- Premier EFA Oil (The Premier Center) (1-2 tsp)
- Premier Olive Oil (The Premier Center) (1-2 tsp)
- Premier Coconut Oil (The Premier Center) (1-2 tsp)
- ¼ - ½ Avocado
- Soaked nuts (especially Brazil nuts) (5-10 nuts)

Less Desirable (Don't eat or eat very infrequently): Pasteurized butter, soy milk, margarine, canola oil (including organic), hydrogenated oil, most vegetable oils (corn oil, safflower oil, soy oil, etc.)

## **Vegetables** (Organic when possible)

For Dinner, include a large, raw salad or a raw vegetable soup.

- Large salad (You may also add condiments, fermented vegetables and raw fats for taste.)

Most recommended salad vegetables (organic when possible): Tomatoes, romaine lettuce, green leafy lettuce, red leafy lettuce, onion, avocado (Recipe available at The Premier Center)

- Raw Soup (Recipes available at The Premier Center)

Less Desirable: Cooked vegetables

## **Condiments** (to go with salad) (optional)

- Vintage Vinegar (Raw Apple Cider Vinegar) (Available at The Premier Center)
- Premier Olive Oil (Available at The Premier Center)
- Premier Pink Salt (Available at The Premier Center)
- Tassos Olives (Kalamata, Mediterranean Olives) (Available at Albertson's in LA)

## **Fermented Foods**

### Most Recommended

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Less Desirable: Store-bought fermented vegetables

## **Cheese**

*For the most fat reduction, please eliminate or minimize eating cheese for the 1<sup>st</sup> 90 days.*

### Most Recommended Cheese

- Organic Pastures Raw Cheese
- Cheese aged for 9-12 months+ (KerriGold Aged Cheddar)

Less Desirable: Cheeses not aged for at least 9 – 12 months (will have high lactose content)

## **Animal Protein (Optional at Dinner)**

*If immune stress is present or if you have done heavy exercise that day, eating animal protein is recommended. Otherwise, animal protein is NOT recommended at Dinner.*

### **1. Red Meat**

Most Recommended: Grass-fed Bison, New Zealand Lamb, Grass-fed Beef

Less Desirable (Eat less often): Applegate Organic Uncured Genoa Salami, Applegate Organic Uncured Bacon, Applegate Organic Uncured Ham

Avoid: cured ham and bacon, any meats with nitrates

### **2. Fresh Fish**

Most Recommended (Organic or wild caught when available)

Dover Sole	Anchovies
Halibut	Cordina
Swai	Mackerel
Whitefish	Haddock
Sardines	Red Snapper

Less Desirable (Don't eat or eat less often): Salmon, flounder, sea bass, shrimp, tilapia, trout, catfish, mahi mahi, cod, herring, shark, tuna, albacore, crab, lobster, scallops

### **3. Eggs**

Most Recommended: Duck eggs or goose eggs (raw. poached, soft boiled)(Check your local Farmer's Market for suppliers)

Less Desirable: Organic chicken eggs (Vital Farms or Shelton's)

Avoid: Non-organic chicken eggs

## **Specialty Grocers**

*Specialty meats, organic produce and raw dairy items are available at the following locations:*

### **Los Angeles :**

- Co-Opportunity (Santa Monica)
- Whole Foods
- Sprouts
- Rainbow Acres
- Erewhon
- Trader Joes

### **Orange County:**

- Sprouts
- Mother's Market
- Whole Foods
- Trader Joes

**Raw Dairy.** For additional stores that carry Organic Pastures raw dairy products (raw cream, raw milk to make kefir and raw cheeses), please visit: [www.OrganicPastures.com](http://www.OrganicPastures.com)

**Duck Eggs.** Local Farmer's Markets that carry duck eggs:

**Jaime Farms:** Available these Farmer's Market locations below:

- Santa Monica (Wednesday, 8 am - 1:30 pm)
- Pasadena
- Alhambra
- Hollywood
- Glendale
- Chino