Superfood Super You

Dr. Josh Axe
Isn’t it frightening to learn a loved one has a serious health problem such as cancer, heart disease or diabetes? Five of six Americans die of heart disease or cancer, diabetes has tripled in the past ten years and, by 2025, it’s estimated that 50% of all Americans will be obese! People are in great danger today and desperately need a hero. That hero is Superfood.

What bodily Villain are you battling? Weight Gain? Lack of Energy? Digestive Problems? No matter the issue, Superfoods can help you win!

In this eBook you’ll learn exactly which Superfoods can help you conquer and achieve your health goals. Maybe you’ve tried every weight-loss program, product, and pill on the planet, but the weight won’t come off! Or it just keeps coming back. I have some great news for you!

Note to Readers: This book is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Participants and readers are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither the author or publisher of this program takes responsibility for possible health consequences of any person reading or following the information in this program. All participants and readers, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition or supplement or lifestyle program.
Are you ready to become a super-you?

I’m Dr. Josh Axe, and I’m here to help you become a super-you! I’ve seen thousands of people achieve their health goals through my radio show, books, and seminars—everyone from stay-at-home mom’s to Olympic-level athletes. I’m also a wellness physician and triathlete, but mostly I’m passionate about helping people transform their health and lives.

Mom’s Victory with Superfoods

Seventeen years ago my mom was diagnosed with breast cancer. That was a crazy reality for my family at the time because she was a gym teacher, swim instructor and an active mom who looked healthy. How could someone so active end up with cancer at 40? I was thirteen years old and remember asking myself this question, but having no answer.

Dr. Josh Axe, Nashville Triathlon, TN
My mom made a trip to the doctor where they recommended surgery and Chemotherapy. Taking their advice, she went through all the traditional medical treatments. I still remember watching her hair fall out and thinking she had aged 20 years in two weeks after going through her chemo treatments. She pressed on through her treatments, like so many do today, and after battling for months, she was diagnosed as cancer-free and healthy.

Sadly, even though she was diagnosed as being healthy after her treatments, she was sicker than ever. My mom struggled with chronic fatigue, depression, constipation and was sick all the time. She continued to have these problems for another ten years until one day I received a call from her. She’d just been told by her doctor that they found a 2.5 cm mass on her lungs, and from the scan, they believed it was cancer. They were recommending surgery and radiation, but this time she wanted to do something more natural.

Rather than going the traditional medical route, she decided to follow my advice and take a natural approach. The biggest thing my mom changed was her diet. Previously, she thought the three main food groups were fast, frozen and instant. We changed that to Kefir, Kale and Blueberries!

She went back for a checkup four months later, and to the doctor’s amazement, the tumors had shrunk in half. One year later the tumors were completely gone! (Of course, everyone’s different, so there are different outcomes, and not everyone can expect these kinds of results.) She needed a Superhero, and we give all the glory to God for healing her, but we know that God created Superfoods to give her health back. Today, she’s in the best shape of her life.

She actually just raced her first 5K last year and finished second in her age group at 58 years old! She went from Supersick to Superstar, by eating Superfoods. Can you see where superfoods could possibly help a loved one you know? Wouldn’t it be of great value to them for you to share this information? Once you read this eBook, you can share these teachings and be a hero to someone else!
What are superfoods?

Superfoods are natural, nutrient-dense compounds that contain high concentrations of essential nutrients with proven health benefits. They’re high in vitamins, minerals, omega-3 fatty acids, probiotics, or antioxidants... just to name a few!

If you want to age slower and live longer, you can pick donuts or blueberries to be on your team. If you want to win, go with blueberries because they have super antioxidants for anti-aging. I’m not saying you can eat a specific superberry once a day, followed by a double bacon cheeseburger and still expect peak results. SuperFfoods work better as a team. Like the Avengers, X-Men, or Power-Rangers by their powers combined. You can achieve super health results by combining certain SuperFoods together.

Over the past several years I’ve worked with a range of Olympic level athletes, and they all have the same thing in common...they’re simply the best at what they do! I like to think of SuperFoods like Olympic competitors. If you’re picking someone to be on your relay for swimming, do you want Joe Schmoe, who’s never swam a day in his life, or Michael Phelps? It’s obvious, Michael Phelps is a superior athlete, and if you want to win, you want him on your team. It’s the same with food.

What’s your biggest health goal? Is it to lose weight, detox, age slower, build muscle, or increase athletic performance? Depending on what type of super results you want to see you’re going to need a super plan. I know everyone has different health goals, so I created 4 tracks for you to follow.
# The Superfood List

<table>
<thead>
<tr>
<th>African Mango</th>
<th>Chia and Flax Seeds</th>
<th>Wild Salmon</th>
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<tbody>
<tr>
<td>Coconut</td>
<td>Algae</td>
<td>Cocoa</td>
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<td>Cinnamon</td>
<td>Blueberries&amp;Raspberries</td>
<td>Almonds</td>
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<td>Kale</td>
<td>Indian Gooseberries</td>
<td>Pastured Eggs</td>
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<td>H2O (low TDS water)</td>
<td>Avocado</td>
<td>Broccoli</td>
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<td>Cultured Dairy</td>
<td>Garlic</td>
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I divided the superfoods into four sections, but all these superfoods can help you in all areas. For instance, the superfood fermented dairy helps you lose body fat, build muscle, age slower, AND detox! I personally consume all the superfoods, so read through each section, then pick your plan at the end. Ready? Up, up, and away!

4 Plans For Fast Results

1. **SUPER WEIGHT LOSS**
2. **SUPER DETOX**
3. **ANTI-AGING**
4. **BUILD MUSCLE**
SUPER WEIGHT LOSS

NUTRIENTS:

- African Mango
- Coconut
- Grass-Fed Dairy (CLA)
- Cinnamon
- Kale
The statistics are stunning!

Thirty-four percent of Americans are obese and 32% are overweight. That means that approximately 2/3 of Americans need to lose weight. Obesity has doubled since 1980 (National Center for Health Statistics).

Thirty-two percent of kids are overweight and 16% of American children are already obese! (Center for Disease Control 2009)

We don’t just need to lose weight to look good in a swimsuit; we need to lose weight to live and fulfill our God-given missions. Research shows that obesity doubles your risk of heart failure and triples the risk of breast cancer in women! The average middle age weight gain of 22 pounds increases your risk of a heart attack by 75%. But think about the flip side, by eating the right superfoods, you won’t just lose weight, but you’ll be changing your life, your legacy, and changing your world!

So, let’s jump into the nutrients that have been scientifically supported to help your body burn fat and lose weight.
African Mango can help you lose weight, according to some health experts who have extolled the virtues of this superfood as a weight loss aid and natural fat burner.

In a controlled study published in the Journal of Nutrition in 2008, humans taking this new compound lost 28 pounds over a 10-week period, compared to less than three pounds in the placebo group. Different from other weight-loss studies that mandate at least some moderation in food intake, these study participants did not alter their diet in any way. (Of course, I believe the best results will come from dietary and lifestyle efforts.)
The specific compound in African Mango which supports weight loss is called by its genus: Irvingia. This compound has indicated effective weight-loss results.

Even if you don’t need to lose weight, there are other benefits. African Mango is highly beneficial, as it contains nutrients that can naturally help lower LDL cholesterol.

The African Mango is found in Cameroon, Africa, where its fruit and seeds have been used for hundreds of years for their medical benefits. Other names for African Mango are "Irvingia gabonensis" while natives call it "Dikka Nuts".

In the two most popular clinical studies done on Irvingia (African Mango), 150mg was consumed twice daily and participants lost 12.8 pounds in four weeks and 28 pounds in 10 weeks. I personally drink one serving daily with 150mg of African Mango, 30-45 minutes before meals, or 2x daily to get the fantastic four results of African Mango.
Ever wonder how superheroes always look so good in spandex? It could be from consuming coconut. For years, coconut has taken the blame for containing saturated fat. But, recent research is proving that certain types of saturated fat are actually good and can help your body burn fat and lose weight!

Coconut contains healthy fats called medium-chain fatty acids (MCTs). A study published in the International Journal of Obesity found that MCTs increase lipid (fat) oxidation, which means coconut will burn up excess calories and help you lose weight! Coconut has also been shown to reduce cholesterol, triglycerides, phospholipids and LDL cholesterol levels.
Athletes have found that coconut liquid enhances their performance and hydration. Why? Coconut liquid has the same five electrolytes in the same levels as human blood: sodium, phosphorous, calcium, magnesium and potassium, making it a great superfood contender.

The MCTs found in coconut are also used in some popular muscle-building products. Most companies use processed MCTs, but if you eat real coconut, you’re getting high quality MCTs. They aren’t just good for burning fat; they’re also great for building muscle.

Coconut also improves digestion as it helps the body absorb fat-soluble vitamins, calcium and magnesium. It’s a powerful aid to your immune system and can fight off bacteria, viruses and fungal overgrowth such as Candida. When buying coconut oil, make sure to get “unrefined”.

If coconut oil is taken at the same times as omega-3 fatty acids, it can make them twice as effective, as they are readily available to be digested and used by the body.
Want to know where Mighty Mouse got all his ost? Cheese! Cheese and other dairy products, such as fermented dairy, milk and butter contain CLA (Conjugated Linoleic Acid), a fatty acid that burns fat. But, it can’t be just any cheese or dairy product. In order for dairy to have high amounts of CLA, the cow must be fed grass and not grains.

Grass-fed is the highest standard and typically contains the largest amount of CLA. According to a study at California State University, grass-fed beef and dairy contain three times more CLA than grain-fed beef and dairy.
It’s been shown to promote weight loss, burn fat, fight cancer, and even reduce the risk of heart disease, according to the *American Journal of Clinical Nutrition*, May 2010.

A study out of the *Journal of Animal Sciences* found that grass-fed cows may produce 300-500% more CLA than cows fed corn and grains.

Over 35 clinical studies have been done on CLA, displaying its amazing ability to aid the body in burning fat and building muscle! There are 16 different types of CLA, and most commercial supplements found in health food stores today contain only 2! You could spend $50+ a month on this supplement; however, the best source for CLA is to consume high-quality grass-fed meat and dairy.

**Grass-fed Dairy - Natural source of CLA**
Cinnamon

Can you name a superfood that is very high in calcium (yet is not a dairy product), high in fiber, iron and manganese? The only food that checks all these boxes is cinnamon. Even better, it is inexpensive, has no side effects, and has a host of health benefits. Its essential oils make it valued for its warming qualities, as it aids fat burning as well.

A 12-week study out of London found that cinnamon drops A1c levels in diabetics by 7% (Journal of British Diabetic Association). The participants in the study took 2g of cinnamon daily, and it not only helped with blood sugar, but it also significantly reduced blood pressure.

Another study found that cinnamon increased glucose metabolism by about 20 times, which would make a huge difference in your body being able to regulate blood sugar.
Cinnamon works in three different ways. First, it slows the emptying of your stomach to reduce sharp rises in blood sugar. Second, it increases insulin sensitivity. Third, cinnamon enhances your antioxidant defenses.

A recent study found that there are two antioxidants found in cinnamon called polyphenols and bioflavanoids, which may be responsible for all the health benefits. Antioxidants can work in many different ways like protecting your cells against free-radical damage that can cause aging. But these antioxidants seem to regulate blood sugar, which can help your body burn fat and lose weight!

From all the research we've seen, cinnamon has been shown to help diabetics, lower blood pressure, and boost your metabolism! Who knew this sweet-tasting herb could have such a sweet effect on your body?
Kale

It's a bird! It's a plane! No . . . it's Kale!

Kale only has 35 calories per serving, and is packed with Calcium, Magnesium, Vitamin B6, Lutein, and Beta-carotene. Plus, it delivers 206% of the daily requirements of Vitamin A, 134% of Vitamin C, and 684% of Vitamin K, which helps build strong bones, improve vision, and aid in digestion.

Many people today spend time counting their calories, when they should be counting their nutrients instead. Americans need more nutrient-dense foods, and green leafy vegetables, such as kale, are some of the most nutrient-dense foods on the planet!
Results of a study in the *British Medical Journal* reviewed six studies covering more than 220,000 people, concluding that one and one half servings of green leafy vegetables per day lowered the risk of type 2 diabetes by 14% and boosted metabolism.

Kale can be eaten raw or cooked, and I recommend it sauteed in coconut oil with garlic, onions and sea salt, in a salad, or put into a green super smoothie. With numbers like these, it’s no wonder why kale is king in the vegetable kingdom. **Start eating kale today to soar to new heights in health!**
Super weight loss meal plan

MORNING
• Berry Smoothie
• Vegetable Omelet
• Coconut Berry Shake
• Grainless Granola with 4oz cultured dairy

MID-MORNING
• African Mango 150mg

LUNCH
• Superfood Salad
• Grass-fed Beef Stir-Fry
• Salad with Chicken, Salmon, or Eggs
• Grass-fed Hot Dogs with Sauteed Peppers and Onions
• Vegetable Soup

AFTERNOON
• 1 oz. Raw Cheese
• 1/4 cup Almonds or Pumpkin Seeds
• 1/4 cup Hummus or Guacamole with Vegetables
• Cultured Dairy or Coconut Milk with Chia Seeds

PRE-DINNER
• African Mango 150mg

DINNER
• Wild Salmon with Broccoli, Cauliflower, and Carrot medley
• Grass-fed Burger w/ Raw Cheddar and Sauteed Greens
• Organic Free Range Chicken Tenders with Mixed Vegetables
• Grass-fed Chili with Mashed Cauliflower Faux-tatoes
• Chicken Salad Lettuce Wraps

EXERCISE
If you want to burn fat and lose weight fast, you need to do a combination of weight training and interval-cardio, also known as burst training. Burst training is simply exercising like a sprinter, rather than a marathon runner.

BURST TRAINING
• Do 20-60 sec. bursts* at 80-100% of your max effort
• Rest for 30 seconds
• Repeat for 15 min.
*Note: There are a thousand different exercises you can do with this, but the intensity and intervals are what you should focus on.
• I do this while running, on a spin bike, or in a pool.
SUPER DETOX

NUTRIENTS:

- Water
- Cultured Dairy
- Chia&Flax Seeds
- Algae
- Cultured Whey
According to the International Agency for Research on Cancer, 80% of all cancers are attributed to environmental factors rather than genetic factors, and carcinogenic chemicals and toxins can cause serious illness and disease. With all the toxins in our environment, we must consume foods that protect us and help us detox naturally. The next five superfoods and beverages are going to cleanse you naturally.

Many of our drinking bottles themselves contain BPA (Bisphenol A). BPs has been shown to mimic estrogen and interfere with hormone levels, which can increase the risk of breast, prostate and ovarian cancers. I recommend substituting with a BPA-free or glass bottle.

I know a lot of people wanting to detox also want to lose weight. Water can help with weight loss. If you have toxins in your water, those toxins get stored in your fat cells. They won’t leave your body until you reduce your toxic exposure.

Have you ever exercised and not felt like your body was losing weight as fast as it should? That can be due to toxicity, and a major source of toxins today, is our water...
What’s more precious than gold, silver, and diamonds? Water! But, do you know what’s in your water? Most people don’t want to know, but I’ll tell you anyway! The Environmental Working Group (EWG) found 316 different chemicals in tap water throughout the country. Patricia Hunt, professor at Washington State University explains: “Birth control pills, hormone therapy medications, and a host of contaminants can all get into our water supply, and we haven’t figured out a way to affordably filter them out.”

Unfortunately, bottled water isn’t much better. The National Resources Defense Council estimates that at least 25% of bottled water is really just tap water. The EWG found the top 10 brands of bottled water contain 38 toxic pollutants. The common chemicals found are arsenic, fertilizers, heavy metals, industrial solvents and pharmaceutical drugs.
It’s vital that you find clean water. Dr. Sauer, in his study, “Relationship of Water to the Risk of Dying,” made a surprising discovery. He found that as total dissolved solids (TDS) increase in a water supply, so does the number of chronic diseases in the population using that supply. Therefore, to be a super beverage, water must be low in TDS, and here’s why.

Purified water has had all the solids and impurities taken out, while spring water has a wide range of purity levels, depending upon the rocks it passes over. When tested for TDS, the results show the amount of inorganic minerals that the spring water contains. TDS figures can range from 18 (great!) to 247 (not so good). Dissolved solids can be chlorides, sodium, arsenic, cadmium, nitrates and metals.
Of all the superfoods we've talked about, I believe this one's the most powerful. Cultured dairy, such as kefir, is the Superman of superfoods. These foods provide a host of essential nutrients that aid digestion and detox the body of toxins and "bad bacteria".

In 2004, Richard Mokua, a Wisconsin Master's program student in Food and Nutrition Sciences, studied the benefits of a Kenyan cultured dairy food called "amasi." He noticed that children who grew up in Kenya had a healthier digestive system and were less prone to diarrhea than other children.
When E. coli was injected into raw milk, the raw milk didn’t kill it, and, in fact, bad bacteria flourished. Yogurt had a decent response and killed off the bad bacteria in four days. Amasi had an incredible response, killing off the E. coli in just two days!

The major difference between yogurt and amasi was the amount of lactic acid bacteria. This type of good bacteria, also known as probiotics and Lactobacilli, have amazing effects on digestive health.

If you’ve ever taken a prescription antibiotic and haven’t spent time building back up the good bacteria in your body, there’s a good chance you’re deficient. Also, fluoride and chlorine can kill off probiotics, so, if you drink tap water or swim in a chlorinated pool, you’re also probably probiotic deficient.

Amasi is also the perfect post-workout food. One 16-ounce serving of amasi contains 14 grams of highly absorbable whey protein, CLA, vitamin D3, calcium, vitamin K2, B-vitamins, and omega-3 fatty acids!

When choosing amasi or kefir, there are some things you want to take note of. The highest quality of cultured dairy is organic, from grass-fed cows, low-temperature processed or raw, and free of a harmful protein called beta-casein A1.

Cultured dairy is really an amazing superfood that has been around since biblical times. In Genesis 18:8, Abraham served cultured dairy and pasture-fed beef to two angels! If you want to have a long and blessed life, you may want to follow the lead of Father Abraham and serve some cultured dairy at your next dinner party.
Most health food doctors agree that chia is one of nature's true superfoods. It delivers maximum nutrients with minimum calories and promotes digestion and detox of the body. Originally grown in Mexico, the seeds were highly valued for their medicinal properties and nutritional value. In fact, they were even used as currency! Aztec warriors ate chia seeds to give them high energy and endurance.
Chia is super high in fiber, providing nearly 11 grams per ounce. One serving can provide the recommended fiber intake for the day, according to the American Dietetic Association. Fiber is essential for your body’s ability to detoxify. According to the National Institute of Health, seeds such as flax and chia can be a natural laxative due to their high fiber content and healthy fats.

Chia seeds are high in linoleic acid, a fatty acid which helps the body absorb fat-soluble vitamins A, D, E and K. It contains calcium and boron, which enables the body to absorb it, and has more omega-3 fatty acids than salmon. It can absorb up to 12 times its own weight in water!

Flax seed are similar, rich in omega-3 and antioxidants. A study done at Duke University suggests that flax seeds may stunt tumor growth and support the body in detoxification. It’s high in fiber and low in carbs, making it great for dieters who want to feel full for longer. High in B vitamins, magnesium and manganese, these tiny seeds counter inflammation, a key contributor to arthritis and other debilitating diseases. Sprinkle it on cultured dairy with berries, and enjoy!
Where did Aquaman get all his super-swimming powers? It’s the same place salmon does, and that’s Algae! Algae comes in the form of green, blue-green or brown seaweed and is a complex superfood.

Clinical studies published in Chemosphere Journal suggest that blue-green algae such as Chlorella aid in detoxification of polychlorinated dibenzodioxins in humans and may help thwart radiation exposure.

Algae of all types stimulate the immune system, increase white blood cells and promote healthy flora in the colon. Algae also helps fight infection, anemia, obesity, inflammation and toxicity, and should be included in any healthy diet in one of its forms.

Algae is excellent for supporting a healthy digestive system, and its high fiber content makes it an effective detoxifier. Green algae reduces cholesterol, prevents allergic reactions and is thought to counter the development of abnormal growths. It is also high in beta-carotene, vitamin D and gamma linoleic acid (GLA) as well as providing nine essential amino acids.
Blue-green algae

is a source of vitamin B12, along with 22 amino acids, making it excellent for aiding digestion. Spirulina is another type of blue-green algae that is 65-71% protein. Nicknamed the “food of the future,” it has eight essential amino acids and is a good source of omega-3 fats.

Research published in PubMed also found blue-green algae has anti-tumor properties and enhances vascular function, wound healing, and immune function.

Brown algae

is known for its weight loss benefits, having a super nutrient called fucoxanthin. Studies done at Hokkaido University indicate fucoxanthin promotes fat burning by increasing expression of thermogenin. In the study, participants took a combination of fucoxanthin with pomegranate seed oil and lost 11 pounds over 16 weeks. As well as purifying the blood, brown algae acts as a natural detoxifier.

I get my algae in powder form. I take 1 scoop daily in water and alternate taking it with juicing vegetables. Look for brands that are RAW or processed at low temperatures for maximum benefits.

Dr. Josh Axe
Cultured Whey

How did the famous Greek Achilles get all his stamina and strength? Legends say he was dipped in the river Styx, but I think part of his superpowers came from cultured whey. Cultured whey was known by the Greeks long ago as “healing water.” It’s a byproduct after milk has been coagulated with rennet to form cheese curds. It’s been noted that Hippocrates, the father of medicine, recommended whey as a treatment over 2,400 years ago. So, you could say it’s been well tried and tested. What’s interesting is that all the historic healing uses are being confirmed by modern medical research, making it a superfood long before the term was even invented.
In 1749, a patient given little time to live traveled to the Swiss mountain village of Gais. He began to drink whey on a daily basis and his health improved. Word spread of the “miraculous” health-supporting properties of cultured whey and health spas popped up all over the region, attracting emperors, royalty and aristocrats to be healed. Fortunately, cultured whey is now readily available across the world and is accessible to anyone looking for an all-round superfood.

Cultured whey has four main health-boosting properties:
• Stimulates intestinal peristalsis (a gentle remedy for constipation)
• Generates intestinal flora (improving digestion)
• Eliminates excess water retention (reducing blood pressure and swelling)
• Stimulates toxin elimination by the kidneys

I’ve heard hundreds of success stories, from people all over the country, who started consuming cultured whey. They’ve noticed improvements in these areas:
• Gout
• Constipation
• Kidney Stones
• Fatigue
• Acid Reflux
• Eczema
• Muscle Cramps
• High Blood Pressure
• Weight Loss

Cultured whey can also work as a natural sports drink. It contains high levels of electrolytes such as potassium, probiotics, calcium, B-vitamins, whey protein, and naturally occurring carbohydrates for energy and recovery. There are many professional and Olympic-level athletes who are bringing their hydration, endurance, and performance to the next level by consuming cultured whey.

*I personally try to drink 16 ounces of cultured whey daily.*
Super-detox meal plan

**MORNING**
Chia Shake:
8oz Plain Kefir w/ 2 Tbsp of Chia Seeds

**MID-MORNING**
Choose 1
- 16 oz Cultured Whey
- 16oz Spring Water with 1 Tbsp Coconut Vinegar or Apple Cider Vinegar

**LUNCH**
Choose 1
- Vegetable Juice 16 oz
- Superfood Salad

**AFTERNOON**
Chia Shake: 8oz Plain Kefir w/ 2 Tbsp of Chia Seeds

**PRE-DINNER**
Choose 1
- 16oz Cultured Whey
- 16oz Spring Water with 1 Tbsp Coconut Vinegar or Apple Cider Vinegar

**DINNER**
Choose 1
- Vegetable Juice 16oz
- Superfood Salad

*Vegetable juice and fermented whey consumption count towards your total intake. For example: if someone weighs 170 pounds, they will aim to consume 112 ounces of water a day, so seven 16oz drinks.*
ANTI-AGING

NUTRIENTS:

Berries
Avocado
Garlic
Wild Salmon
Cocoa
About Jack LaLanne

Have you ever looked at someone and thought they were 60 years old, only to find out they were 40, or thought someone was 40 and found out they were 70? This reminds me of one of my health super heroes, Jack LaLanne.

Jack was a chiropractor, nutrition expert, and fitness trainer. At age 66, he tied 10 boats around his waist carrying 77 people and swam the boat 1 mile in less than 1 hour, and performed a similar feat at age 95! How’d Jack do it? I think his number one rule for nutrition sums it up: *If man made it, don’t eat it.*

Jack aged incredibly slower than most people because he ate healthy and exercised daily.

There’s also a whole region of people to model our health after: Okinawa, Japan. According to the Pittsburgh Tribune, Japan had a record-breaking 28,000 centurions in 2005 where America had only 8,000. One reason people in Okinawa may live so long is the fact that they consume 8x the levels of antioxidants (flavonoids) compared to North Americans.

“If man made it, don’t eat it”

Jack LaLanne
Blueberries & Raspberries

Berries contain powerful compounds called antioxidants. Antioxidants protect your cells against free radical damage caused by oxidation.

If you bite into an apple and leave it out, pretty soon you’ll notice the apple turning brown—that’s oxidation. The same happens when a nail gets rusty. By the way, which part of an apple has the most antioxidants? The skin! Antioxidants give the skin its bright colors and berries are the brightest of them all.

ORGANICALLY GROWN blueberries have significantly higher concentrations of phenol antioxidants and anthocyanin antioxidants than commercially grown fruits and are best eaten raw. Blueberries contain four powerful antioxidants: anthocyanins, flavonols, tannins, and resveratrol—the same potent antioxidant found in red wine.

Raspberries are similarly high in antioxidants. The unique acid in raspberries protects human cells, which leads to amazing looking skin. High in vitamin C, rich in B-vitamin, and help metabolize carbs, protein and fat.
Indian gooseberries also called “amla”, are another good source of dietary fiber, vitamin C, and minerals with great antioxidant properties which help slow the aging process. They’re particularly good for the skin, hair and eyes and help balance stomach acids.

The amla berries increase red blood cell production, push out toxins, strengthen heart muscles and are beneficial to diabetics as they reduce blood sugar. Indian gooseberries also contain an extraordinary enzyme that reduces inflammation and protects against oxidative stress (Journal of Leukocyte Biology 2004).

Eat ½ cup to 1 cup of berries one or two times daily with a breakfast smoothie and for an afternoon snack with cultured dairy.
I recently started a club called the Avocado-Team. To join, all you have to do is eat an Avocado a day. The A-Team is strictly for those who aspire to earn the title of Centurion!

Cardiovascular disease is the #1 cause of death in America today, yet eating superfoods, such as avocados, is a painless way to reduce the risk of heart disease and to slow aging dramatically. Not only do avocados have 20 essential nutrients, but they’re known as “nutrient boosters,” as they help the body absorb other fat-soluble nutrients as well. By adding a slice of avocado to a meal, your body is able to digest more nutrients from other foods.

Key nutrients in avocados help hydrate your cells, keeping your skin soft and young. Avocados are rich in B vitamins, vitamin K, vitamin E (which gives your skin moisture), and have 35% more potassium than a banana, which helps hydrate your skin. Also, with high levels of omega-9 fats, avocados can help naturally balance hormones!

Many people avoid avocados, seeing them as a high-calorie, high-fat food. That’s a big mistake, because healthy fat is essential for anti-aging. According to the Archives of Medical Research, the fatty acids from avocado actually increase good HDL cholesterol levels and help protect cells from damaging free radicals.

Avocados also contain carotenoids which provide vitamin A for eye health, boost the immune system and support a healthy reproductive system. The unique make up of these superfoods helps the body fight inflammation and reduce the risk of arthritis; there’s no better way to slow the aging process. As we on the A-Team say, an Avocado a day will keep age away!
Garlic

For centuries, garlic has been used to fight off the top two killers in America today: cancer and heart disease. Like a captain of an army, garlic has the power to kill dangerous viruses, bacteria, parasites, and cancer cells, according to the University of Maryland Medical Center.

For men, garlic has been shown to help prevent an enlarged prostate, and, for both men and women, it’s great for killing off yeast infections such as Candida. Garlic is antibacterial, antimicrobial, anti-inflammatory, anti-coagulant, antiseptic and anti-fungal, and those are all good things to be!

Use three cloves of garlic when preparing a family-sized dish, which is a sneaky way to get everyone their vitamin C, B6 and manganese. If you don’t want to mess about peeling and crushing these pungent cloves, add it to your cooking as a rub, powder or extract. Raw garlic is even more beneficial, so be adventurous. Add garlic to hummus, salsa, guacamole, or yogurt to bring on additional health benefits.

Garlic acts as a fuel for probiotics as well as supporting a strong immune system to ward off colds, flu and other more serious infections. To kill off a cold fast, I recommend consuming 2 cloves of raw garlic 3x a day bitten once and swallowed whole or mixed in food. If you don’t want to share garlicky breath, chew parsley, chewing gum, peppermint or a piece of dark chocolate to negate the powerful scent.

Garlic is a valuable source of antioxidants which protect cells, particularly skin cells, from free radical damage, making it important in slowing down the aging process. Antioxidants protect against pollutants and fight off toxins that can harm our immune system.
Followers of Dr. Perricone, M.D., will appreciate his high regard for fish, particularly oily fish, as a superfood. He says, “Only one food has the reputation of being a "brain food". That food is fish. You should plan to eat a seafood meal four days a week — and salmon at least two times a week.” Salmon is an excellent source of astaxanthin and omega-3 fatty acids, which slow the effects of aging, both inside and outside the skin.

When buying salmon, stick with wild salmon and steer clear from farm-raised salmon. Farm-raised salmon is toxic from chemicals and pesticides and is void of most of the nutrients that wild-caught salmon has. Farm-raised salmon is actually gray in color which is injected with red food dye. Wild salmon is far and away a better source.

Wild salmon provides EPA and DHA fatty acids that are vital for growth and for maintaining a healthy heart and brain. What other superfood is packed with high quality protein, essential amino acids, omega-3s, vitamins A, D, B6 and E, calcium, iron, and other essential minerals? The highest-quality salmon you can buy is wild sockeye salmon and one four-ounce serving of salmon contains 1,400mg of omega-3 fatty acids!

Wild salmon gets its red-orange color from astaxanthin, a powerful fat-soluble antioxidant in the carotenoid family. Research published in The Journal of Nutrition and Metabolism suggests astaxanthin can reduce oxidative stress, inflammation, and enhance the immune system.

In return for enjoying this tasty superfood, wild salmon can relieve arthritis, protect your heart from disease, reduce the risk of a debilitating stroke, improve blood lipids, promote healthy blood vessels, and reduce mental disorders, including Alzheimer’s (The American Journal of Cardiology). Salmon is also great for the skin, naturally lubricating it from within. Coupled with a healthy heart, wild salmon is a great supporter of healthy aging.
Cocoa

Most people are amazed (and delighted!) to find that cocoa, the main ingredient of dark chocolate is a superfood. High in antioxidants (those things that counter harmful free radicals in the body), chocolate with a high cocoa content enhances the mood, protects the skin from UV sun damage, boosts cardiovascular health and is beneficial for the nervous system. While it is incredibly beneficial, moderation is the key. Just 1-2 ounces of cocoa per day can help lower blood pressure, reduce blood clots, improve the skin, sharpen the mind and slow down the signs of aging.

Milk chocolate and white chocolate do not have the same benefits and you must eat non-alkalized products, as the alkalization process destroys the polyphenolic compounds. Choose dark chocolate with a cocoa content of at least 60%, which will have a maximum amount of flavonoids, less sugar and an acceptable amount of calories and fat.

Researchers found that dark chocolate had more antioxidant activity than other highly regarded health juices such as acai, blueberry and cranberry juice, according to study published in the Chemistry Central Journal. Cocoa showed higher antioxidant activity and higher flavonoid content than the so-called superfruits, with over 500 mg per serving, compared to 200 mg. As well as delivering a dose of antioxidants, cocoa helps keep arteries healthy and protects from cardiovascular disease.

When looking for a sweet snack, a square of dark chocolate might, in fact, may be your healthiest choice.

New York Cardiologist
Suzanne Steinbaum, M.D.
BUILD MUSCLE

NUTRIENTS:

- Grass-fed beef and dairy
- Almonds
- Pastured Eggs
- Broccoli
- Turmeric
Anti-Aging meal plan

**MORNING**
- Cultured Dairy Berry Smoothie
- Omelet with Avocado and Spinach
- Kale Shake
- GF Wrap with Eggs, Onions, and Raw Cheese
- Grainless Granola topped with 4 oz Cultured Dairy

**MID-MORNING**
- 1 cup of Green Tea or White Tea or Amla Berry

**LUNCH**
- Salad with Salmon or Chicken and Avocado
- Superfood Salad
- Salmon or Grass-fed Beef Stir-Fry
- GF Wrap with Turkey, Greens, and Goat Cheese
- Vegetable Soup

**AFTERNOON**
- Grainless Granola
- 1/4 cup Hummus or Guacamole with Vegetables
- Raw Cheese on Flax seed Crackers
- Apple with Raw Almond Butter
- Coconut Berry Smoothie

**DINNER**
- Salmon Patties with Sauteed Greens
- Grass-fed Burger with Raw Cheddar and Mashed Faux-Tatoes
- Chicken with Mixed Vegetables
- Venison with Black Beans and Vegetables
- Grass-fed Chili

**DESSERT**
- 1 oz of Dark Chocolate
- Coconut Milk or Cultured Dairy Ice Cream
- Raspberries and Strawberries covered in Melted Dark Chocolate
- Apple with Raw Honey and Almond Butter

*Note: All meat and dairy products must be organic. Also, this is a guide, not an absolute list, so have some fun in the kitchen and make your own creations.*

*Always make sure everything you’re using is real food.*
If you want to become a man of steel or babe of bronze, you've got to eat a lot of superfoods and lift weights. Sure, some people may be able to easily put on muscle by eating lots of unhealthy calories and denatured proteins, but if you want to be strong as steel inside and out, you have to eat real food.

These foods are great for both men who want to pack on muscle and women who want to get toned. So, whether you’re going for the physique of Wonder Woman or the body of Superman, these foods are for you.

**A note to women:** You may think you don’t want to put on muscle, but you do! Muscle burns fat and boosts your metabolism. Because women lack the same testosterone levels as men, eating these foods will only cause you to add muscle definition and lose weight; you won’t get bulky. In fact, movie stars eat these foods and lift weights to help sculpt their bodies.
Grass-fed beef and dairy

It’s time to “green up” and I’m not just talking about eating more green leaves! I’m talking about grass-fed beef! If you want to build muscle, grass-fed beef raised on pastures free of pesticides and fertilizers, are an essential superfood for body-building needs. Cattle raised naturally on green grass, rather than grain–fed cattle, produce beef without the problems associated with antibiotics, pesticides and hormone residues. Cows are natural herbivores, designed to live on grass, not to be force-fed grains and animal products, as encouraged by the Department of Agriculture.

A four ounce tenderloin of beef from naturally raised grass-fed cattle will have 112% of the daily requirements of tryptophan, 64% of your daily protein needs and should be considered 240 calories well spent! Grass-fed beef has more zinc and B-12 than grain fed cattle, has less total fat (where toxins are stored), and more omega-3 fatty acids. It also has higher levels of vitamins A and E, more antioxidants, and higher levels of conjugated linoleic acid (CLA) which supports healthy muscle tissue.

I also highly suggest you drink grass-fed dairy, such as kefir, or raw milk. Grass-fed dairy contains high amounts of whey which is a protein your body can quickly utilize and turn into muscle. Research published in the International Journal of Sport Nutrition and Exercise Metabolism found that men who supplemented with whey protein increased lean muscle mass and strength during resistance training.

I warn you, however, NOT to consume most whey protein powders. I’d guess that 90% of protein powders on the market come from denatured proteins (called hydrolyzed protein on the label), which can damage your digestive system. I recommend you stick with whey in its food form. When you’re buying beef and dairy, think green every time! Look for labels that say 100% grass-fed to get the most muscle-building and fat-burning effects.
Almonds

As well as being tasty and nutritious, a handful of almonds can give huge muscle building benefits. They are thought to decrease the risk of diabetes, heart disease, Alzheimer’s and cancer, and who doesn't want to reduce those? These little nuts can lower bad LDL cholesterol and raise good HDL cholesterol levels. Almonds are high in fiber and minerals and are a great snack for those looking to increase muscle and burn fat.

Almonds contain 12 amino acids that aid in muscle building and contain high levels of the amino acid arginine. Arginine is the immediate precursor of nitric oxide and is necessary for creatine production.

Both nitric oxide and creatine have been used in the body-building world for years to gain strength and muscle. As a precursor to nitric oxide, arginine may increase blood flow that can aid in endurance and muscle building.

Research published in the Journal of Clinical Endocrinology and Metabolism found that arginine stimulates the secretion of growth hormone. Growth hormone is known to be anabolic which means “to build up.” Growth hormone helps mineralize bone, build muscle, stimulate immune system, and increase protein synthesis. Growth hormone is not healthy when taken as a drug, shot, or if received in non-food sources. However, natural foods that can increase GH can be beneficial.

Almonds are nutritionally dense and are an abundant source of monounsaturated fats that the body needs. They are high in calories and good for body building. Purdue University researchers found that calories from almonds do not appear to contribute to weight gain, since they are not absorbed like other fatty foods. Research published by Experimental Biology also found that eating almonds with a meal high in carbs actually blocked the digestion of the carbs and helped control blood sugar levels.

I recommend consuming ½ - 1 cup of almonds daily or 2-6 Tbsp of almond butter daily for muscle-building benefits.
Pastured Eggs

If beef is what’s for dinner, then eggs are what’s for breakfast. If you want to become an “Iron Man” in the weight room or as fit as Electra, there is no better food than eggs. Eggs are one of the top two bioavailable sources of protein, which means they can be easily digested and turned into muscle.

Pastured or free-range eggs are produced by chickens that are grass-fed or raised in pastures, rather than being confined to cages and fed on grains. Why pay the extra for pastured eggs? The reason is that eggs from pastured hens have up to 20 times more omega-3 fats than eggs from factory hens. That makes them a superb value!

Eggs are a great source of protein and omega-3 fats, and they are essential for building and maintaining muscle. Grass-fed hens are raised in pastures and their diet is complemented by worms and small bugs that give the eggs extra nutritional value than those fed primarily on grains. As well as being restricted on space, factory hens are fed antibiotics, which in turn pass through to the eggs they produce.

Tests by Mother Earth News, comparing pastured eggs with factory-produced eggs, showed that pastured eggs had 25% less saturated fat, 34% less cholesterol and 60% more vitamin A. They also contained three times more vitamin E and a massive seven times more beta-carotene. Our bodies produce it naturally in sunlight, but, of course, factory chickens are under artificial light and have four-to-six times less vitamin D than their free-range cousins. Eggs cannot really be considered a superfood, unless they are from pasture-raised hens.

Eggs are great eaten raw or cooked. I’ll eat them raw in a breakfast smoothie or cooked with some coconut oil. I mix up my sources of protein so I don’t eat eggs every day, but I do eat them often. (Please note that raw eggs are optional, since raw foods can carry some health risks.) You can eat anywhere from one to twelve eggs daily for great body-building and fat-burning benefits.
Broccoli

Like the Incredible Hulk, Broccoli can help you become a lean, green, muscle-building machine!

Muscle building is not only about getting enough protein and calories in your diet, but it's also important to load up on vitamins and nutrients. If you want to build muscle and lower your cholesterol at the same time, broccoli is the superfood for you! It also tackles the three problems of chronic inflammation, oxidative stress and detoxification, which research shows can all raise the risk of cancer.

Broccoli is one member of the cruciferous group of vegetables that includes cabbage, bok choy, kale, collard greens, Brussels sprouts, cauliflower, and other green leafy vegetables. They all contain phytochemicals, antioxidants, minerals, vitamins and fiber, and we should be consuming them daily. Broccoli contains the most vitamin C (165% of your daily value) and more fiber than most other cruciferous veggies. It also puts a good serving of vitamin A, B2, B6, K, folate, magnesium, potassium and omega-3s on your plate with few calories. The nutrients in broccoli can also help your body recover more quickly after an intense workout.

Broccoli has been found to counter oxidative stress, a condition when the body is overloaded with free-radicals that are known to cause damage to cells and DNA. The National Cancer Institute ran a study on 20 participants who had to eat 1-2 cups of cruciferous vegetables a day. After three weeks, their bodies were found to have 22% less oxidative stress, showing that broccoli and other leafy greens vegetables are a wise and healthy choice. Eat it raw, add it to salads and soups or gently steam and think about how much good it is doing your body.
Turmeric

This superherb, though used in small amounts, can pack a punch when it comes to muscle recovery. Turmeric is a true superfood, as it has been shown to have remarkable anti-inflammatory and healing properties. Inflammation sounds trivial, but it is a common cause of arthritis and other degenerative diseases. Turmeric comes out on top for reducing inflammation, oxidative stress, and aiding in muscle and joint recovery.

Turmeric contains curcumin, which has been found to help diabetes, cancer prevention, reduce Alzheimer’s risk, slow aging, boost immune system, fight infection, and reduce inflammation, according PubMed. This bright orange/yellow spice continues to surprise scientists proven by over 600 studies reporting on its exceptional health properties.

Amazingly, turmeric is the fourth-highest antioxidant-rich herb with an ORAC score of 159,277. The Oxygen Radical Absorbance Capacity (ORAC) score measures the antioxidant and chemical levels of food. Those ingredients found to have high scores are best able to eliminate free radicals, which the body naturally produces daily just by breathing and living.
Turmeric is a key superfood for muscle building and accelerates the healing process. It has also been found to improve blood flow, lower stress levels, and make the brain sharper, improving focus. Sprinkle turmeric on salads, burgers, hummus, or anything else you may choose. To fight inflammation and improve muscle and joint recovery, take a dose of turmeric daily.

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Build Muscle Meal Plan

**MORNING**
4 Eggs, 1 oz Raw Cheddar with 1 cup of Quinoa
32 oz Berry Banana Smoothie with Coconut Milk and Protein Powder
GF Pancakes made with 3 Eggs, GF Flour, Pumpkin, Blueberries and topped with Pure Maple Syrup and Almond Butter
Cream of Brown Rice, 4 oz Cultured Dairy, 1/4 cup Almond Butter and Protein Powder 2 GF Breakfast Burritos

**MID-MORNING**
Super Muscle Shake

**LUNCH**
8oz Grass-Fed Stir Fry (1 tsp Turmeric), 1 cup Quinoa 2 Chicken Breasts, Sweet Potato, and Salad
8oz Venison with 1 cup Kidney Beans and 1 cup Brown Rice
4 Grass-fed Hot Dogs with 1 oz Raw Cheese, Brown Rice, and Vegetables
6oz Organic Sliced Turkey on Sprouted Bread with Superfood Salad

**AFTERNOON**
2oz Raw Cheese on Flax Crackers
1/3 cup Almond Butter with Apple Super Muscle Shake
Grass-fed Beef Jerky

**DINNER**
Grass-fed Burger (1 tsp. Turmeric in mix), Raw Cheddar, Quinoa and Broccoli GF Chicken Tenders with 1 cup Beans and Mixed Vegetables
Grass-fed Hot dogs with 1 Sweet Potato and Spinach Salmon Patties with Big Salad with 1 tsp Turmeric
Turkey Burger on Sprouted Bread with Mashed Faux-Tatoes

**WEIGHT TRAINING**
Sessions should last 30-60 minutes.
15-30 different exercises and 8-10 reps for upper body, legs should be 10-15 reps.
Also, I superset most days doing two exercises in a row like pull-ups and push-ups to save time.
Cardio, do 1-20 minutes of burst training at the end of weight training workouts or on off days.

**POST-WORKOUT**
Super Muscle Shake

Note: Along with following the eating plan, Weight Train 3-6x a week and do minimal cardio.
BEWARE OF SUPER VILLAINS

In all superhero movies there are super villains. There’s always a bad guy who comes along and threatens the entire human race. Superman had Lex Luther and Batman had The Joker. Here are the food villains you’ll want to stay away from while living the superfood life.
Hydrogenated Oils

It can mean doomsday if you’re eating hydrogenated oils on a regular basis. According to the Harvard School of Public Health, “the risk of cardiovascular disease rises 23% for every 2% increase in calories from trans fats consumed every day”.

Trans fats are partially hydrogenated oils that have been linked to heart problems such as heart disease and obesity. Hydrogenated oils are known to raise LDL cholesterol levels that allows cholesterol to build up as plaque, narrowing arteries and eventually causing heart disease and strokes. But that’s not all. These hydrogenated oils also lower good cholesterol, which supports your brain and ability to heal.

The main villains of hydrogenated oils that you want to stay away from are corn oil, soybean oil, cottonseed oil and canola oil.

Conventional Meat and Pasteurized Dairy

Conventional meat and dairy products can be more toxic than venom. The saying, “You are what you eat.” is never more true than with meat and dairy products. Your body will absorb all the toxins and contaminants of what you eat, along with the nutrients, so it’s vital that you know exactly what you’re putting on your plate.

A study published in the Journal of Agricultural and Food Chemistry confirmed that one glass of conventional pasteurized milk bought from the grocery store contains 20 chemicals including antibiotics, steroids, anti-inflammatory drugs, statin drugs, and pain killers, all of which are routinely used to treat diseased animals.

The average American eats 60 pounds of beef per year, yet the majority of cattle are raised commercially in unnatural conditions. Calves balloon from 80 to 1,200 pounds in 14 months by feeding them grains, protein supplements, drugs, antibiotics and hormones. Beef is also treated with gamma rays to kill bacteria, but the radiation of meat and foods has produced radiolytic by-products raising serious health concerns. However, if raw milk is sourced from healthy grass-fed cows, it’s a superfood that’s contaminant and infection-free.
Artificial Sweeteners and MSG

Artificial sweeteners are the Joker of the food industry and aren’t as sweet as you might think. Sucralose is created by chlorinating sucrose, replacing hydroxyl with chlorine, which is a known carcinogen. As well as being a health risk, sucralose appears to actually cause weight gain, possibly because it still triggers the release of insulin, which is thought to induce people to actually eat more.

In a report from an official United States Air Force publication, pilots were warned not to consume aspartame. The report stated, “Aspartame has been investigated as a possible cause of brain tumors, mental retardation, birth defects, epilepsy, Parkinson’s disease, fibromyalgia, and diabetes.” To date the FDA has made no move to regulate aspartame.

Monosodium glutamate (MSG) is used as a flavor-enhancer, yet it can cause side effects, such as sweating, flushing, nausea, headaches and even numbness in the face and neck. It has also been linked to weight gain, according to studies by the University of North Carolina who found that those who consumed MSG on a regular basis were more likely to be overweight or obese.

Processed Grains and Sugar

Processed grains and sugars are like kryptonite to the human body. White bread, pasta, rice, sugary cereals, pastries, crackers, and candy aren’t only non-nutritive, they are actually anti-nutrients. These foods that are sugar-based or immediately turn into sugar once ingested into your system, actually leach vitamins out of your cells. Ever hit the 2:00 p.m. carb coma at your workplace from eating a big carbohydrate-loaded lunch? That is, in part, because processed grains and sugars are actually adversely affecting your blood sugar and energy levels.

Our bodies are designed as hunter-gatherers, yet our modern-day diets are high in carbohydrates, processed grains, and sugar. We consume far too much bread, cereal, pasta, rice and junk food, including sweets, than we should, and our bodies are protesting!
Gluten Free Pancakes

- 1 1 c. Gluten Free Pancake Mix
- 2 Eggs
- 1/2 c. Coconut Milk
- 1/2 c. Canned Pumpkin
- 1/2 c. Fresh or Frozen Blueberries
- 1 tsp. Vanilla
- 1 tsp. Cinnamon
- 1 tbsp. Coconut Oil


Hummus

- 2 cans Garbanzo Beans
- 1/4 c. Raw Sesame Seeds
- 1 Tbsp Olive Oil
- 1/4 c. Lemon Juice
- 1 Garlic Clove, peeled
- 1 tsp. Cumin
- Sea Salt to taste

Drain and rinse garbanzo beans, reserving 1/4 c. liquid. Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.

Grainless Granola

- 1 c. Sliced Raw Almonds
- 1 c. Chopped Walnuts
- 1 c. Chopped Dried apples
- 1 c. Blueberries
- 1 c. Coconut Flakes

Add pinch of Cinnamon. Toss all ingredients together in a large bowl. Serve with berries.

Superhuman Shake

- 3 Raw Eggs
- 8 oz. Cultured Dairy or Goat’s Milk Yogurt
- 4 Tbsp Almond Butter
- 2 Tbsp Flax Seeds or Flax Meal
- 1 tsp Cinnamon
- 1/2 Banana
**Guacamole**

- 2 Avocados
- Lime
- Cloves of Garlic,
- Minced 1 small Tomato or Salsa
- 1 tsp. Sea Salt
- 1/2 tsp. Dill

Spoon out avocados into large bowl. Add lime juice, minced garlic, and chopped tomato. With a spoon, mash together until mixture becomes creamy. Add sea salt and dill. Refrigerate and serve with bell pepper slices or celery.

**Antioxidant Trail Mix**

- 1 c. Pecans
- 1 c. Almonds
- 1/2 c. Raisins
- 1/2 c. Dark Chocolate Chips (unsweetened)
- 1 c. Dried Apple Slices
- Sea Salt sprinkled,
- Cinnamon sprinkled

Combine all ingredients in a bowl.

**Superfood Salad**

- 1 cup Spinach
- ½ cup Blueberries and Strawberries
- 4 oz Salmon or Chicken
- ¼ Sliced Cucumber
- ¼ cup Sliced Almonds
- ¼ cup Sliced
- Orange/Yellow/
- Red Peppers

**Lemon Tahini Dressing**

- ½ cup Lemon Juice
- 1/3 cup Extra-Virgin Olive Oil
- 1/3 cup Tahini
- 2 tbsp Honey
- 2 cloves Minced Garlic
- 1 tsp Sea Salt
- 1 tsp Black Pepper
Vegetable Soup

- 2 Tbsp Raw or Organic Butter
- 2 med. Garlic Cloves, smashed
- 1/2 c. Chopped Red Onion
- c. Celery, chopped
- Zucchinis, chopped
- 1 large Carrot, diced
- 1/2 c. Tomato, diced

In a large pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally, for 3-5 minutes. Add celery, zucchini, tomatoes, carrots, mushrooms, herbs, salt & pepper. Cover and cook, stirring occasionally, for 7-8 minutes. Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in liquid aminos, green beans and parsley and simmer for a few more minutes.

Grass-Fed Stir-Fry

- 1 lb. Mushrooms, chopped
- 2 tsp. Dried Thyme Leaves
- 8 c. Vegetable or Chicken Stock
- 1 Tbsp. liquid aminos
- 10 oz. Green Beans
- 1/2 c. Chopped Parsley
- Sea Salt & Pepper to taste

First add coconut oil to pan, let heat for 1 minute. Then add in all ingredients. Heat for 8-10 minutes. Serve over brown rice.

Chicken Salad Lettuce Wrap

- 4 c. leftover, cooked Chicken
- 3 c. diced Celery
- 1 c. sliced Red Grapes
- 2 tsp. Lemon Juice
- 2/3 c. Mayonnaise Alternative
- 1/4 c. chopped Walnuts
- Sea Salt & Pepper to taste

Place all ingredients in a bowl and mix together. Scoop into lettuce wraps, or lettuce bowls.
Garlicky Greens

- 1c. Kale
- 2 cloves Garlic
- ½ Onion
- 1 tbsp Coconut Oil
- Sea Salt and Black Pepper to taste

Add coconut oil to preheated pan then saute garlic and onions for 2 minutes, add kale. Sea salt and black pepper to taste.

Mashed Faux-Tatoes

- 1 med. head cauliflower (about 1 1/2 lbs.)
- 1/2 c. raw or organic butter
- 1/2 tsp. Sea Salt
- 5-8 grinds Black Pepper
- Minced Chives (optional)

Steam cauliflower until tender. In a food processor, blend all ingredients until smooth.

Grass-fed Meatballs

- 2 pounds Grass-Fed Beef
- 1/4 cup thinly sliced Onions
- ½ tsp Turmeric
- ¼ tsp Garlic Powder
- ½ tsp Sea Salt
- 1/8 tsp Black Pepper
- ½ cup Organic BBQ Sauce or Ketchup

Mix ingredients well then shape into 1” balls. Bake at 350 for 20 minutes then serve.

Powerburgers

- 1 pound Green-Fed Beef
- ¼ cup thinly sliced Onions
- ½ tsp Turmeric
- ¼ tsp Garlic Powder
- ¼ tsp Black Pepper
- 1 tbsp coconut aminos

Mix ingredients in bowl then make into 4-inch patties. Cook on grill or skillet for 4 minutes then flip, cook for 2 more minutes then add raw cheddar cheese, cook for 2 more minutes then serve.
Salmon Patties

- 2 cans Wild Caught Alaskan Salmon
- 4 Eggs
- 2 Tbsp. Olive Oil
- 1/2 Onion, chopped
- 1/2 box Wheat-Free, Gluten-Free Crackers, crumbled

Combine all ingredients in a large bowl and form into patties. Heat 1 Tbsp. coconut oil or grapeseed oil in a large skillet over medium heat. Cook patties 5 minutes on each side.

Gluten Free Chicken Tenders

- 10 Chicken Strips
- 1/2 cup, Gluten Free Flour
- 1/2 tsp. Paprika
- 1/4 tsp. Cayenne
- 1/4 tsp. Sea Salt
- 1/4 tsp. Black Pepper
- 1/4 tsp. Garlic Powder
- 1/4 tsp. Onion Powder
- 1/4 tsp. Coconut Oil

Mix dry ingredients in bowl, then coat chicken. Cook in a pan with coconut oil.

Dark Chocolate Covered Berries

- 2 Chocolate Bars
- 2 Tbsp. Toasted Flax Seeds
- 2 c. fresh Blueberries

Melt chocolate in a bowl over a pan of simmering water. Stir frequently until melted and smooth. Stir in Flax Seeds. Remove from the heat, mix in blueberries. Spoon small clumps of blueberries onto waxed paper on baking sheet. Refrigerate until firm (10 min).
Avocado Mousse
• 1/2 c. Medjool Dates (soak in cold water, 2-3 hours)
• 1/2 c. Maple Syrup
• tsp. Vanilla Extract
• c. Mashed Avocado (about 3 Avocados)
• 3/4 c. Organic Cocoa or Carob Powder
• 1/2 c. Water
Bias or process dates, maple syrup and vanilla until smooth. Add mashed Avocado and cocoa powder. Add water and process until smooth. Serve chilled.

Coconut Macaroons
• 6 Egg Whites
• 1/4 tsp. Celtic Sea Salt 1/2 cup Raw Honey
• 1 tbsp. Vanilla Extract
• 3 cups Unsweetened Coconut
In mixing bowl, whisk Eggs, Sea Salt, Raw Honey, Vanilla and Coconut. Spoon batter onto parchment paper on cookie sheet. Bake and 350 degrees for 10 to 15 mins until lightly browned.
For More Real-Food, Healthy Recipes

Get the cookbook at TheRealFoodDietCookbook.com

“Delicious and simple to prepare recipes containing many of your favorite ingredients, the “Real Food Diet” can provide optimal nutrition for the entire family. If you want to reduce allergies, boost energy, improve your mood and shrink your waistline, then it’s time you began a Real Food Diet.”

Jordan S. Rubin
Founder, Garden of Life
NY Times bestselling author, The Maker’s Diet
WORKOUT PLANS
# 3-DAY HOME (30 minute workouts)

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<th>Day</th>
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<td>• Kickbacks 3-sets</td>
<td>• Concentration Curl 3-sets</td>
<td></td>
</tr>
<tr>
<td>SAT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUN</td>
<td>30 MINUTE WALK, JOG, OR BIKE RIDE</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>RE<strong>ST</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**REST**

**Note:** The chart includes a mix of exercises focusing on various muscle groups, including shoulders, legs, back, chest, triceps, biceps, and abs. Each day includes a variety of exercises aimed at different parts of the body, with the option to switch between reverse flys and pullups, arm circles, pulsing squats, and incline dumbbell press. The chart also includes a rest day (indicated by **REST**) to allow for recovery. Additionally, there is a recommendation for a 30-minute walk, jog, or bike ride on Saturday and Sunday. The exercises are designed to be completed in 30 minutes, making them suitable for home workouts.
### 3-DAY HOME (30 minute workouts)

<table>
<thead>
<tr>
<th>Day</th>
<th>Shoulders</th>
<th>Legs: Lunges 3-sets</th>
<th>Burst: Sprint in Place 20 seconds</th>
</tr>
</thead>
</table>
| MON | • Dumbbell Press 3-sets Superset Shoulders & Legs  
    • Dumbbell lateral raise 3-sets | • Sumo Squats 3-sets | • Mountain Climbers 20 seconds  
    • Planks 30 seconds  
    • Repeat Burst 3x Then rest 1-minute |
| TUE | REST | | |
| WED | Back | Chest | Burst |
|     | • Reverse Flys or Pullups 3-sets  
    • One-arm Rows 3-sets | • Incline Dumbbell Press 3-sets  
    • Pushups 3-sets | • Burpees 20 seconds  
    • Arm Circles 20 seconds  
    • Pulsing Squats 30 seconds  
    Repeat Burst 3x, Then rest 1-minute |
| THU | REST | | |
| FRI | Triceps | Biceps | Abs |
|     | • Dumbbell Tricep Extension 3-sets  
    • Kickbacks 3-sets | • Dumbbell Curl 3-sets  
    • Concentration Curl 3-sets | • Crunches 3-sets  
    • Oblique dumbbell twist 3-sets |
| SAT | 30 minute Walk, Jog, or Bike Ride | | |
| SUN | REST | | |
We hope you enjoyed this book, but remember that it is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Participants and readers are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither the author or publisher of this program takes responsibility for possible health consequences of any person reading or following the information in this program. All participants and readers, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition or supplement or lifestyle program.

This book references certain studies, whether human, animal, in vivo or ex vivo. However, these are only a few of many existing ones.