

# The Disciplined Diet

Replacement Guide for Optimal Health



## Grass-Fed Beef (Red Meat)

With the many options of beef, it's understandable there is much confusion.

Cows that have been allowed to graze in their natural habitat produce the leanest meat. Without the hormones and added feed, fat content remains considerably lower.



## Vegetables

It goes without saying that the added benefits of growing and sustaining your health through whole foods straight from the farm add positive protection against food related diseases.

If you plan to eat the outer coating, organic is best guaranteeing the lack of harmful pesticides.

Refer to the Disciplined Diet Checklist for best choices.





## Whole Grains

Whole grains are the **WHOLE** part of the grain, nothing added, nothing removed. For optimal nutrition and to produce quality in taste and health, nothing should be stripped from the kernel itself.

\*Celiac Disease clients should seek Gluten Free options. You will need to supplement missed nutrients in other whole foods.

## Unpasteurized or Ultra-filtered Dairy

The more pasteurized the milk, the more likely you are to contract allergies, gastro-intestinal (GI) distress and overall a higher risk of food related illnesses/diseases.

Unpasteurized milk is **ONLY** good if it comes from grass-fed cows who haven't been fed growth hormones or unnatural feed. Cows were meant to graze; grass is all they need.

Ultra-filtered is another option. Regardless of the cows, whether grass fed or not, the impurities and added sugars from their diets are filtered out leaving the best quality milk.



## Daily Water Intake

It is necessary for your body to stay hydrated, rid itself of toxins and have a fluid/electrolyte balance. Drinking water helps! Staying hydrated is properly done by intaking a **MINIMUM** of  $\frac{1}{2}$  your body weight in ounces in water.