

HAPPY BELLY QUICK SUMMARY

" REFRIGERATOR MAGNET "

Gratitude for it all.

 Eat a '**bile flow food**' every day.



These vegetables need to be cooked:
Steam till just tender. Add butter.

- Cole family (brassicas) - bok choy, broccoli, brussel sprouts, cabbage, cauliflower, collards, kale, romanesco, (occasional cole slaw is fine).
- Pea and Bean family 
- Mushrooms  shiitake - mmmm

Salad dressing - olive oil, vinegar, mustard, garlic, herbs

Seek out the best **source** of **Proteins**:
'wild' - 100% grass-fed, free range, etc.
= BUILDING BLOCKS FOR 1M NEW CELLS/second!
The method of **preparation** is also key
- baking, in soups, poaching. Cook eggs in the shell. Thank those animals.



Eat 15-18 g of protein 3 times a day
you are up for about 16 hours - it is good to eat every 3 or 4 hours, say:
8am, 12pm, 3pm snack, 6pm;
do you get up early? 6, 10 snack, 1, 5;
or - 6, 9 am snack, 12, 3 pm snack, 6.

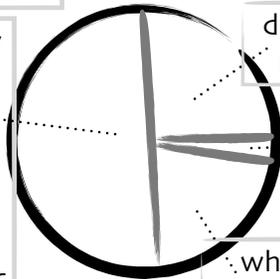
Stop eating 2 to 3 hours before bed, unless sleep is a problem, then eat a few bites of protein before bed.

Soak raw nuts for 1 to 3 days.

 = **bile flow foods**
= anti-inflammatory
= kidney restorative

non-starchy vegetables "greens"

use these proportions on small plates!



digestible protein

quality oils

whole starches

Water:
quench your thirst on arising and between meals



Oils are the thing we like most! They are rare and precious and unstable. Omega 3 fatty acids are the rarest and most unstable. They are in fish, flax, hemp and chia seeds.

Cook with coconut oil or butter at a **LOW HEAT**.

Use olive or avocado oil as a condiment or dressing.

Raw goat's milk is very digestible. Choose raw milk cheeses.



Hungry? Ideas:
apple
avocado
almond butter or tahini
blueberries
coconut butter
cottage cheese
shell-cooked egg
green tea 
jicama
olives
soaked nuts
sardines
sea palm, dulse
spirulina smoothie
Thirsty? water

Starch = Carbohydrate
fruits, starchy vegetables, beans, grains

Eat fruit alone or before a meal - it likes to go straight through to the intestine.



Roots and tubers are tasty starches. Grated, roasted, steamed or in soups.

Soak whole beans and whole grains over night before cooking.