IDEAL DIET GUIDE

A flexible, whole-foods eating template

AT A GLANCE

Important Note: This is a flexible guideline meant to be adapted to your personal needs and preferences — not rigid rules written in stone. A Paleo-type diet has proven to be very healthy for a large portion of the population.

EAT

Vegetables, meat, fish, eggs, fruits, raw nuts, raw seeds, herbs, spices, healthy fats and oils

AVOID

Processed foods, sugar, soft drinks, most grains, most dairy products, most legumes, artificial sweeteners, vegetable oils, margarine, and trans fats

The Mindset

Remember: Think of this as a template, not a rigid set of rules. Life happens — do your best.

The 80/20 rule: Eat this way 80% of the time and your body can handle the occasional 20% indulgence.

Listen to your body: Some people thrive with more carbs, others with more fats. Pay attention to how you feel after meals.

It gets easier: After a few weeks, this becomes second nature. Cravings decrease, taste buds adjust, and you'll feel so much better you won't want to go back.

The Ideal Plate

Vegetables: Over half your plate — unless SIBO, bloating, or diarrhea is an issue (then adjust)

Protein: 3–6 oz — about the size of your palm or a deck of cards

Healthy fats: 1–2 tablespoons of oil/butter, ½ avocado, or a small handful of nuts

Optional starch: ½–1 cup tubers or squash if desired

Amounts depend on:

- Your activity level (active people need more)
- Your size and metabolism
- Your health goals (weight loss vs. maintenance vs. performance)
- Your individual tolerance (some do better with more carbs, others more fat)

Key principle: Eat until satisfied, not stuffed. This way of eating is naturally satiating due to high protein, fiber, and healthy fats.

FOODS TO EAT

Vegetables 3–6 cups daily

Why: The foundation of this diet — essential nutrients, fiber, and antioxidants. Variety is key.

What to eat: Broccoli, kale, peppers, onions, carrots, tomatoes, squash, green beans, cauliflower, endive, cabbage, collards, mustard greens, spinach, arugula, romaine, mixed greens.

Goal: Aim for 10–20 different vegetables daily in small portions — like a diverse salad.

Meat 3–6 oz per meal

Why: Quality protein supports muscle, satiety, and provides B12, iron, and zinc.

What to eat: Beef, lamb, chicken, turkey, pork, bison, venison.

Best choice: Grass-fed — more omega-3s, CLA, vitamins A and E, no antibiotics or hormones.

Tip: If grass-fed isn't affordable, choose lean conventional cuts, trim visible fat, and add healthy fats like olive oil or avocado.

Eggs

Why: One of nature's most complete foods — protein, healthy fats, choline, vitamins and minerals.

Best choice: Free-range, pastured, or omega-3 enriched. Pastured eggs have more omega-3s, vitamin D, and vitamin E.

Alternative: Duck eggs if sensitive to chicken eggs — often available at farmers markets.

How much: No set limit — eggs can be eaten daily if well-tolerated.

Tubers

Why: Healthy carbohydrates for energy — especially important for active individuals.

What to eat: Potatoes (white, red, gold), sweet potatoes, yams, turnips, parsnips, rutabaga, cassava, taro.

Tip: Eat the skin for extra nutrients. Cook and cool potatoes to increase resistant starch for gut bacteria.

Fruits

Why: Natural sugars for energy, vitamins, minerals, antioxidants, and fiber.

What to eat: Apples, bananas, oranges, pears, avocados, strawberries, blueberries, blackberries, raspberries, melons, grapes, peaches, plums, cherries, kiwi, mango, papaya.

Moderation: Focus more on vegetables than fruits, especially if managing blood sugar or weight. Choose organic for Dirty Dozen fruits.

Nuts & Seeds ~1 oz / ¼ cup

Why: Healthy fats, protein, fiber, vitamin E, magnesium, zinc, selenium, antioxidants.

What to eat: Almonds, macadamia, walnuts, hazelnuts, pecans, cashews (moderate), Brazil nuts, sunflower, pumpkin, chia, flax, hemp seeds.

Best: Raw. Refrigerate or freeze to prevent rancidity.

CRITICAL: Almonds and almond flour MUST be organic — conventional may contain high pesticide residues.

Healthy Fats & Oils every meal

Why: Essential for hormones, brain health, vitamin absorption (A, D, E, K), satiety, and reducing inflammation.

- **Extra virgin olive oil** — salads, low-heat cooking, finishing dishes
- **Coconut oil** — high-heat cooking, baking; contains beneficial MCTs
- **Avocado oil** — excellent for high-heat, neutral flavor
- **Ghee** (clarified butter) — high smoke point; tolerated by many dairy-sensitive people
- **Grass-fed butter** — rich in vitamins A, D, K2, and CLA
- **Animal fats** (lard, tallow, duck fat) — save fat when cooking pastured meats

How much: Include healthy fats at every meal — cook with them, drizzle on vegetables, add avocado or nuts.

Salt & Spices

Why: Enhance flavor, provide trace minerals, and deliver antioxidant and anti-inflammatory compounds.

What to use: Sea salt, garlic, turmeric, rosemary, thyme, basil, oregano, cinnamon, ginger, cumin, coriander, paprika, black pepper, cayenne.

Tip: Spices are very good for digestion and act as antioxidants. Fresh herbs add even more nutrients than dried.

Turmeric tip: Pair with black pepper (piperine) to boost absorption by up to 2,000%. Add fat for even better uptake.

FOODS TO LIMIT

Sugar & High-Fructose Corn Syrup

Why avoid: Causes inflammation, blood sugar spikes, insulin resistance, weight gain, feeds harmful bacteria, suppresses immune function.

Hidden in: Soft drinks, fruit juices, candy, pastries, yogurt, flavored coffee drinks, sauces, salad dressings, protein bars.

Watch for: Cane sugar, corn syrup, HFCS, agave nectar, brown rice syrup, evaporated cane juice, maltose, dextrose.

Better alternatives (sparingly): Raw honey, pure maple syrup, dates, monk fruit, stevia (if tolerated).

Artificial Sweeteners

Why avoid: May disrupt gut bacteria, alter taste preferences, can spike insulin, linked to paradoxical weight gain and increased sweet cravings.

Avoid: Aspartame (Equal, NutraSweet), sucralose (Splenda), saccharin (Sweet'N Low), acesulfame potassium, cyclamates.

Better options: Pure stevia leaf extract, monk fruit, or simply reduce overall sweetness preference.

Grains

Why limit: Contain anti-nutrients (phytates, lectins) that interfere with mineral absorption and gut health. High-glycemic and often contain gluten.

Avoid: Breads, pastas, wheat, spelt, rye, barley, corn, oats (unless certified GF), cereals, crackers, baked goods.

Exceptions: Some tolerate small amounts of quinoa, amaranth, white rice, or wild rice. Listen to your body.

If you eat grains: Choose properly prepared versions — soaked, sprouted, or fermented — to reduce anti-nutrients.

Legumes limit if lectin-sensitive

Why: Contain lectins and phytates that can irritate the gut and interfere with nutrient absorption in sensitive individuals.

Includes: Beans (black, kidney, pinto, navy), lentils, peas, chickpeas, peanuts.

If you eat them: Soak overnight, rinse well, cook thoroughly, or use a pressure cooker. Fermented versions (tempeh, natto) are better tolerated.

Note: Green beans, snap peas, and snow peas are generally well-tolerated.

Dairy

Why limit: Common allergen. Lactose and casein (milk proteins) are problematic for many adults. Conventional dairy contains hormones and antibiotics.

Avoid especially: Low-fat dairy (removing fat concentrates proteins and adds sugar). Milk, cheese, yogurt, ice cream, cream cheese, sour cream.

Possible exceptions:

- Grass-fed or organic dairy — tolerated by some
- Goat or sheep dairy — usually less reactive
- Ghee — milk proteins removed, well-tolerated
- Grass-fed butter in small amounts
- Full-fat fermented dairy (kefir, yogurt) if tolerated

How to test: Eliminate completely for 30 days, then reintroduce one type at a time and monitor symptoms.

Vegetable Oils

Why: Highly processed, inflammatory omega-6 fatty acids, often rancid before purchase, may contain chemical residues.

Avoid: Canola, soybean, cottonseed, corn, peanut oil, "vegetable oil," margarine, shortening, anything "partially hydrogenated."

Hidden in: Restaurant food, processed foods, salad dressings, mayonnaise, baked goods, chips, crackers.

Make your own: Mayo with avocado oil — easy at home, or buy Primal Kitchen brand.

Trans Fats

Why avoid: Extremely inflammatory, raises LDL, lowers HDL, strongly linked to heart disease and chronic illness.

Hidden in: Margarine, shortening, processed foods, fried foods, baked goods, frozen pizza, microwave popcorn, coffee creamers.

Label tip: Look for "partially hydrogenated oils" — these are trans fats even if the label says "0g trans fat" (legal under 0.5g/serving).

Highly Processed Foods

Why avoid: Multiple additives, preservatives, artificial colors/flavors, hidden sugars, stripped of nutrients, designed to be addictive.

Simple rule: If it comes in a box or bag with more than 5 ingredients, skip it. Shop the perimeter of the grocery store.

BEVERAGES

Water your primary beverage

Goal: Half your body weight in ounces daily (160 lbs = 80 oz).

Quality matters: Purified water is essential. Tap water may contain chlorine, fluoride, heavy metals, and pharmaceutical residues. Plastic bottles leach BPA and phthalates.

Best options:

- Home reverse osmosis (RO) system
- High-quality carbon filter (Berkey)
- Glass-bottled spring water
- Add trace minerals back to RO water — it removes everything

Timing tip: Drink most water between meals, not with meals, to avoid diluting digestive enzymes.

Coffee 1–3 cups daily

Good news: High in antioxidants. Studies show benefits for type 2 diabetes risk, Parkinson's, and liver disease.

Quality: Choose organic (coffee is heavily sprayed). Freshly roasted beans are best.

Mold issue: Coffee can contain mycotoxins. Mold-free certified brands: Purity Coffee, Bulletproof, Peak Performance.

How to drink: Black, or with organic heavy cream, coconut milk, or coconut cream. Avoid conventional creamers.

"Bulletproof" style: Add grass-fed butter or ghee + MCT oil and blend for sustained energy.

Moderation: Stop by early afternoon to protect sleep.

Tea

Benefits: Loaded with antioxidants and beneficial compounds. Supports metabolism, brain health, and provides gentle energy.

Best choice: Green tea (highest EGCG catechins). White tea, oolong, and herbal teas all have benefits.

- **Peppermint** — digestion
- **Chamomile** — calming
- **Ginger** — anti-inflammatory, nausea
- **Rooibos** — caffeine-free antioxidants
- **Matcha** — concentrated green tea, very high in antioxidants

Quality: Choose organic. If mold-sensitive, look for mold-tested brands.

Wine optional, small amounts

Benefits: Quality organic red wine is high in resveratrol and polyphenols.

If you drink: Choose organic, biodynamic, or "clean wine." Keep to 4–5 oz.

Remember: Alcohol is a toxin processed by your liver. It's optional, not recommended.

SHOPPING FOR QUALITY

Ideal: Grass-fed, pasture-raised, and organic when affordable.

Reality: If budget is a concern, choose the least-processed option available.

Prioritize Organic For

- The Dirty Dozen (highest pesticide residues)
- Almonds and almond flour (MUST be organic)
- Animal products — or at least hormone/antibiotic-free
- Oils — especially olive oil

Conventional Is Okay For

- The Clean Fifteen (lowest residues)
- Frozen vegetables — flash-frozen, very nutritious
- Canned wild fish — affordable omega-3 source

SAMPLE WEEKLY MEAL PLAN

Daily Pattern: Most meals = small portion of quality protein (2–4 oz) + lots of vegetables + healthy fats. Make vegetables the star of the show. Include healthy fats at every meal — olive oil, avocado, grass-fed butter, coconut oil.

	Breakfast	Lunch	Dinner
Monday	Eggs (2–3) with peppers, onions, spinach fried in coconut oil	Chicken salad (4 oz) over mixed greens with olive oil dressing + raw almonds or walnuts	Grass-fed beef burgers (no bun) in butter with roasted Brussels sprouts, carrots, and fresh salsa or guacamole

	Breakfast	Lunch	Dinner
Tuesday	Bacon (2–3 strips) + eggs (2–3) + optional sautéed greens	Leftover burgers over salad greens	Wild-caught salmon fried in butter or baked with lemon and herbs + steamed broccoli and cauliflower
Wednesday	Leftover meat and vegetables from Tuesday (great time-saver!)	Lettuce wraps with sliced turkey or chicken, avocado, cucumber, shredded carrots, mustard or mayo	Grass-fed ground beef stir-fry with bok choy, mushrooms, snap peas, carrots, bell peppers + coconut aminos and garlic. Berries for dessert.
Thursday	Hard-boiled eggs (2–3) + veggie sticks with almond butter	Leftover stir-fry + handful of nuts	Grilled pork chops with roasted sweet potato and green beans
Friday	Eggs (2–3) with asparagus, tomatoes, mushrooms fried in coconut oil	Chicken salad with olive oil + handful of raw nuts	Grass-fed steak with roasted zucchini, bell peppers, onions + sweet potato fries baked in avocado oil
Saturday	Sliced turkey or turkey sausage + avocado + sautéed spinach	Leftover steak and vegetables	Baked wild-caught salmon with roasted Brussels sprouts, butternut squash, and avocado
Sunday	Leftover meat and vegetables from Saturday	Lettuce wrap with leftover salmon or chicken + fresh vegetables and avocado	Grilled chicken thighs with roasted root vegetables (turnips, parsnips, carrots) and salsa

Meal Prep & Batch Cooking

Proteins

- Cook extra protein at dinner — use for next day's breakfast or lunch
- Grill or bake multiple chicken breasts or thighs at once
- Roast a whole chicken Sunday for easy meals throughout the week
- Make a big pot of chili or stew on Sunday — lasts all week

Vegetables & extras

- Wash and chop vegetables at the start of the week
- Roast several trays of vegetables at once
- Hard-boil a dozen eggs for quick snacks and breakfasts
- Make a big batch of salad dressing to last all week
- Use a slow cooker or Instant Pot (set it and forget it)

Simple Snack Ideas

Note: Aim for 2–3 meals per day. Snack only if truly hungry between meals.

- Hard-boiled eggs (keep a batch in the fridge)
- A piece of fruit or a bowl of berries with coconut cream
- A handful of raw nuts (~¼ cup)
- Apple slices with almond butter or cashew butter
- Veggie sticks (carrots, celery, cucumber, peppers) with guacamole
- Avocado — halved with sea salt
- Olives (check for clean ingredients)
- Coconut chips (unsweetened)
- Seaweed snacks / roasted nori sheets
- Bone broth — warm and sipping (very nourishing)
- Homemade or grass-fed beef jerky (check labels for sugar)

Packaged options (read labels!)

- Simple Mills almond crackers (MUST be organic almonds)
- Siete brand grain-free tortillas and chips
- Potato chips in avocado/coconut oil — Jackson's Honest, Boulder Canyon

FOR THOSE WHO DON'T LIKE TO COOK

Breakfast

- Hard-boiled eggs + avocado + cherry tomatoes
- Smoked salmon + cucumber slices + olives
- Leftover protein from dinner + raw veggies

Lunch

- Rotisserie chicken (store-bought) + pre-washed salad greens + olive oil
- Canned wild salmon or sardines + avocado + veggie sticks
- Deli meat (Applegate brand is clean) wrapped in lettuce with mustard

Dinner

- Pre-cooked sausages (Applegate, Aidells) + frozen roasted vegetables + microwaved sweet potato (5–7 min)
- Grass-fed burger patties (Whole Foods / Trader Joe's) + bagged salad + avocado
- Rotisserie chicken + steamed broccoli + mashed cauliflower (pre-made is fine)

TREATS & DESSERTS

Dark Chocolate **70%+ cocoa**

Benefits: Rich in antioxidants, magnesium, iron. Improves mood and brain function.

How to choose: 70%+ cocoa, organic, minimal ingredients. 1–2 squares daily.

Mold caution: If mold-sensitive, look for mold-tested brands: Evolved Chocolate, Lily's, Eating Evolved, Hu Kitchen.

Dessert Options

- Frozen organic blueberries or dark cherries with 1 tbsp Santa Cruz chocolate sauce
- Sliced apple with cashew butter or almond butter
- Grapes (freeze them for a fun texture!)
- Evolved Chocolate or Lily's dark chocolate — 1–2 squares

DR. TECAYA'S PERSONAL MEAL EXAMPLES

> **My approach:** I eat very simply. Yes, it's boring. And it's LESS than many people — I never finish a restaurant serving size. Most meals contain a small portion of animal protein (2–4 oz) with lots of vegetables and some healthy fats.

Breakfast

6am: Coffee with organic heavy cream, OR "Bulletproof style"

9–11am (if anything): Kettle & Fire or LonoLife bone broth with 2 tsp turmeric ghee

Lunch

- Precooked natural sausage (Applegate) with sautéed or steamed veggies (2–3 cups) + 1 tbsp butter
- Canned wild salmon salad on bed of greens with Avo Mayo or EVOO
- Sardines or yellowfin tuna with lemon juice and a whole avocado
- Savory green smoothie — kale, spinach, tomato, basil, garlic, bone broth protein, olive oil
- Leftover steak in adobo sauce with salad. Dressings made with avocado or olive oil ONLY.

Dinner

- Tacos: grass-fed beef, Siete grain-free shells, grass-fed cheddar, fried potatoes, avocado, cilantro
- Niman Ranch pork cooked in Instant Pot with chili maple butternut squash and green beans
- Grilled wild salmon or cod with braised asparagus or Brussels sprouts and sweet potato fries
- "Pasta" alternative: zucchini noodles or spaghetti squash topped with meat sauce or pesto
- Stir-fry: onions, garlic, cabbage, bok choy, carrots, peppers, parsnips, broccoli, Brussels, greens — tamari/coconut aminos with grated ginger

GETTING STARTED

Your First Steps

1. **Clean out your pantry:** Remove processed foods, sugary snacks, and unhealthy oils
2. **Stock your kitchen:** Vegetables, quality proteins, healthy fats, some fruits
3. **Plan your first week:** Use the sample meal plan in this guide
4. **Prep ahead:** Wash and chop vegetables, cook a protein or two, boil eggs
5. **Keep it simple:** Don't try complicated recipes at first. Simple whole foods are perfectly fine.
6. **Give it time:** Try this for at least 30 days to notice real changes

Common Improvements People Notice

- Better energy throughout the day
- Improved digestion and sleep
- Clearer skin
- Reduced inflammation and joint pain
- Weight loss (if needed)
- Better mood and mental clarity
- Reduced cravings

Remember: *This is a journey. Be patient with yourself, celebrate small victories, and remember — we're here to support you every step of the way.*