



WEEK 2

The Clean, Healthy Plate

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WELCOME!

Welcome to Week Two of the Clean Eating Plan from The Sober Club. This week is **The Clean, Healthy Plate**, where we're going to start making shifts away from the foods that deplete your energy and zap you of nutrition and start embracing the foods that will nourish and sustain your body.

If you're feeling a little overwhelmed at eliminating foods, that's totally normal! However, I want you to tell yourself, "I can do this," because you CAN. Not only are we going to replace the dangerous foods with delicious, nourishing meals, but you're also going to have plenty of support along the way to keep you on your path to optimal health.

You have the resources, support, and know-how to make these changes happen. Let's do this!

CLEAN EATING AND DIET - FOODS THAT HURT AND FOODS THAT HELP

What we eat plays a vital role in how quickly and efficiently our body can repair itself. By nourishing our bodies with whole, clean foods, we can continue to operate and enjoy life without excess pain and illness, but other foods are directly responsible for causing and worsening the issues that we already have or are predisposed to.

Let's look first at foods to eliminate from your diet!

You know that the first one is going to be sugar! If you are ditching the booze this is going to be the most likely 'cross addiction' for you. It's very common to find yourself craving sugary snacks with a vengeance and it's about being realistic. If you are in the early weeks, not drinking alcohol is NON NEGOTIABLE, so while I am not giving you license to ignore this section, it is understandable that you may find the 'sugar monster' becomes as loud a voice as the 'wine witch' was for a while. It won't hurt to gen up on sugar and how you can make healthier swaps.

SUGAR

Sugar, including refined sugars, refined carbohydrates, and high-fructose sweeteners, are major contributors to extra weight, low energy, and especially unhealthy blood sugar levels. Sugar irritates the gut, contributing to leaky gut syndrome, causes spikes in blood sugar, and can lead to excess body fat, all of which are common causes of indigestion in the body. Even high levels of natural sugar, such as fruit juice or raw sugar, can have the same effect on gut health and blood sugar.

Simple sugars come in many forms, some obvious and some not so much. **Dr. Richard Bernstein** includes a few surprising foods to avoid in his book, **Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars**.

I highly recommend this book if you or someone you love has been diagnosed with diabetes, but it also includes powerful information for anyone concerned with insulin resistance, obesity, or low energy levels!

Here are some foods to be wary of when transitioning to a cleaner diet and lifestyle:

- **Sweets**, even "sugar-free" sweets.
- **Honey and Fructose** - surprising to many, even these "healthy and natural" sugars can raise blood sugar quickly.
- **Refined Grains** - found in sugar-laden desserts and pastries, as well as bread, crackers, crisps, tortilla chips, breakfast cereals and pasta, and more.
- **Gluten-Free Products** - are often highly processed grains and starches with a high glycemic load.
- **Commercial and Homemade Fruit or Carrot Only Juices** - having no fibre to slow down sugar absorption, these can be quite detrimental to your blood sugar levels.
- **Limit your fruit intake and pair it with protein and fat** to slow absorption of sugars.
- **Vegetables to think about limiting initially include:**
 - **Carrots, Potatoes and other root vegetables** (cooking breaks the sugars down into simple sugars which will spike blood sugar),

- **Corn** (a grain that is used to produce sugars used in a variety of processed foods - corn will raise blood sugar rapidly),
- **Tomatoes** (including paste and sauce - when cooked down, tomatoes release a lot of sugar.... raw should also be limited).
- **Beets** (very high in sugar)
- **Protein Bars** - these are often loaded with sugar, grains, and carbohydrates. Pay close attention to the nutrition facts and ingredients.
- **Sodas, Sports Drinks, Flavoured Waters and Alcohol** (obvs!) these will spike blood sugar levels and add unnecessary and unhealthy calories. Many drinks contain unnecessary sugars or artificial sweeteners.

This may come as a surprise, but many powdered artificial sweeteners, even many stevia-based sweeteners, also contain sugar in the form of dextrose or maltodextrin as a bulking agent. Avoid Artificial Sweeteners at all costs!

Try liquid Stevia instead or look for a sweetener that *ONLY* has stevia in the ingredients list.

DIET AND SUGAR-FREE FOODS

Due to labelling laws, products labeled as "sugar-free" may still contain sucrose, which is table sugar. This means that other sugars may very well be present in some "sugar-free" products.

Here are just a few of the sugars that can be found in "sugar-free" products:

- Carob
- Corn Syrup
- Dextrin
- Dulcitol
- Fructose
- Maltodextrin
- Mannose
- Saccharose
- Sorbitol
- Sorghum
- Treacle
- Xylitol

The lesson here is to always read labels! Look at the ingredients as well as carbohydrates and sugars in the nutrition facts.

READ LABELS

I love the work of Sarah Roberts who talks about how much sugar we should be consuming. She said that around 200 years ago, in 1822 we ate the same amount of sugar found in ONE can of ginger ale every 5 days. Now we have the same amount every 5-7 hours!

Understanding labels: How to calculate grams of sugar:

4 grams of sugar = 1 teaspoon

In one can of soda, there are about 32 grams of sugar.

To calculate the number of teaspoons, take the number of grams of sugar (in the case of a can of soda, that's 32) and divide it by the number 4. That equates to 8 teaspoons of sugar in ONE can.

How much should we be consuming? The World Health Organisation says:

"Adults who consume fewer sugars have lower body weight and, that increasing the amount of sugars in the diet is associated with a weight increase."

They say no more than 10% of a person's calories come from sugar (approximately 50g). But they say an IDEAL target would be closer to 5% of daily energy intake - this is about 26g. So, although there may not be a recommended RDA for sugar intake, being mindful of nutrition labels that show sugar grams can be helpful.

Sarah Roberts says our maximum 'added' sugar per day should be 6 teaspoons for women and 9 teaspoons for men.

By eliminating simple and refined sugars, along with chemical artificial sweeteners like sucralose and aspartame, you can experience stable blood sugar, weight loss, and better gut health, all of which will help you *feel* better, which means you'll be more likely to stick with your clean eating plan.

There are better options when it comes to sweeteners and sugars! Instead of white table sugar, but use these sparingly:

- Stevia, a plant-based sweetener that has zero effect on blood sugar
- Monk fruit
- Applesauce or banana to sweeten oatmeal or while baking
- Coconut sugar

- Pure maple syrup
- Raw, local honey

If you live in the North of England or Scotland there is a plant called Sweet Cicely', which has naturally sweet compounds, I'm looking forward to trying it!

GLUTEN

Gluten is a protein found in wheat, barley, and rye; it's what gives bread its chewy texture and pasta its firmness. It also gives many people serious health problems and is a major reason why so many are choosing to eat cleaner.

While most people only think those with Celiac Disease should avoid gluten, in truth, many people suffer from non-Celiac gluten sensitivity.

This means that people may have a serious reaction to gluten exposure without having the positive markers that people with Celiac have.

Gluten is also difficult to digest and damages the intestinal lining, leading to leaky gut. If you suffer from consistent bloating, diarrhea or indigestion, foods with gluten should be eliminated. Bread, pasta, and any food made with flour is usually an easily spotted source.

Gluten may also be found in these surprising sources:

- Beer (even some alcohol free beer)
- Ice cream
- Condiments
- Sauces and sauce mixes
- Veggie burgers (unless marked GF)
- Crackers
- Foods containing "starch" as it may be wheat starch.

In order to eliminate gluten from your diet, knowledge is power! Check your label for these products unless "Gluten-Free" is specified on the label!

- Wheat
- Varieties and Wheat Derivatives
 - Wheat berries
 - Durum

- Emmer
- Semolina
- Spelt
- Farina
- Darro
- Graham
- KAMUT® Khorasan Wheat
- Einkorn Wheat
- Rye
- Barley
- Triticale
- Malt, this includes malted barley flour, malted milk, malt extract, malt syrup, malt flavoring, malt vinegar
- Brewer's Yeast
- Wheat Starch that has not been processed to remove the presence of gluten to below 20 ppm

When eliminating gluten from your diet, it's important to note that just because something is "gluten-free" doesn't mean it's healthy. Remember, gluten is what gives foods a certain taste and texture, so in order to mimic that in gluten-free pasta, bread, etc., they replace gluten with extra fats and more processed ingredients. Try these substitutes:

- Instead of bread, Make gluten-free bread, or lettuce wraps
- Instead of Pasta - try brown rice, quinoa, millet or spiralized courgette or spaghetti squash
- Instead of Cereal (with a double whammy of sugar and gluten!), try oatmeal with fruit

DAIRY

Dairy can also be a highly inflammatory food that many people are sensitive to but don't realize it. Many people don't produce the enzyme required to break down lactose, a sugar found in milk. Lactose intolerance causes severe digestive distress and an inflammatory reaction.

Casein, a protein in milk, is similar in structure to gluten and can trigger inflammatory responses in those with gluten sensitivity.

Sources of dairy include:

- Milk
- Cheese
- Whey
- Yogurt
- Butter

If you want to avoid dairy, look for foods labeled vegan or dairy-free, and read your labels so you can avoid anything that includes these dairy-derived ingredients:

- Anything with milk, including milk solids, DMS, milk powder
- Butter, butter solids, butter flavor
- Casein, Caseinates
- Cream
- Galactose
- Hydrolysates
- Lactalbumin, lactic yeast, lactitol monohydrate
- Nisin
- Recaldent
- Rennet
- Simplese®

Also, dairy may be hiding under things like “flavouring,” so it’s important to stick with clearly defined ingredients and foods that are as whole or clean as possible.

Personally I do drink raw unpasteurized milk, I’m lucky enough to be able to get it from a local farm that also have raw cream and butter. Its’ worth noting too that many people can tolerate goats milk and kefir.

There are plenty of natural, non-dairy substitutes you can use instead, but be careful, like with gluten-free foods, when you see “dairy-free” you still want to investigate the label to see what processed ingredients may be hiding in the place of milk.

Try these substitutions when you’re going dairy-free:

- **Milk for drinking, cooking, and baking:** Use unsweetened almond, cashew, or coconut milk (it’s easy to make nut milks yourself!)

- **Yogurt:** Look for almond, soy or coconut milk yogurt
- **Butter:** Smashed avocado, olive oil or coconut oil
- **Cheese:** Use nutritional yeast; with a natural cheese taste, this works beautifully to top on baked potatoes, dress up air-popped popcorn, or sprinkle on vegetables.
- **Ice cream (sugar, dairy, and even gluten!):** Freeze a banana, add it to a blender, with a splash of almond milk, blend until smooth, and refreeze - it tastes just like ice cream!

PROCESSED FOODS

While nearly every food aside from raw, fresh foods are “processed” in some way, here, I’m referring to the processed, preservative-laden food that fills the shelves of supermarkets. . Think of anything with artificial colour, artificial flavours, or extra salt. Those are the processed foods that can lead to toxic overload.

The body is often unable to digest processed, chemical-laden foods, and in many cases, the immune system sees these artificial ingredients as sources of danger. As a result, the immune system sends out waves of inflammatory cells to combat what it sees as a “foreign invader.

Processed foods are high in sodium, unsaturated and trans fats, and sugar. Eating these processed foods can lead to cardiopulmonary diseases like high blood pressure, obesity, and high cholesterol, in addition to chronic toxic overload.

Also, when you read the nutritional information of these foods, what do you see, aside from sugar, sodium, and fat? Virtually no nutritional value! Processed foods lack the nutrients and vitamins that nourish the body and heal toxic overload and when there are vitamins and minerals added, such as in fortified cereals, they’re harder for the body to absorb.

Here are the most common and dangerous foods to eliminate:

- Processed meats (deli meat, cold cuts,)
- Packaged snacks (chips, cookies, sweets, pretzels)
- Margarine
- Vegetable oil
- Frozen entrees and meals
- Canned soup and broth

- Ready-made or prepackaged meals

In order to heal from toxic overload, remove the highly inflammatory foods from your diet for 30 days. Then at the end of the month, add in one food from dairy or gluten (sugar and processed foods should always be avoided!) for a few days to test reactivity.

If you experience symptoms, you'll get a better idea of what your body is sensitive to and what is triggering your inflammatory responses.

REDUCING TOXIC OVERLOAD WITH FOOD

Before we start thinking of the specific foods to eat, remember that inflammation is often caused by what the body sees as "foreign invaders."

Chemicals and toxins such as heavy metals, pesticides, and pollution trigger toxic cells, so it's important to not only eat clean, nourishing foods that I'm going to talk about but to also make sure those natural foods are free of toxicity.

GO ORGANIC

When increasing your vegetable intake, it's important to consider purchasing organic when possible. Eating organically grown produce eliminates exposure to chemicals that are known to disrupt hormones and wreak havoc on the body by blocking hormone receptor sites on cells. It is very difficult for your body to release these hormone disruptors because they accumulate in fat cells.

Certified organic food is free of hormone-disrupting chemicals, including pesticides and antibiotics. According to the Soil Association, organic food should also be free of genetically modified organisms (GMOs).

Sometimes organic produce can be more expensive than conventionally grown. I get it. Sometimes we must make tough choices. I always recommend going to the **Environmental Working Group's** website to see what fruit and vegetables have the highest amount of pesticide residue.

You can find an abundance of well-researched information at **www.ewg.org**.

Always try to eat seasonally, I love getting a fresh seasonal veg box delivered. Here's the current lists, according to EWG, of the Clean Fifteen and the Dirty Dozen, so you have them handy.

The **Clean Fifteen** are the 15 produce items that have the *least amount of pesticide residue* and are okay to purchase conventional.

The **Dirty Dozen** (14!) are the produce items to always strive to purchase organic, whenever possible, as they have *the highest pesticide residue*.

| 2019 | | | |
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| Dirty Dozen | | Clean Fifteen | |
| Strawberries | Spinach | Avocados | Papayas |
| Apples | Tomatoes | Sweet Corn | Kiwi |
| Peaches | Potatoes | Pineapple | Eggplant |
| Nectarines | Kale | Cabbage | Honeydew Melon |
| Celery | Cherries | Sweet Peas (frozen) | Mushrooms |
| Grapes | Pears | Onions | Cantaloupe |
| | | Asparagus | Cauliflower |
| | | Broccoli | |

What will you eat instead of gluten, dairy, sugar, and processed foods?

Don't worry! There's an amazing list of foods to nourish and satisfy you while allowing your body to heal from the effects of toxin overload.

A good rule of thumb is that foods that are whole and unprocessed are safe for toxin overload.

- Lean proteins - chicken or beef should always be antibiotic and hormone free (organic if possible), while fish should be wild-caught
- Fresh fruits and vegetables
- Nuts, including almonds, walnuts, pecans, Brazil nuts and hazelnuts
- Seeds, including chia, flax, hemp, sesame, and pumpkin
- Whole grains (non-gluten) including oats, quinoa, brown rice, and amaranth
- Stable fats, including olive oil, coconut oil, avocado oil, and sesame oil

For an extra boost of anti-toxin assistance, consider a supplement, such as:

- Ginger
- Turmeric
- Probiotics
- Omega-3

FILTER YOUR WATER & DRINK LOTS OF IT

Water is essential to health. Your body is 70% to 80% water and your brain are 85% water! Water is the perfect healthy substitute for blood sugar disrupting sodas, sweet teas, etc. When I first quit the booze I forgot to drink enough water! (I had been used to having one between every alcoholic drink!)

For optimal cell function and maintenance of body temperature, adequate hydration is vital. When the body is dehydrated, its temperature will drop, slowing metabolism. To raise body temperature, the body will hold on to fat cells in order to better insulate the body and raise the temperature.

A perfect storm! Pretty good motivation to drink more water.

There are many philosophies out there regarding how much water to drink, but I think if you drink six to eight 8 oz glasses a day OR just under half your body weight in ounces each day, you will be in good shape.

The last thing I want you to do is to drink so much that you wake during the night to go to the loo, disrupting your sleep patterns. **Try to have all your water in for the day at least 3 hours before bedtime.** This usually alleviates that issue.

I wish I had the definitive on water! Over the years I've tried everything.

Pure, filtered water is best. Regular tap water often contains fluoride, chlorine, bromine, lead and other contaminants. Fluoride and chlorine have both been shown to disrupt the uptake of iodine by the thyroid gland. Bottled water can contain chemicals leached from the plastic bottle. The plastic used in these bottles contain phthalates, which are known to also disrupt hormonal pathways.

I highly recommend you consider getting a filter for your drinking water as well as installing filters on your showers. Some options to consider:

- **Pitcher Style Water Filters** - these are usually carbon filters. They remove chlorine, PCBs, and pesticides. However, these can leave behind fluoride and heavy metals. After filtration, trace minerals do remain.
- **Reverse Osmosis Systems** - these remove all contaminants, but also remove minerals. It is always recommended to add trace minerals to this water. While these filters can be very convenient in the home, they can also be a bit expensive to install initially.
- **Distillation Systems** - these do remove some heavy metals and sediment, however, volatile compounds like chlorine are not removed in this process. All minerals are removed, making the water more acidic.

There is also the amazing Grander Water from Austria.

The **GRANDER®** Water Revitalization is based on the principle of 'information transfer' and by natural means, transforms water to a very high, stable and biologically valuable quality. **GRANDER®** helps the water to strengthen its immune system, Sounds very cosmic? It's amazing but very expensive, if you are interested I can direct you to the UK distributor..

YOU CAN DO THIS!

I know this week seems intense! Remember, the changes you are making are going to free you from the chronic pain, fatigue, and digestive distress associated with toxic overload.

Try not to focus on what you aren't eating and drinking. You shouldn't feel in any way hungry or deprived. Don't focus on what you are 'taking out' of your diet but rather what you are 'putting back'; Think of it as crowding out the bad stuff with the good!

You're doing something AMAZING for your health and wellbeing, and I am so excited for you to see the difference these changes will make for you!

WEEK 2 HOMEWORK

1. Eliminate refined sugar, processed food, dairy, and gluten from your diet (even if only for a while)
2. Add clean foods, including lean proteins, fresh fruits, fresh vegetables, and gluten-free whole grains
3. Drink 60-80 ounces of filtered water each day

Here are some of my favorite swaps of foods that harm for foods that heal!

- Crisps → Crinkle-sliced carrots and bell pepper strips with hummus
- Pasta → Quinoa or Zoodles (spiralized zucchini (courgette))
- Bread → Lettuce wraps - stuff them with plenty of lean protein, delicious veggies, and plenty of herbs or a bit of oil & balsamic dressing
- French fries → Roasted sweet potatoes
- Milk/Yogurt → Coconut or almond milk
- Cereal → Organic porridge oats with almond milk and blueberries
- Biscuits → Banana-Oat cookies (Mash 2 bananas with 2 cups of ground oats and ½ teaspoon of cinnamon, scoop into spoonful onto a greased cookie sheet and bake at 350 for 10 minutes!)
- Milkshake or ice cream → Berry Smoothie

Next week we will explore how to do this with 80/20 flexibility. If at any time you start feeling frustrated or overwhelmed, don't hesitate to reach out in the community or to me directly!

DISCLAIMER

The information contained in this document is being provided to you for informational purposes based on my personal knowledge, opinions, and experience as a holistic health coach only. It is not intended to prevent, diagnose, treat, or heal disease nor replace medical advice or instruction from a licensed professional. I am not a medical doctor and make no claim to specialized medical training. Please consult your doctor if you have any questions regarding the suggestions made in this content, and make your own well-informed decisions based on what is best for your physical needs.

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