

**PLANNING YOUR
FOOD PROTOCOL**

*Resource
Guide*

AS PART OF THE PROGRAM TO
Reverse Type 2 Diabetes



A FUTURE BY DESIGN
HEALTH & WEIGHT LOSS COACHING

The goal is to get your insulin levels low and teach your body how to burn fat for fuel. There are several tools that we are going to learn through accessing the resources in this guide. Once you have some basic understanding of these things, we can construct a personalized food plan for you that will rapidly lower your blood sugars and cause weight loss.

www.dietdoctor.com

This is an incredibly helpful website that is free and easy to use. They explain things simply through multiple mediums such as pictures, text, and video so you can get the information you need.

As I mentioned in the Reverse Type 2 Diabetes workbook, this disease is caused by TOO MUCH INSULIN. We need to lower insulin to reverse the disease process. What causes high insulin levels? Eating CARBOHYDRATES (especially sugar and flour) in large amounts and frequently throughout the day. Here are the resources that explain in simple terms this very important concept:

www.dietdoctor.com/diabetes

www.dietdoctor.com/low-carb

www.dietdoctor.com/low-carb/60-seconds

Do you need to follow a ketogenic diet?

No.

**But, if you choose to, you will see
tremendous benefit.**

**A ketogenic diet is very restrictive in
carbohydrates (<20gm daily) and can be
difficult for some to stick to
consistently. The reason it is called
ketogenic is because it induces a state
of ketosis, where the body is burning fat
for fuel, either fat in the diet or fat off
your body. When your body is using
ketones (or fat byproducts) for fuel, it is
not burning glucose (or sugar).**

Does this sound like a good idea to you?

For more information go to:

www.dietdoctor.com/low-carb/ketosis

The Most Powerful Tool

Hands down the most effective tool for reversing diabetes is fasting. Don't freak out, it's not as scary as it might sound. There is intermittent fasting (essentially reducing the hours of the day in a fed state) and extended fasting (fasting beyond 36 hours). When beginning to fast, it is helpful to start with shorter fasts and slowly work up to longer fasts. I have lots of tips and tricks to teach you how to do this without suffering. However, I recommend that you teach your body how to burn fat (become fat adapted) before you start fasting.

If you are dying for details, go to:
www.dietdoctor.com/intermittent-fasting
www.dietdoctor.com/fasting-reverses-diabetes
www.dietdoctor.com/intermittent-fasting/guides#basic

What is fat adapted?

Fat adapted means that your body is able to burn fat as a primary source of fuel, rather than glucose. Fat can either come from your diet, or your own body stores. It is a process that our bodies have to adjust to that takes time. One way to help your body learn is to feed it fat for fuel. But remember, if you are also feeding it sugar (or carbs) it will store the fat and burn the sugar first. Because our bodies prefer glucose (or sugar) over fat because it is easier to burn.

Fat-adaptation is the normal, preferred metabolic state of the human body. Sugar-dependency is an abnormal metabolic state that inevitably leads to insulin resistance and chronic disease

--Mark Sisson

How do I know if I'm fat adapted?

Dr Ken Berry gives us 7 signs that suggest we are becoming fat adapted:

- You start peeing a lot (diuresis). This is because insulin promotes water retention.
- Blood pressure decreases as you lose water in your urine
- Hunger is not as intense. You don't get "hangry" anymore and might even miss meals without noticing.
- Cravings for carbohydrates lessen.
- You notice more mental clarity and focus.
- Energy level is consistently improved throughout the day.
- Swelling in your legs goes away.

I would add one thing to this list: you can handle exercise in a fasted state or without carb loading.

Food Categories

A calorie of 1 thing is NOT the same as a calorie of another thing!!

Vegetables

Non-starchy vegetables have little to no effect on blood sugar and insulin. You can eat as much of these as you want. Starchy vegetables (like potatoes other root veggies) will raise your blood sugar and require an insulin response. You will want to limit starchy vegetables.

Fat

Let's get something clear: FAT IS YOUR FRIEND. The demonization of fat by our nutrition guidelines is in large part responsible for our current public health crisis of obesity and disease. Animal and plant fats are what make us feel full and satisfied. The only fats I want you to avoid are industrialized oils (canola, vegetable, soybean) because these cause inflammation.

For crying out loud: COOK WITH BUTTER!!!

Protein

Protein helps us feel full and satisfied. But don't overdo protein. When you eat more protein than your body needs, you will make sugar with it and this will require an insulin response. It isn't important to be exact, and it doesn't need to be complicated. If you pay attention to when you feel full, you are probably consuming the right amount. For those of you that like math: here is a formula you can use to calculate your daily protein goal:

1.5 gm protein X weight in kilograms
(KG = LBS / 2.2)

Grains

Grains are a category of food that you will want to limit. These foods cause a rise in blood sugar and subsequent insulin response. Remember, when you raise insulin, you promote insulin resistance and stop burning fat. The more refined the grain (flour), the bigger and faster the rise in blood sugar.

Fruit

Fruit is a category of food you also want to limit. Natural sugars in fruit raise blood sugar and require insulin to clear. There are some fruits that have very little sugar, such as strawberries, raspberries, and blackberries. Low sugar fruits include: blueberries, cantaloupe, honey dew melon, and peaches.

Avoid

Anything with flour (all types including nut and corn starch)

Anything with sugar (including honey, maple syrup, nectar)

Anything with trans fats (margarine, partially hydrogenated oils, deep fried foods including chips and fries, non-dairy creamers, popcorn)

All processed, concentrated and refined foods (including all juices, smoothies, and alcohol)

OK to Have

Condiments

Broths

Spices

Up to You

Dark chocolate

Artificial sweeteners

Vegetables

Artichoke hearts

Asparagus

Beet greens

Bok choy

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Celery

Collard greens

Dandelion greens

Eggplant

Garlic

Green beans

Jicama

Kale

Lettuce

Leeks

Mushrooms

Onions

Parsnips

Peppers

Radishes

Snow peas

Spaghetti squash

Spinach

Sugar snap peas

Swiss chard

Tomatoes

Tomatillo

Watercress

Yellow squash

Zucchini

Winter squash

Starchy Veggies

Beets

Carrots

Corn

Peas

Potato (includes sweet)

Turnip, rutabaga

Yam

Good Fats

Avocado	Nut butters
Avocado oil	(peanut,
Bacon	almond, etc)
Butter	Peanut oil
Coconut butter	Olives
Egg yolk	Olive oil
Fish oil	Tahini
Ghee	Salad dressing
Heavy cream	(no sugar)
Lard	Seeds
Mayonnaise	Sesame oil
MCT oil	Sour cream

Protein

Animal

8 oz Plain yogurt
8 oz Milk (*contains
sugar*)

2 eggs
2 oz cheese
4 oz cottage cheese
4 oz ricotta cheese

4 oz chicken or turkey
4 oz pork
4 oz beef
4 oz lamb
4 oz fish or shellfish

Plant-based

8 oz unsweetened soy
4 oz tofu
8 oz unsweetened
almond milk
4 oz tempeh
8 oz nondairy milk
(hemp, flax, etc)
6 oz beans

4 oz hummus
6 oz lentils
2 oz soy granules

2 oz nuts
4 oz shelled edamame
4 oz veggie burger
2 oz soy nuts

Grains

Bread

Cereal

Flour

Granola

Grits

Millet

Oat bran

Oatmeal

Pasta

Popcorn

Quinoa

Rice

Shredded wheat

Fun fact:
Beer = liquid bread

Fruit

Apple

Apricot

Banana

Cherries

Fresh fig

Grapefruit

Grapes

Kiwi

Mango/papaya

Nectarine

Orange

Pear

Persimmon

Pineapple

Plum

Watermelon

Very low sugar

Blackberries

Raspberries

Strawberries

Low sugar

Blueberries

Cantaloupe

Honey dew melon

Peaches



Create Your Protocol

A PROTOCOL IS A FOOD PLAN YOU CREATE FOR YOURSELF. IT IS NOT A DIET. IT IS A WAY OF LIFE THAT YOU WILL DESIGN BASED ON WHAT IS AND WHAT IS NOT WORKING FOR YOU.

REMEMBER, THE PROTOCOL THAT GETS YOU THE RESULT YOU WANT IS THE PROTOCOL THAT YOU WILL USE TO KEEP THAT RESULT.

Protocol Creation

Basic Guidelines

1. Review the food categories and understand which foods stimulate insulin release and switch you to fat storage mode.
2. Eliminate all refined carbohydrates (sugar and flour) and processed concentrated foods (juices, smoothies, and alcohol).
3. Limit or eliminate grains and starches (rice, oatmeal, potatoes, corn).
4. Limit or eliminate fruits other than low sugar fruits.
5. Too much protein is converted by your liver to sugar and will cause an insulin release, so moderate your protein intake.
6. Artificial sweeteners cause insulin release, so limit or eliminate these as well.
7. What you have to eat to stay alive: vegetables, meat or beans, fat, and water.

Why you must plan ahead

You have 2 brains:

1. Your primitive animal brain that makes all decisions based on the motivational triad. This means your brain is concerned with the moment you are in, not the future.



2. Your prefrontal cortex is your human brain and has the ability to weigh the pros and cons, benefits and risks, and plan for the future. It can override your primitive brain to delay immediate gratification for long-term reward.



When you plan ahead, you use your prefrontal cortex. If you rely on your primitive brain to decide what to eat at mealtime, it will be seeking pleasure and conserving energy 100% of the time. This is why we want to make decisions ahead of time and write out our protocol.

Document your protocol and commit to it for at least 2 weeks. **Stick to it NO MATTER WHAT.** I encourage you to weigh yourself everyday, write exactly what you plan to eat and when, and then follow up at the end of the day with writing down what you ate.

It is helpful to journal because it requires you to make decisions ahead of time, commit to them, hold yourself accountable to them, and track your progress.

When you eat off protocol, it gives you the opportunity to do your thought work and manage your mind. I explain this more in the **Manage Your Mind Workbook.**

Protocol Creation

You will want to consider:
number of meals,
types of food,
quantities of food,
& timing of meals.

I recommend you document your protocol and then commit to it for at least 2 weeks before considering making a change.

Do not deviate from your protocol for any bites or licks.

Decide on an eating window to allow for intermittent fasting.

Sample Protocol

Example 1

10 hour eating window 8:00 - 6:00

Breakfast: 1/2 cup berries or melon, 2 eggs and 2 bacon or sausage link

Lunch: Salad with protein and fat

Dinner: Veggies with protein and fat

Example 2

6 hour eating window 12:00 - 6:00

Lunch: 8oz vegetables, 4 oz protein,
2 tbsp fat

Dinner: 14 oz vegetables, 6 oz protein,
2 tbsp fat

Exception Plans

As part of living in this world, I want you to practice making exceptions in your protocol. I never want you to deny yourself certain foods because you are afraid of losing control. I want you to learn to eat sugar, flour, and off-protocol foods in a way that is manageable. I want you to have power over your food and not allow food to have power over you. This is never a good reason to not make exceptions.

Once a week, or however often you decide to plan it, pick one food or situation that you would not normally allow in your protocol.

Plan to eat it 24 hours in advance.

Never reward an urge and then call it your exception! This only reinforces the desire-reward pathway in your brain.

By making exceptions from time to time, you get to experience the intense pleasure and consequence of what it is like to eat foods your body wasn't designed to process. This can be very educational and useful to the weight loss process and establishing a new relationship with yourself and with food.

The other great advantage to allowing exceptions is that it gives you a tool to combat thoughts of deprivation and restriction. If your primitive brain wants to throw a pity-party about how you can never eat this or that, you can remind it that you can eat whatever you want!

Protocol Worksheet

1. What is your eating window?
2. How many meals?
3. What foods will you allow?
4. How much will you eat at each meal?
5. Do you want to include an exception as part of your weekly protocol?

Journal Page

Date:
Protocol:

Weight:

Journal:

Exercise:

C:

T:

F:

A:

R:



Date:
Protocol:

Weight:

Journal:

Exercise:

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