

10 TRAITS OPTIMUM HEALTH Paleo -Ketogenic - Daily Menu

Imagine enjoying a 5-Star Buffet At Every Meal. The Good Life includes the ability to focus your mind, to be in good health & have super high energy. It's fueled by
A diet that includes high FAT, adequate protein & FIBER .

Paleo-Ketogenic meal planning can help nourish your body and strengthen your immune system in order to help prevent, reduce, or even reverse many illnesses especially those related to the "Metabolic Syndrome." When combined with daily aerobic activity, yoga, stretching, CORE exercises, and massage each day, this 10 TRAITS Optimum Health whole body health plan may offer additional protection from the risk of heart attacks, strokes, obesity, diabetes-type2, diabetes-type 3 of the brain (Alzheimer's), and about 100 other modern day diseases. This information is offered for educational purposes only.

A Delicious 5-STAR Paleo-KETOGENIC MENU begins with these BASICS:

1.) **Protein.** Enjoy 1/2 of your BODY weight in grams of protein per day from one or more of the following: beef, chicken, fish, and animal-based products such as eggs, high fat yogurt, cheese, and milk. Or grill with coconut oil, palm oil, olive oil, or butter.

Eat PROTEIN at mealtime only. In between meals, enjoy unlimited veggies and berries. For dessert, enjoy berries or chopped apple and nuts with yogurt.

2.) **Good OILS and fats.** Eat fat right after protein. It will give you a feeling of fullness. This is good. FATS include coconut oil, palm oil, palm kernel oil, red palm oil, olives, olive oil, butter, avocado. Chose saturated fats such as coconut oil and coconut butter, or monounsaturated fat.

3.) **Enjoy unlimited quantities of dark GREEN vegetables** with high fiber including spinach, kale and brocolli. Also enjoy: olives, avocado, celery, cucumber, cauliflower; and limited amounts of carrots. RAW, or prepared with coconut oil, palm oil, olive oil, or other local *monounsaturated* oils.

4.) **Berries.** Enjoy unlimited amounts of blueberries, rasberries, and strawberries. Limit one banana or one apple a day. Cut in half and add to yogurt for dessert, or for a mid-day snack. NO dried fruit or dates.

5.) **Nuts.** For fiber and FAT, enjoy a variety of nuts and NUT BUTTERS, especially TREE nuts, including high oil walnuts, pine nuts, macadamia nuts, and almonds.

WARNING: AVOID DRINKING liquids (water, tea, vegetable broth, beer) with a meal. 1-2 oz of WINE is OK. Enjoy liquids either 20-minutes before a meal, or 20-min after. Why? Keep your stomach's HCL strong to rapidly digest protein. Soft boiled eggs and yogurt are pre-digested. The goal: to fully break down protein into 20 amino acids for whole body repair and benefits.

LONGEVITY: Intermittent Fasting gives your body a daily rest: For those whose daily schedule makes this possible. Consider having TWO (2) meals a day within 8-hour period. For example: Skip breakfast. Lunch at 12- Noon, and Dinner at 7 pm - (This gives you a 16-hour DAILY fast from 8pm to 12-noon the following day.) A daily fast helps your body do inner repair work AND turns on the longevity gene. It is also an EASY way to reduce the amount of food you eat by skipping breakfast.

ENJOY: Mid-morning and mid-afternoon whole fruits and vegetables. Add 1-Tablespoon of fiber rich, calorie free OAT bran to your coffee or tea to gain a feeling of fullness.

Touch: Include daily massage, relaxation, mindfulness techniques, and 1,000 mg CALCIUM (citrate) to RELAX your muscles.

SELF-CARE: Please review the 10 TRAITS Whole Body Medical Health Library of 10 DVDs. They are available online and at

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Day 1 MENU: Have you started a DAILY Journal? It's a good idea to plan meals for tomorrow, when you finish dinner. A SAMPLE MENU might include: Breakfast: Tea, Walnuts, Coconut Oil (1 TBSP) & Psyllium Seeds (or OAT BRAN) in a small amount of tea or water. Mid-Morning: Raw Veggies & Berries. ... Lunch: Chicken slices on a Greek Salad, with, olives, feta cheese, sliced red bell pepper, etc. and Olive Oil. 1-2 TBSP Omega-3. Yogurt for dessert. ... Dinner: Tuna Fish Salad that mixes in nuts, berries, and favorite greens. Avocado/Guacamole. Yogurt.

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<p align="center">STEP #1 - PROTEIN EAT 1/2 your body weight in grams/daily. Eat Protein FIRST at Each Meal</p>	<p align="center">STEP #2 - FATS ENJOY saturated fats such as coconut oil and coconut butter, or monounsaturated fats.</p>
<p>Choose:</p> <p>Beef, chicken, fish, DELI meats, and animal-based products such as eggs, high fat yogurt, cheese, and milk. AVOID drinking liquids of any kind with your meal.</p>	<p>Choose:</p> <p>Chose coconut oil, palm oil, palm kernel oil, red palm oil, butter; olives, olive oil, and avocado.</p>
<p align="center">STEP #3 - VEGETABLES</p>	<p align="center">STEP #4 - FRUITS</p>
<p>Choose:</p> <p>Unlimited amounts of DARK GREENS: Spinach, kale and broccoli. Also: olives, avocado, dark red bell pepper, celery, & cucumber, cauliflower. Occasional carrot.</p>	<p>Choose:</p> <p>Unlimited amounts of blueberries, raspberries and strawberries. Limit: only one banana OR one apple a day.</p>
<p align="center">Optional FIBER</p> <p>OAT Bran and WHEAT Bran. - These have zero calories. Use for fiber (W/B) and a feeling of fullness (O/B). At the END of a meal, mix up to 1 TBSP of each in a small amount of water and drink.</p>	<p align="center">Optional Intermittent FASTING</p> <p>For those whose daily schedule makes this possible. Consider having only <u>TWO meals a day within 8-hour period.</u> (Lunch & Dinner) for a 16-hour DAILY fast.</p>
<p>For Educational Purposes Only (c) 2015</p>	<p>Contact: alexia@alexiaparks.com</p>