# **Super Meal Model**

## The 5 "Live" Foods that Heal:



Vegetables, Some Fruits; Some Herbs & Plant Foods
("Super" foods¹ of all colors, e.g. green, red, orange, purple, yellow, etc. esp.
Brussel sprouts, broccoli, spinach, stringbeans, beets, greens, grasses, onions, etc.)

#### 2. Lean Protein

(e.g. Fish; legumes, nuts & seeds; Omega-3 eggs, organic/lean meat; organic so

3. Monounsaturated Fats, Omega-3 EFAs

(e.g. Extra virgin olive oil, hazelnuts, almonds, Brazil nuts, cashews, avocados, sesame seeds, pumpkin seeds; Omega 3 EFAs: flaxseed oil (ALA), fish oil (FPA, DHA); CLA; Omega 6 EFAs: borage oil, sunflower oil, evening primrose oil)

4. Pure Liquids

(e.g. Filtered water, pure water from raw juices, vegetables and fruits; herbal tea, green/white tea; organic juices; no tap water)

5. (Some) Organic Whole Grains

(e.g. Oats, barley, quinoa, amaranth, sprouted grains, rice germ/bran, organic brown rice)

# The 5 "Dead" Foods that Kill:



### The 5 "Dead" Foods:

**1. Refined Sugar** (All foods made with sugar, syrup, fructose, sucralose, sorbitol, aspartame; soda, diet soda; bottled fruit juices, cakes, pies, donuts, etc)

 Refined Flour/Starches (All refined carbs and foods made with white flour, white bread, pasta, pizza, rice, potatoes, macaroni, baked goods, snacks, processed foods, etc.)

- 3. Trans Fat (Hydrogenated Oil) (e.g. Margarine, snacks, fried foods)
- 4. Saturated Fat (e.g. Conventional animal meat/fat, dairy (cow's milk/cheese)
- **5. Drugs** (incl. alcohol, tobacco, caffeine, over-the-counter, prescription drugs)

# Super Meal Plate

"Super" Carbs

40g 160 cal. 30-40%

• 1-2 Vegetables

• 1-2 Fruits

• 0-1 Whole Grain

0 Processed Foods

#### Supplements:

- •WholeFoods
- •Vitamin Bs, C,
- •Beta Carotene
- •CoQ10
- •Alpha Lipoic Acid (Al

Spirit

- •Fiber
- •Omega-3 EFAs(Fish, flax seed)
- •Omega-6 EFAs(EPO, GL)
- Chromium, Vanadium
- Mag, Pot, Calcium; Selenium
- Probiotics
- L-carnitine

"Super" 13.3g 120 cal. 25-35%

- 12-13g Monounsat. Fat, EFA
- 3-4g Saturated Fat
- Og Trans Fat (Hydrogenated Oil)

• 8-12 oz. Pure H<sub>2</sub>O

"Super"

Liquids

6-10 oz. Raw Juice

0 oz. Tap H<sub>2</sub>O 0 oz. Soda (

"Super" Proteins

30g 120 cal. 20-35%

- 3-4oz Fish/Seafood
- (or 3-4oz Low Fat/Organic Meat
- (or 1-2 Eggs/Low Fat Dairy)
- Legumes, Soy, Tofu
- (No/Minimum Animal Eat

#### **Nutrient factors:**

- •Minerals
- Fiber
- •Amino Acids
- Enzymes
- Co-enzymes
- Essential Fats
- Probiotics

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