

An ideal day:

Plan for half your body weight in ounces in water. Drink between meals. Not so much with meals. Drink warm or room temperature water first thing in am because cold shocks the body and is harder to absorb.

I drink water and take my thyroid medication immediately when I wake up.

Use MCT oil through out the day to balance blood sugar and in the evening to balance blood sugar overnight. You can easily incorporate it into your day by adding it a B,L,D this way. In coffee or smoothie, in salad dressing, in a sweet potato, in a warm restorative evening beverage. You can find MCT inside my Fullscript store or buy it at Amazon or Whole Foods.

Drink lemon water with ginger (to a mug of warm water add a squeeze of lemon, some grated ginger and organic honey and cinnamon to taste). This wakes up digestion and is anti-bacterial and anti-microbial.

*Note: If you have an early am workout: you need to add a mini breakfast: Bananas with almond butter and hemp seeds, part of a small smoothie, protein balls and then eat a bigger breakfast.

7 am:

Breakfast Ideally within 30 Minutes of Waking:

High protein, good fats breakfast: 1) 1/2 avocado on toast, 2) eggs with herbs and spinach 3) a chia pudding with non-dairy milk, chia seeds and fruit 3) a protein shake with greens and a little fruit 4) sweet potato with coconut oil, hemp seeds. Don't be afraid to eat a non-breakfast combo for breakfast. Chicken and veggies vs cereal.

mid morning snack: piece of fruit like a green apple or pear, berries, healthy trail mix (apple nachos with almond or sun butter, dates with almond or sun butter). If you are rushed then do a Chomp Stick or portion out some of your smoothie so you aren't making more effort than needed. I love having a half an avocado with some sea salt and salsa for my snack.

11:30 – 12:00 Lunch: vegan soup or broth with veggies, 4-6 ounces of protein, green salad: I personally like left over veggies or greens with protein because it's easy and satisfying. Any time you are roasting, cutting or preparing veggies, cut up or cook extra so that you can eat those with breakfast, lunch, put into your broth etc.

With gut problems like bad bloating, IBS, pain, diarrhea: **Right now you are better off with cooked or steamed veggies. Start with ones like winter squash, summer squash, parsnips, carrots. Start with cooked, roasted, baked, or veggies in soups.**

Please take a mini break in your day mid afternoon. Part of the reason we are so tired and crave carbs is that we don't realize how hard we are going. Go outside. Get some sunlight. Do some breathing. Take a break from cognitive tasks.

3:00 Pm mid-afternoon snack: 1/2 a sweet potato, mini sandwich with GF bread, homemade protein balls or a grain based salad like rice/quinoa with some veggies (having a carb preferably a starchy veggie really helps with evening carb cravings and sugar consumption.) You have recipes for protein bits or energy balls. These are great for this snack.

6:00 pm: Dinner: clean protein (organic chicken, grass feed beef, wild caught fish) paired with roasted veggies, big colorful salad

(an hour before bed time) Peppermint tea before bedtime, Turmeric milk before bedtime, Tart cherry juice before bed time (these are your sleep support supplements). Add MCT oil to a beverage in the evening. Handful of pistachio's. A bite of protein.

Some type of detox activity before bed: meditation, Epsom salt bath, hot towel scrub with lavender

You can use MCT oil in your salad dressings and you can add to smoothie, coffee and into a tea. Very good for energy and regulating blood sugar. You can find the brand that I like inside Fullscript

Please do not neglect the fiber portion of this. Fiber is what feeds our gut microbes. It also helps with detox/estrogen balance. The fiber is critical for healing the tight junctions between the cells. Also when the gut has integrity, it's watch system is better. Things that need to be kept out of the blood or the brain, go through a better interrogation program. Otherwise it's like a breach of security.