

The Empowered Healing Program

Stage 1 Foods

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Welcome and Disclaimers

Welcome to your first step in Health! FOOD!

This is a wonderful starting “cookie cutter” list, but this is not a personalized list, so you may need to adapt it some more if you are on a restricted or therapeutic diet. It is always best to personalize with the MRT test and Personal ImmunoCalm diet protocol for the most accelerated results and one-on-one coaching, but this can be a good starting point. If you do need to restrict further for any reason (ie: a low FODMAPS diet, the Autoimmune Protocol (AIP), prefer a vegetarian or vegan style, etc.) please personalize this as needed, and reach out to your coach for additional assistance.

Also note, some people may experience a “detox” like adjustment period in switching to this diet. Common symptoms of this can include fatigue, headaches, irritability, changes in your bowel habits or GI symptoms. This is usually temporary, lasting from roughly days 3 to 5. However, if you have a medical issue such as fibromyalgia or IBS, and this food list is different than your normal eating style, it could put you in to a flair. It is recommended that you only do a full dietary switch all at once if you have professional guidance to help you through it. Otherwise, it may be better to ease onto this food list and just make small gradual changes

Always check with your doctor or medical professional first, before starting a new diet or exercise program. This list is for educational purposes only, and not a replacement for working one-on-one with a dietitian or other medical professional.

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Empowered Health, Stage 1: PREP

PART 1: CALORIES: Why we're not focusing on them for this week

PART 2: QUALITY FOODS: Which foods are allowed? The food lists

PART 3: QUANTITY FOODS: How much can you eat? Estimating Portions

PART 4: LET'S EAT! Recipes

Ready to be EMPOWERED? Let's get started!

PART 1: CALORIES

In short, Calories are energy. They are fuel for your body. You need a certain amount, but not too much. Too much tends to lead to weight gain (even if quality is good), and too little can leave you feeling fatigued, sore, hungry, irritable, and eventually start to slow down your metabolic rate and other body processes.

The quality of your fuel matters as much as the quantity of fuel, if not more. And that's where PART 2 will come in to play.

Eventually, we can get into your total caloric intake and macronutrient breakdown. For now, though, I prefer to just focus on Portion Sizes and Quality (PARTS 2 and 3.) Start listening to your body! Your body talks to you, do you know how to hear it and understand it?

These portion sizes are starting estimates, some people may need to increase serving sizes and that is okay. Someone with more weight, muscle, or activity levels may need more, for example. You should NOT ever feel hungry on this program. You may have cravings, you may find that you want to snack out of habit, but you should never feel deprived of food or fuel. You can always add more food to your portions if you truly feel hungry. Add extra vegetables and/or proteins if you are legitimately hungry, to help with satiety (feeling satisfied, full).

If you ever feel too hungry, reach out. You should not feel deprived. You can always increase your servings of vegetables. If still hungry, extra protein may be beneficial – especially for active individuals and those who work out. Fats and carbs are also important, but may lend towards more GI issues or weight struggles if overdone, so use those mindfully.

PART 2: QUALITY FOODS

This part is about the QUALITY of food (type), not the QUANTITY (amount). QUALITY matters. Deeply. You are going to flood your body with vibrant nourishment, not just calories. We want top-notch fuel!

This list removes common trigger foods and inflammatory foods. While everyone has their own specific tolerances and triggers, since these are considered nearly universal inflammatory foods, they are removed for the duration of your program, and can be minimized or avoided for even longer if you find you feel better. If you know that some food does not work well with your body, you may remove it as well. You are not expected to eat every food listed here, if you do not want to.

- **No Processed Sugars or Sweeteners**
- **No Junk Foods, Fried Foods, or Heavily Processed Foods**
- **No Alcohol**
- **No Milk or Dairy (milk, cheese, cottage cheese, yogurt, or whey proteins. Eggs are okay)**
- **No Gluten (wheat is the common source, so no crackers, pasta, breads, etc.)**

***Note, if you are doing a 7 Day Challenge, or Full Reboot, aim to stick to this list 100% if no medical contraindications. If you are just using this as Stage One of The Empowered Healing Program or revisiting it for a sustainable eating plan, then anticipate sticking to it only 85-90% or so – wiggle room is okay. I do not expect people to be 100% perfect, 100% of the time. Be strict for a reset, then ease into a sustainable balance.**

YOUR LISTS

**Go for the highest quality items, as much as you can afford. Grass-fed, free-range, wild-caught, organic.
It does matter.**

PROTEIN

	SAFE	AVOID
MEATS	Bacon (preservative-free) Bison Buffalo Grass-fed beef (steak, ground, roast—all cuts encouraged) Lamb Pastured pork Wild game	Deli meats Bacon with sugars or preservatives Hot dogs Spam
POULTRY	Eggs (free-range, organic) Dark or light chicken, turkey Skinless preferred (If consuming the skin, definitely go for the highest quality: free range, organic)	Breaded, fried Marinated in sugars
FISH	<i>(fresh, frozen, or canned in water or olive oil)</i> Catfish Cod Haddock Hake Halibut Herring Mackerel Perch Pollock Salmon Sardines Snapper Sole Tilapia Trout Tuna	Any fish canned in “vegetable oil” Watch ingredient lists for “Avoid” oils or MSG Breaded, fried
SHELLFISH	Crab Lobster Mussels Oysters Scallops Shrimp	Imitation crab meat
POWDERS	Grass-fed collagen powders, can be sweetened with stevia or monk fruit. My preferred are Propello Life , LonoLife, or Vital Peptides.	Those made with aspartame, sucralose, or sugar alcohols Whey based (dairy)

BEANS/LEGUMES	<p><i>(**Usually, I would encourage removing beans and soy for the first 2-4 weeks of a challenge, due to the fact that for many people they contribute to gas, bloat, and inflammation. So for people willing to omit, I encourage it. But if that is the strong personal preference, then these are the options)</i></p> <p>Beans (kidney, black, navy, Pinto, etc) Refried beans (watch other ingredients) Lentils, split peas Edamame, Whole Tofu Nattokinase</p>	<p>Baked beans or beans canned with sugars or additives Processed soy products TVP **Limit processed meat replacement foods such as “facon” and “morning star burgers” etc – many are loaded with texturizing additives, gluten fillers, inflammatory oils and replacers to emulate mouth-feel, but may not be natural choices. Always look at ingredient lists.</p>
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STARCHES AND GRAINS (“Carbohydrates”)

	SAFE	AVOID
STARCHY VEGETABLES	Acorn Squash Butternut squash Green Peas Parsnips Plantains Pumpkin Potatoes (sweet, white, red, orange, or purple) Yams	Beans, Hummus, Lentils unless following vegetarian style
GRAINS	Amaranth Buckwheat Corn Kamut Millet Rice (Brown, Wild) Rice cakes Oats (MUST BE CERTIFIED GLUTEN-FREE) Quinoa Spelt	Barley Breads Cereals Cous-Cous Crackers Pasta Rye Wheat ANYTHING WITH GLUTEN

FRUITS AND NON-STARCHY VEGETABLES (Also “Carbohydrates”)

All are safe, no restricted items, just watch amounts

Aim for a variety of colors daily! No juices.

**Most important ones to get Organic*

ALL ARE SAFE! Enjoy both columns.		
Keep fruit limited, though, as it’s still high in sugar. No more than 1-3 svgs/day.		
REDS	Apples* Beets Cherries Cranberry Goji Berries Onions, Red Radish	Raspberries* Red Peppers* Rhubarb Strawberries* Tomatoes Watermelon
ORANGE/YELLOW	Apricots* Banana Cantaloupe Carrots Lemon Mango Nectarine* Onions, yellow	Orange Orange Peppers* Peach* Pineapple Spaghetti squash Tangerine Yellow squash
GREENS	Apples* Artichoke Asparagus Avocado Bok choy Broccoli Brussels Sprouts Celery* Chives Cilantro Collard greens* Cucumber* Endive Green Beans Green Peppers* Green onion	Herbs (all) Kale, curly or flat* Kiwi Leek (green part) Lemongrass Lettuce (not iceberg)* Lime Okra Parsley* Spinach* Snow Peas Swiss chard* Thyme Watercress* Zucchini*
BLUE/PURPLES	Blackberries* Blueberry* Eggplant Grapes Onions, purple	Purple kale* Rutabaga Shallots Turnips
WHITES	Bamboo shoots Cauliflower Coconut meat Daikon radish Garlic	Jicama Mushrooms Onions, White Parsnips Water chestnuts

NUTS/SEEDS/OILS (“Fats”)

These are versatile! You can have the whole food, the nut butter, oils from some of these foods or seeds, or even nut milks (depending on additional ingredients)

	SAFE	AVOID
NUTS/SEEDS <i>(and their corresponding oils, nut butters, or nut milks)</i>	Almonds Brazil nuts Cashews Chia seeds Coconut meat – fresh, dried, floured, butter Flax seeds (ground best) Hazelnuts Hemp seeds Macadamia nuts Peanuts Pistachios Pumpkin seeds Sunflower seeds Walnuts	Nut butters with added palm oil, sugars, etc Nut milks with added sugars, carrageenan, etc
OTHER FATS	Avocado Oil (cold pressed best) Butter (grass-fed, pastured best) Coconut Cream Coconut Milk (check ingredients, Trader Joe’s brand is only one that’s pure coconut that I’ve found so far) Coconut oil (unrefined best) Grass-fed beef tallow Grass-fed ghee Olive Oil (cold pressed, extra virgin best)	Butter replacements Canola Oil Corn Oil Cottonseed Oil Margarine Palm Oil Safflower Oil Soybean Oil Vegetable Oil

FLAVOR ENHANCERS, MISCELLANEOUS FOODS:

	SAFE	AVOID
HERBS, SPICES	Allspice Basil Caraway Cardamom Cayenne Pepper Chili Powder Cilantro Cinnamon Cloves Cocoa Coriander Cumin Curry Powders (most, check ingredients) Ginger Mint	MSG/Ajinomoto

	Oregano Paprika Parsley Red Pepper Flakes Rosemary Saffron Sage Salt, Celtic or Himalayan Star anise Tarragon Thyme	
SWEETENERS	Stevia Honey (1 Tbs or less) Maple Syrup (1 Tbs or less) Monk fruit extract	Agave Aspartame Corn syrup Fruit juice concentrate Jams or jellies Saccharin Sucralose Sugar (table, raw, any) Sugar alcohols (sorbitol, xylitol, erythritol) Sugar-free candy/gum
MISC	Mustard Vinegars Avocado-based Mayo (Primal Kitchen, for example) Sugar free/sweetener free sauces may be okay	Most mayonnaises Ketchup BBQ Sauces (usually have sugar) Hot Sauces if dealing with GI issues, and often these have added sugar

BEVERAGES

****Always check ingredient lists. AVOID CARAGEENAN which is common in milk replacements****

SAFE	AVOID
Almond milk, unsweetened Bone Broth (Trader Joe's, and Kettle & Fire are my top brands) Chamomile Tea Coconut Milk, Unsweetened Coffee (try to limit to 2 cups a day, max) Hemp Milk, unsweetened Herbal Teas (unsweetened) Homemade Broths Kombucha Sparkling water, plain or flavored (ensure no sweeteners added) Tea: green, black, rooibus	Fruit juice Beer Wine Liquor Instant coffee Energy drinks Soft drinks Tonic Water Hot cocoa

**That's a huge list of amazing foods!
You've got this!**

DAILY NUTRITION – Follow these serving sizes below for each meal. Breakfast, lunch, and dinner, along with 2 small snacks in between (optional). Remember, you should not feel deprived. You can always increase your servings of vegetables. If still hungry, extra protein can be beneficial – especially for active individuals and those who work out.

1 X PALM OF PROTEIN (2 if very active)

Protein is going to help build muscle and keep your fuller for longer. You want to be consuming a palm sized portion of cooked protein with every meal. For breakfast, you can have eggs, collagen protein, or make your own sausage patties!



2 X FIST OF VEGETABLES

Vegetables are going to provide you with those much needed vitamin and minerals but they are also going to keep you fuller for longer as they are a low calorie / high volume food source. Eat a rainbow of veggies.



1 X CUPPED HAND OF CARBOHYDRATES

Carbohydrates get a bad rep but they aid training performance and recovery, and are a powerful sleep promoter. One serving is a cupped hand of cooked carbohydrate. This does not give you permission to pill your carb source sky high.



1 X THUMB OF FATS

Fats are essential for optimal hormone function but are also very caloric per a gram, so you need to be careful. When it comes to using fats ensure you are having around a thumb size portions. Avocado and olive oils are good; real butter for high heat cooking



1-2 X 100 CALORIE SNACKS

In between your 3 main meals you're welcome to have a low calorie snack. Stick to whole food as per the shopping list below. An apple, orange, or small banana is a great choice. 1oz of almonds, walnuts, or 1/4 an avocado are also good.



16oz OF WATER EACH MEAL

Start your day with water. Also drink 2 cups of water before you begin your meal. This is going to help fill you up and reduce your tendency to over eat.



PART 4: RECIPE IDEAS

BREAKFAST BASICS

Sweet Potato "Toast":

1. Slice a sweet potato about ½ inch thick, lengthwise so it is like a slab or "bread."
2. Toast till somewhat soft and golden edged
3. Top with your choice of:
 - a. Spread (ghee, grass-fed butter, olive oil, coconut oil)
 - b. Protein Power (bacon, sliced chicken or turkey, ground beef, etc)
 - c. Produce Boost (bananas oddly enough!, pineapple)
 - d. Flavor Sprinkle (cinnamon, nutmeg, clove, allspice, etc)

Breakfast Hash: (1 serving, can easily batch prep though and save leftovers)

1. Heat 1 Tbs butter or oil in pan (avocado, coconut, ghee, etc)
2. Half-Brown ground meat in the pan, rest will cook with veggies (beef, chicken, pork, turkey, bison)
3. Sautee 2 cups of veggies until tender (Carrots, chives, green onions, spinach, squash, zucchini, kale, pumpkin)
4. Boost with small fist-size of starches if desired (sweet potato, squash, plantain)
5. Flavor Sprinkle (salt, pepper, basil, sage, thyme, oregano, cilantro, rosemary)
6. Ensure all is cooked appropriately. Enjoy!

Breakfast Smoothie:

1. Base of water or unsweetened coconut milk
2. 1-2 fruits of choice
3. 1-2 handfuls of raw spinach
4. Boost with approved protein powder
5. Can enhance with mint, cinnamon, spices, ginger, vanilla beans

Herbed Breakfast Patties (4 patties)

1. Mix 1 lbs ground meat (beef, chicken, turkey) with 1 tsp each: salt, sage, thyme, rosemary; and ½ tsp cinnamon
2. Form into 4 patties
3. Melt coconut oil or ghee in skillet over medium high heat
4. Cook patties 5-10 minutes per side until fully cooked

SNACK IDEAS

1-2 snacks daily, each roughly 100 calories. Possibly more for highly active individuals.

Examples:

- Apple or rice cake with almond butter
- 2 hard boiled eggs with a little salt and pepper
- Veggie sticks with avocado-based mayo
- Half an avocado with garlic powder
- Small handful of nuts
- 3 cups popcorn popped in coconut oil

LUNCH AND DINNER DISHES

Lettuce Wraps:

1. Use romaine or collard greens to make a nice holder for your items
2. Spread on some flavor (mustard, olive oil, ghee; herbs)
3. Pack it with Protein (bacon, beef, canned fish, chicken strips, tenderloin)
4. Load it with Veggies (any thing good from your list!)

Salads:

The sky is the limit here!

1. Start with a base of leafy greens
2. Add any other vegetables you enjoy
3. A few pieces of diced fruit can be a sweet treat (blue berries, melon, strawberries, etc)
4. Top it with a protein of choice
5. Add some oil and flavor boosts
 - a. Olive oil goes well with herbs like rosemary, thyme, oregano
 - b. Avocado oil is very mild and goes with any flavors or even a simple salt and pepper
 - c. Apple Cider Vinegar, lemon juice, or lime juice add a nice zing!

Pasta Plate

1. Pick a pre-cut veggie noodle (zucchini, squash)
2. Add a protein
3. Add more veggies
4. Sauce and Season
 - a. Oil, salt, pepper
 - b. Basil, oregano, thyme
 - c. Cilantro
 - d. Ginger, lemongrass

One Pan Meal

1. Heat up a Safe fat or oil over high heat
2. Add ground or diced protein and half brown
3. Finish cooking while adding in vegetables
4. Season it as you like with Safe flavor enhancers
5. (Can also be combined on a sheet pan and roasted in the oven)

Slow Cooker Stew

1. Pick a protein; brown it on the skillet to lock in moisture
2. Add plenty of vegetables
3. Small sampling of starch
4. Season and Spice
5. Add a little fat
6. Add in bone broth, stock, or water till covering all items.
7. Set high 3-4 hours or low 6-8 hours.

Focus, dive in, and stay involved.