**EXAMPLE DIET GUIDELINES**

Both Drs. Montelione prefer a paleolithic / keto type diet. This eliminates many unwanted and over processed foods from your diet. The goal is to change your diet to a strict consumption of vegetables, protein with **minimal** sugar and dairy consumption. One item to eliminate is **gluten** which is found in just about everything. The main sources of gluten are: wheat. oat, rye, and barley. But it is also found in a lot of dressings, sauces, candies, and cereals. So if it doesn’t say gluten free it probably is not! Gluten is an inflammatory protein that destroys the lining of the GI tract as well as acts as an agitator in the body. Many people struggle with this and have no idea. Many times, headaches are a result of an agitator we are unaware of which needs to be fully eliminated. Such things take time to eliminate within the body so you need to follow my guidelines strictly for optimal results. It may seem hard to be gluten free but it is so easy when you replace the carbs with healthy fats like coconut, avocado and nuts.

Some great guidelines to follow: cook all foods in organic raw coconut oil, buy as much organic produce as possible (look up dirty dozen / clean 15) to eliminate pesticides and eat more fat than carbs (this will not clog your arteries, I promise!

To get more information regarding this type of dietary changes please google Paleo diet and you will find a plethora of information. If you ever have anymore specific questions please email the doctor [info@gopremierchiro.com](mailto:info@gopremierchiro.com)

**What to eat**

* Fruits (minimize these) (if diabetic or wanting to lose weight do not consume)
* Vegetables #1
* Nuts and seeds
* Lean meats, especially grass-fed animals or wild game
* Fish, especially those rich in omega-3 fatty acids, such as salmon, mackerel and albacore tuna
* Eggs
* Oils from fruits and nuts, such as olive oil or walnut oil

**What to avoid**

* Grains, such as wheat, oats and barley
* Legumes, such as beans, lentils, peanuts and peas
* Dairy products
* Refined sugar
* Salt
* Potatoes
* Highly processed foods in general

**EXAMPLE DIET DAYS**  
Here is a sample day diet plan 1:  
Breakfast: 2-4 eggs with spinach, onion, half sweet potatoe  
Snack: 1 C of watermelon/ 1 organic apple  
Lunch: Canned wild caught salmon with a tad of mayo and spices over a bed of romaine, fresh veggies  
and half of avocado  
Mid-day snack: 1/4 C of organic almonds  
Dinner: Chicken thighs sautéed with spices, onion and mushroom, and roasted broccoli  
Night time snack: celery sticks with 1 piece of Endangered Species (sold in Kroger and Whole Foods) dark chocolate  
Drinks throughout the day: Filtered water with fresh organic lemon, unsweetened organic iced tea  
(use organic stevia if you want sweet tea NOT sugar), organic coffee using heavy whipping cream or coconut milk for a creamer  
  
**EXAMPLE DIET DAY 2**  
Breakfast: 3 eggs with brussel sprouts, onion and handful of cashews  
Snack: 1/2 avocado with salt and pepper  
Lunch: Grilled chicken breast with goat cheese, spinach salad, tomatoes and balsamic vinegar/olive oil  
Mid-day snack: 2 TBS almond butter  
Dinner: Baked tilapia with steamed broccoli and 1 baked sweet potato  
Snack: 2 pieces dark choc.  
  
**As you can see ALL whole foods nothing processed….**