

# **How to Win the Food Fight!**

## **Our Recommendations:**

### **What to Eat Now?**

**Whole Real Foods**

**Plant based Foods**

### **Can I Still Eat Meat?**

**What is Processed Food?**

- 1. Meats transformed through salting, curing or smoking**
- 2. Most lunch meats**
- 3. Meats in a casing or sausage form.**

**What about lunch meats?**

- 1. Limit as much as possible**
- 2. Ask for Nitrate Free or uncured lunch meats.**
- 3. Fresh turkey a good option**
- 4. We recommend Boar's Head or Sarah Lee FRESH. Do not buy in plastic wrapped containers.**

**What about bacon?**

- 1. Stay away from traditional Bacon.**
- 2. Choose brands that are uncured, organic and Nitrite FREE.**

## **What about RED meat?**

- 1. Limit to once a week.**
- 2. Choose grass – fed meat. Trim fat as much as possible.**
- 3. Do not burn meat.**
- 4. Marinate to reduce toxins**

## **DO NOT EAT:**

- 1. Trans fats**
- 2. MSG**
- 3. High Fructose Corn Syrup**
- 4. Orange juice – concentrate**
- 5. Margarine – use real butter**
- 6. Whole Grain Bread – use 9 grain bread**
- 7. Processed Soy**
- 8. Corn – GMO (Genetically Modified Organisms)**

## **OUR PHILOSOPHY:**

- 1. “If it was **grown on a plant**, eat it. If it was **made in a plant**, leave it on the shelf.”**
- 2. “The **GOAL** is **PROGRESS**, not **PERFECTION**.”**
- 3. No Trans Fats, High Fructose Corn Syrup, MSG**
- 4. 90%-10% ratio.**

5. (21) Meals a week, use 15 at home with good foods, the other 6 use for family outings, church gatherings and lunches with your business friends, but use discretion. Go on line and check menu and select your meal before going to eat out to avoid making bad choices.
6. God's Food is medicine. Man's Food is not so good for you.
7. **"Daniel Strong"** = A pursuit of excellence in **mind, body, and spirit for God's glory.**
8. Eat 3 meals a day, with 2 healthy snacks: one mid-morning and one mid-afternoon to sustain your blood sugar.
9. Show **PROGRESS** not **PERFECTION.**
10. Always have an emergency kit at home, office and car for those times you need help with that hunger pain. It only takes a little planning to avoid those times when you need something now.
11. Some of the time when we think we are hungry we are thirsty so drink water before you eat.
12. Do not eat in front of the TV. You need to focus on your food while you are eating.

#### **HINTS:**

1. Use "Shop Well" (Free App)
2. No More Than 5 grams of sugar
3. No More Than 5 ingredients
4. If Advertised on TV don't eat it

- 5. Stay away from FAST FOODS and All You Eat Meals**
- 6. Go online before you go out to eat and choose your menu meal.**
- 7. Do not shop hungry**
- 8. Have an emergency kit at all times.**
- 9. Plan your workouts on the calendar for the week and do them. You cannot exercise your way out of bad nutrition. The best exercise is the one you will do.**
- 10. Get a “BUDDY” (the sauce of our program) for workouts and SUPPORT to eating HEALTHIER to keep God’s Temple Clean.**
- 11. Parties, Family Gatherings, Church Meals – take your own. You will not have gravy, biscuits, fried or processed foods when you take your own.**
- 12. Drink a glass of water prior to eating your meals.**
- 13. Switch your meals around – large breakfast, medium lunch and small dinner or give it away.**
- 14. Eat on small plate.**
- 15. Eat slowly and enjoy.**
- 16. DO NOT EAT IN FRONT OF TV!**
- 17. “RETATE DANIEL PLAN CLASSES” THE SECOND TIME AROUND PEOPLE TELL US THAT THEY GET SO MUCH MORE OUT OF THE CLASSES. BE “DANIEL STRONG”.**