

FOOD RULES

Excerpt From: Michael Pollan. "Food Rules." Apple Books. <https://books.apple.com/us/book/food-rules/id357926140>

WHAT SHOULD I EAT?

1. Eat food.
2. Don't eat anything your great-grandmother wouldn't recognize as food.
3. Avoid food products containing ingredients that no ordinary human would keep in the pantry.
4. Avoid food products that contain high-fructose corn syrup.
5. Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.
6. Avoid food products that contain more than five ingredients.
7. Avoid food products containing ingredients that a third-grader cannot pronounce.
8. Avoid food products that make health claims.
9. Avoid food products with the word *lite* or the terms *low-fat* or *nonfat* in their names.
10. Avoid foods that are pretending to be something they are not.
11. Avoid foods you see advertised on television.
12. Shop the peripheries of the supermarket and stay out of the middle.
13. Eat only foods that will eventually rot.
14. Eat foods made from ingredients that you can picture in their raw state or growing in nature.
15. Get out of the supermarket whenever you can.
16. Buy your snacks at the farmers' market.
17. Eat only foods that have been cooked by humans.
18. Don't ingest foods made in places where everyone is required to wear a surgical cap.
19. If it came from a plant, eat it; if it was made in a plant, don't.
20. It's not food if it arrived through the window of your car.
21. It's not food if it's called by the same name in every language. (Think Big Mac, Cheetos, or Pringles.)

WHAT KIND OF FOOD SHOULD I EAT?

22. Eat mostly plants, especially leaves.
23. Treat meat as a flavoring or special occasion food.
24. Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs, and other mammals].
25. Eat your colors.
26. Drink the spinach water.
27. Eat animals that have themselves eaten well.
28. If you have the space, buy a freezer.
29. Eat like an omnivore.
30. Eat well-grown food from healthy soil.
31. Eat wild foods when you can.
32. Don't overlook the oily little fishes.
33. Eat some foods that have been predigested by bacteria or fungi.
34. Sweeten and salt your food yourself.
35. Eat sweet foods as you find them in nature.
36. Don't eat breakfast cereals that change the color of the milk.
37. The whiter the bread, the sooner you'll be dead.
38. Favor the kinds of oils and grains that have been traditionally stone-ground.
39. Eat all the junk food you want as long as you cook it yourself.
40. Be the kind of person who takes supplements—then skip the supplements.
41. Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks.
42. Regard nontraditional foods with skepticism.
43. Have a glass of wine with dinner.

HOW SHOULD I EAT?

44. Pay more, eat less.
45. . . . Eat less.
46. Stop eating before you're full.
47. Eat when you are hungry, not when you are bored.
48. Consult your gut.
49. Eat slowly.
50. The banquet is in the first bite.
51. Spend as much time enjoying the meal as it took to prepare it.
52. Buy smaller plates and glasses.
53. Serve a proper portion and don't go back for seconds.
54. Breakfast like a king, lunch like a prince, dinner like a pauper.
55. Eat meals.
56. Limit your snacks to unprocessed plant foods.
57. Don't get your fuel from the same place your car does.
58. Do all your eating at a table.
59. Try not to eat alone.
60. Treat treats as treats.
61. Leave something on your plate.
62. Plant a vegetable garden if you have the space, a window box if you don't.
63. Break the rules once in a while.

THE DANIEL PLAN GOOD FOODS LIST

Food glorious food. Eating is simply one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices is a practical first step in your journey to better health. Understanding what portions and servings are is important to developing healthy eating habits for a lifetime. Use The Daniel Plan Plate as a guideline for every meal:

* Dr. Hyman's top superfoods

+ Dr. Amen's best brain foods

50 Percent Non-Starchy Vegetables

Artichokes	Dandelion Greens	Okra
Arugula	Eggplant	Onions
Asparagus	Fennel	Radish
Bell peppers (yellow, green, red, orange)	Green beans	Sea Vegetables
Bok choy	Jicama	Shiitake mushrooms
Broccoli	Kale	Snap peas
Brussels sprouts	Leeks	Spinach+
Cabbage	Lemons	Swiss chard
Cauliflower	Lettuce	Tomatoes+
Celery	Limes+	Watercress
Collard greens	Mesclun	Zucchini
Cucumbers	Mushrooms	
	Mustard greens	

25 Percent Lean Proteins: Healthy Animal Protein OR Vegetarian Protein

Meats & Seafood options (Wild or Grass-Fed, Hormone and Antibiotic-Free if possible)	Broccoli	Mushrooms
Artichokes	Brussels sprouts	Nut butters
Arugula	Collard Greens	Quinoa
Asparagus	Cheese (hard cheese: Parmesan or extra-sharp) (1-2 tablespoons)	Spinach
Avocado	Kale	Tofo (organic)
		Whole Eggs, preferably omega-3

25 Percent Whole Grains or Starchy Vegetables

(Vegetables with an "*" is to be eaten in moderation when reducing carbohydrates, which are the starchier and sweeter vegetables. If possible, soak seeds, legumes and grains overnight to improve digestion, absorption and assimilation)

Whole & Sprouted Grains:

Brown rice	Quinoa	Black rice
Bulgur (cracked wheat)	Sprouted grain bread	Buckwheat
Oats (old fashion or steel cut)	Sprouted grain tortillas	Quinoa
Organic cornmeal	Pastas: (eat sparingly—except shiritaki noodles which can be eaten freely)	Shirataki (Look for konjac flour, not yam flour)
Organic corn tortillas		
Millet		
Polenta	Brown rice	

Starchy Vegetables:

Acorn squash*	Turnips*	Kidney beans
Beets*	Winter Squash*	Pinto beans
Butternut squash*	Yams/sweet potatoes*	Garbanzo beans
Carrots	Beans/Peas/Lentils:	Lentils
Corn*	Adzuki Beans	Lima beans
Parsnips*	Black beans	Navy beans
Pumpkin*	Black-eyed peas	Split peas
Spaghetti squash*	Fava beans	White beans

Low Glycemic Fruit

Apricots	Grapes	Pears
Avocados	Grapefruit	Plums
Berries	Green apples	Prunes
Cantaloupe	Kiwi	Tangerines
Cherries	Oranges	Watermelon
Coconut	Peaches	

Beverages (Avoid beverages with artificial sweeteners or flavorings, food dyes or added sugars. 6-8 ounces)

Almond milk, unsweetened	Hemp or Chia milk, unsweetened	Tea, green
Coconut milk, unsweetened	Rice milk, unsweetened	Tea, herbal
Coffee	Tea, black	Water (64 or more ounces per day)

Healthy Oils (eat sparingly-raw and organic if possible)

Avocado oil	Coconut oil (raw, unrefined)	Extra Virgin Olive oil (not to cook with)
Butter (do not buy butter's that come in a tub)	Coconut butter	Walnut oil
	Flaxseed oil	

Healthy Snacks

Applesauce, unsweetened (1/2 cup)	Greek yogurt (unsweetened) (8 ounces)	Lemon should be the only preservative) (1/4 cup)
Dark chocolate (70% cacao) (10–20 grams, equivalent to 1–2 squares)	Guacamole (1/4 cup)	Salsa (1/4 cup)
Dried Fruits: currants, dates, figs, prunes, raisins (sulfite-free, 1–2 small pieces)	Hummus (ideally homemade, but if store-bought look for a hummus made with extra virgin olive oil and no preservatives.	Tzatziki (1/4 cup)
		Sauerkraut

Natural Sweeteners

Pure Maple Syrup (1 teaspoon)	Whole leaf stevia extract (use sparingly)
Raw honey (1 teaspoon)	

Nuts & Seeds

(Nuts & seeds make great snacks, but eat in moderation. If possible, soak seeds and nuts overnight to improve digestion, absorption and assimilation)

Almond butter
Almonds, raw
Amaranth
Brazil Nuts
Buckwheat

Cashews
Chia
Flax
Pistachios
Pumpkin

Sunflower
Sesame
Teff
Walnuts

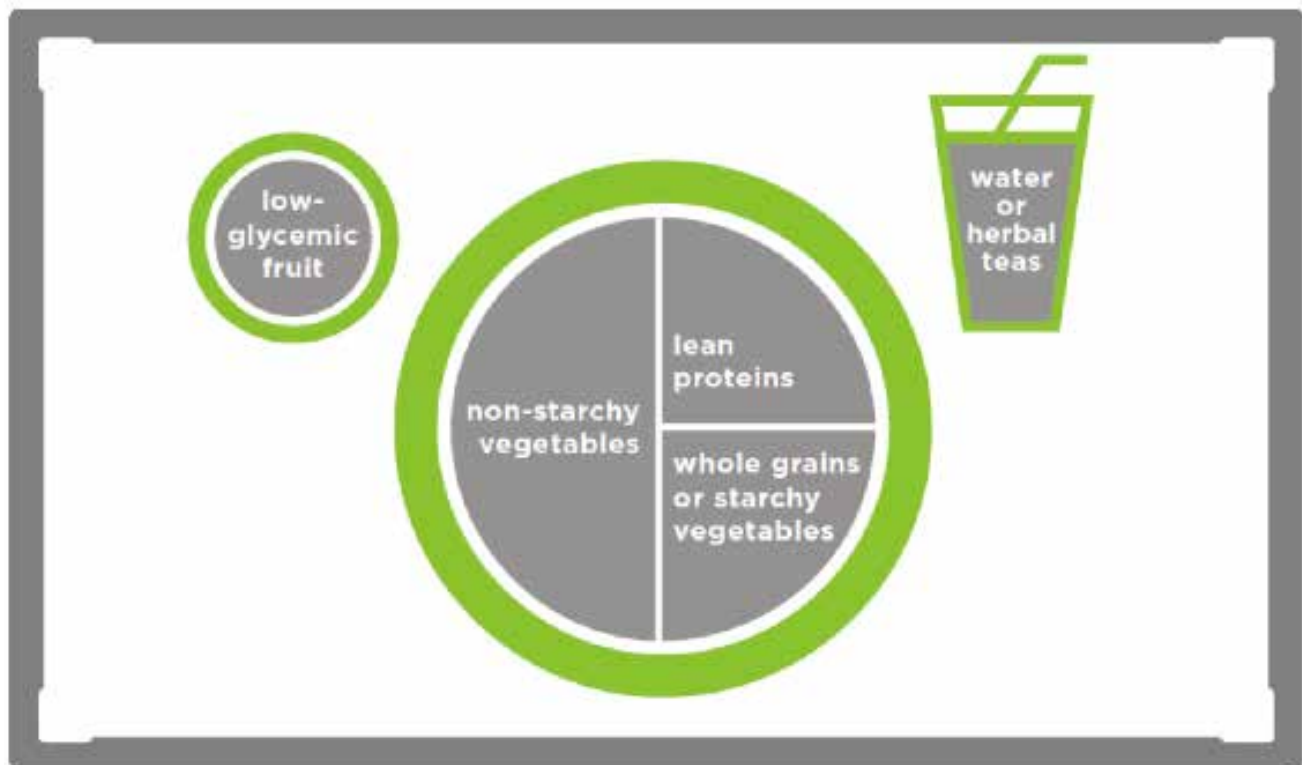
Spices, Seasonings & Dressings (eat freely and rotate new spices into your diet often)

Balsamic vinegar
Balsamic vinaigrette
Basil
Chilies
Cinnamon
Cilantro
Clove
Coriander
Cumin
Curry

Dill
Garlic
Ginger
Kimchi
Marinara sauce (organic, low-sugar)
Marjoram
Miso
Mustard
Nutmeg

Oregano
Parsley
Raw Cacao
Rosemary
Saffron
Sage
Thyme
Turmeric
Vegan or organic mayonnaise
(1-2 tablespoons)

The Daniel Plan Plate



How Drinking Soda Can Hurt Your Heart

A new study finds that it may have a negative effect on cholesterol and triglyceride levels
By Rachel Meltzer Warren, Consumers Reports
February 26, 2020



Replacing saturated fat with healthy fats is the main dietary step people take to improve cholesterol and triglyceride levels. But according to a new study published Wednesday in the Journal of the American Heart Association, avoiding soda may also have a positive effect.

Researchers from Tufts University and Boston University wanted to explore how people's intakes of different beverages might impact dyslipidemia, an unhealthy imbalance of cholesterol and triglycerides in the blood that increases the risk of heart disease. They looked at nearly 12 ½ years' worth of data from about 6,000 adult participants in the Framingham Heart Study, a long-term, ongoing research project focused on cardiovascular health.

People who had more than one serving of sugar-sweetened beverages like soda, sports drinks, or presweetened teas each day over the past four years had levels of HDL ("good") cholesterol and triglycerides that may signify an increased risk of heart disease. (A serving was defined as 12 ounces, the amount in a can of soda. But many single-serving soft drinks come in 20-ounce bottles, so you could be drinking more than one serving even if you only have one bottle per day.)

Compared with those who drank these beverages less than once a month, daily drinkers were 98 percent more likely to have low HDL levels and 53 percent more likely to have high triglycerides. And while the risk was lower in people who had between three and seven sweet drinks per week, there was still an effect. "It's possible that consuming only three or four sugar-sweetened beverages each week may be increasing your risk factors," says Kimber Stanhope, Ph.D., R.D., a research nutritional biologist at UC Davis. Diet beverages and 100 percent fruit juice didn't have an effect.

"This study gives us pause to consider what we are putting in our glasses daily, especially as we age," says study author Nicola McKeown, Ph.D., nutritional epidemiologist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

While scientists don't completely understand how sugar-sweetened beverages might impact heart disease risk, studies in humans and animals suggest some possibilities, says McKeown. "Picture an assembly line in your body that creates triglycerides," she says. Sugar is one of the raw materials your body uses to make them, and eating too much of it may ramp up the body's triglyceride-producing machinery.

How Drinks Compare

Based on the results of this study and others, for sugary drinks, less is best, says McKeown. "The more sugar-sweetened beverages you consume, the worse the potential impacts on your health." Other studies have found that sugary drinks increase the risks of being overweight and developing type 2 diabetes.

But fruit juice and diet drinks may not be good substitutes. Although these beverages didn't have a consistently negative effect in this study, it's possible that this is because people who drink them may have a healthier lifestyle overall, McKeown says. The study's analysis does account for this, but she says it isn't possible to completely disentangle these influences, so more research is needed.

In addition, although fruit juice is healthier than sugar-sweetened drinks, the lack of fiber means your body absorbs its natural sugars more rapidly, which may have a negative effect on blood sugar levels. As for diet drinks, other research suggests that evidence that they help control weight, blood sugar levels, or other health problems is limited. Some studies link low-calorie sweeteners to stroke and weight gain.

Unsweetened flavored seltzer, fruit-infused water, iced herbal tea, and plain old fashioned H2O are all healthy and low-risk ways of quenching your thirst that won't stoke your sweet tooth—or impact your cholesterol.



FAITH + FOOD + FITNESS + FOCUS + FRIENDS

THE **DANIEL** PLAN

40 DAYS *to a*
HEALTHIER LIFE

3 - DAY MEAL PLAN

THE
DANIEL
PLAN

3-Day Meal Plan

RECIPE GUIDE



Here is The Daniel Plan 3-Day Meal Plan for you to try! Every recipe is simple to make, with ingredients you can find at any store. Feel free to swap out fruit and vegetables based on the season or your tastes. Explore different spices and herbs to add flavor. Bring your family and friends into the kitchen to partake in the creation of meals. When you follow The Daniel Plan approach, cooking food becomes a joy! Scan the QR code or go to danielplan.com/recipes/3-day-meal-plan for all the recipes.

Meal	Day 1	Day 2	Day 3
Breakfast	Dr. Hyman's whole food protein shake	1 c. rolled or steel cut oatmeal with ½ c. almond milk & ½ c. mixed strawberries and bananas	Breakfast wrap: 1 scrambled egg with ¼ avocado, sliced tomato, basil wrapped in whole grain tortilla
Snack	Mixed veggie sticks (celery, carrots, cucumber, jicama) and 1/3 c. artichoke hummus	½ c. mixed berries plus 25 cinnamon toasted almonds	Small apple plus 25 raw almonds
Lunch	½ c. quinoa with steamed broccoli and carrots and antioxidant salad dressing	Grilled citrus salmon with supergreens watermelon salad	Veggie lentil & chicken sausage soup
Snack	Veggie juice mocktail	2 tbsp. crunchy chickpeas with 2 hardboiled eggs	Creamy carrot dip with steamed veggies
Dinner	Thai-inspired stir fry with coconut rice	Crockpot beef and veggie stew	Dr. Hyman's walnut pesto chicken with white beans, chopped peppers, balsamic vinegar

RECIPES

ANTIOXIDANT SALAD DRESSING

Serves 3–4

- ¼ cup raw unfiltered apple cider vinegar
- 2 tablespoons extra virgin olive, grape seed, or coconut oil
- 1 clove garlic, crushed
- 2 tablespoons lemon juice, plus 1 teaspoon grated zest
- 1 teaspoon ground flax seed
- 1 teaspoon dry mustard
- 1/2 teaspoon oregano
- Ground black pepper and salt to taste

Briskly whisk together vinegar and oil until mixed well (or you can put them in a closed container and shake vigorously). Add remaining ingredients, and whisk (or shake) together until well incorporated. You can vary this dressing to suit your taste by adding other herbs and spices such as basil, tarragon, rosemary, and dill.

ARTICHOKE HUMMUS

Serves 8 (1/3 cup each)

- 1 (15-ounce) can chickpeas/garbanzo beans
- 1 cup artichoke hearts, drained and chopped
- 2 cloves fresh garlic, crushed
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon sesame tahini

Ground black pepper and salt to taste
Combine all ingredients in a food processor, and pulse until smooth. Transfer to a bowl. Chill and serve with mixed veggie sticks such as celery, jicama, and carrots.



CINNAMON TOASTED ALMONDS

Serves 4

- 1 cup raw whole almonds
- 1 teaspoon ground cinnamon
- Olive oil cooking spray

Preheat oven to 350°. On a rimmed baking sheet, spread almonds onto a single layer and spray lightly with cooking spray. Sprinkle sifted cinnamon over almonds and bake for about 8-10 minutes or until fragrant. Enjoy warm.

CREAMY CARROT DIP

Serves 4

- 1 cup carrots, chopped
- 2 cloves garlic, crushed
- 2 lemons, juiced
- 3 tablespoons extra virgin olive oil
- Dash of salt
- 1/4 teaspoon cayenne pepper

Steam carrots until soft, then puree in a food processor. Add other ingredients, puree until smooth, then serve with baked whole grain chips or cut up broccoli and cauliflower. You may adjust the amount of salt and cayenne to taste.

CITRUS MARINADE FOR CHICKEN OR SALMON SKEWERS/VEGGIES

Serves 4-5

- 1 lemon, juiced plus 1 teaspoon zest
- 2 limes, juiced plus 1 teaspoon zest
- 1 tablespoon balsamic vinegar
- 2 teaspoon olive oil
- Ground black pepper and salt to taste
- 2 pounds of chicken, salmon, or veggies, cut into 2-inch pieces

Whisk together first five ingredients until well incorporated. Place chicken, salmon, or veggies separately in marinade. Marinate for at least 1 hour, up to overnight for the chicken or veggies, before cooking. Thread chicken, salmon, and veggies onto skewers and grill or bake until thoroughly cooked. This will make enough for one lunch and one dinner for two people. Make one batch with chicken and one with fish for Days 1-5.

CRUNCHY CHICKPEAS

Serves 12 (1 ounce each)

4 cups garbanzo beans, drained and rinsed

2 teaspoons extra virgin olive oil

1 teaspoon ground cumin

1 teaspoon ground chili powder

1/2 teaspoon cayenne pepper

Preheat the oven to 400, and arrange a rack in the middle. Place the chickpeas in a large bowl, and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.



CROCKPOT BEEF AND VEGGIE STEW

Serves 4–6

4 pounds chuck roast, cut into 2-inch cubes

1/2 cup cornstarch

2 tablespoons grape seed oil

1 large red onion, diced

4 cups low sodium beef broth

1 (6-ounce) can tomato paste

2 cups red-skinned or purple potatoes, chopped (turnip or sweet potato can be substituted)

1 cup carrots, chopped

1 cup celery, chopped

1 bay leaf

2 teaspoons ground black pepper

1 teaspoon salt

On a plate, spread a thin layer of cornstarch. Roll beef chunks until lightly coated. In a large skillet, heat oil. Brown meat with onions, about 6–8 minutes. Add tomato paste and beef broth and combine until well incorporated. Transfer mixture to crock pot with vegetables and seasonings. Cover and cook over low heat for about 8 hours or on high for 4 hours.

DR. HYMAN'S WHOLE FOOD PROTEIN SHAKE

Serves 3

- 1 cup frozen blueberries
- 2 tablespoons almond butter
- 2 tablespoons pumpkin seeds
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 4 walnuts
- 3 Brazil nuts
- 1 large banana
- 1 tablespoon extra-virgin coconut oil
- ½ cup unsweetened almond milk
- 1 cup water

Combine all of the ingredients in a blender. Blend on high speed until smooth, about 2 minutes. If the shake is too thick, add more water until you reach a thick but drinkable consistency. Serve chilled.

Source: *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman

DR. HYMAN'S WALNUT PESTO CHICKEN

Serves 4

- 1 pound skinless boneless chicken
- Pinch of salt
- 1 tablespoon grape seed or extra virgin olive oil
- 2 tablespoons extra virgin olive oil
- 1/4 cup raw walnuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- Pinch of salt (additional)

Slice the chicken into thin strips. Toss with salt. Heat 1 tablespoon of grape seed or olive oil in sauté pan or griddle over medium-high heat. Cook the chicken on each side until cooked through. Set aside on a paper towel to cool. Grind the walnuts in a food processor until fine. Rinse with basil and pat dry. Add the basil, garlic, and salt to the processor. With the processor running, drizzle in 2 tablespoons of olive oil until desired consistency is reached. Toss with the chicken strips. (Unused pesto can be kept in the fridge for up to a week.) Serve with veggies, brown rice, or quinoa, or use as a spread.

Source: *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman

SUPER GREENS WATERMELON SALAD

Serves 2

- 2 cups arugula
- 2 cups kale, chopped
- 2 cups spinach
- 1 cup watermelon, diced (or grapefruit)
- 1 tablespoon toasted unsalted sunflower seeds
- Antioxidant salad dressing (see above for recipe)

Chop kale to bite-size pieces. (Tip: Stack kale leaves into a pile. Roll the leaves together. Run a sharp knife through roll of kale to create thin to medium strips). Chop watermelon into cubes. Mix arugula, spinach, and kale together. Add watermelon cubes to salad. Drizzle with 2 tablespoons of homemade salad dressing. Top with toasted sunflower seeds.

THAI-INSPIRED STIR FRY WITH COCONUT RICE

Serves 3

Stir Fry

- 12 ounces organic tempeh
- 1 small onion, chopped
- 3 cloves garlic, crushed
- 1 cup carrots, diced
- 1 cup red pepper, diced
- 1 cup snow peas, diced
- 1 cup zucchini, diced
- 1 teaspoon extra virgin olive oil
- 2 tablespoons low sodium soy sauce
- 1 teaspoon black pepper
- Rice
- 1 cup brown jasmine rice or black rice
- 1 cup unsweetened coconut milk
- 1 cup water

Dice all vegetables into bite-size pieces. Cut tempeh into 1-inch-long rectangles. Heat olive oil in a skillet over medium heat. Add tempeh, and cook until golden brown. Add vegetables and soy sauce. Stir fry until vegetables are tender, about 5 minutes. To cook rice, bring coconut milk and water to a boil in a medium saucepan. Add rice and reduce heat to low. Cook until all liquid is absorbed, about 25 minutes.

VEGGIE, LENTIL, AND CHICKEN SAUSAGE SOUP

Serves 6

- 1 pound lentils, raw
- 4 links chicken sausage
- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1 cup canned tomatoes, no salt added
- 2 quarts organic low-sodium chicken broth

Heat olive oil in a large soup pot over medium heat. Add onion, carrot, celery, and salt and sweat until the onions are translucent, approximately 5 minutes. Add the lentils, tomatoes, broth, peppers, and cumin. Stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a sharp knife make a cut on one end of the sausage links. Remove sausage meat from link casing by squeezing meat through the cut on the link. Heat olive oil in a large pan over medium heat. Add sausage meat, and cook until golden brown, breaking up the meat as you cook it. Drain any excess fat. Add to finished lentil soup and serve hot.

VEGGIE MOCKTAIL

Serves 1




















- 2 cup fresh spinach
- 1/2 small uncooked beet
- 5 celery stalks, ends trimmed
- 1/2 lemon, peeled
- 1/2- to 1-inch piece ginger root, peeled
- 2 cloves fresh garlic

In a juicer, push through spinach, beet, celery, lemon, ginger, and garlic. Stir the juice and pour into a glass. Serve at room temperature or chilled, as desired.



EWG'S 2019 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

 CUT ALONG LINE

EWG'S 2019 DIRTY 12™	<ol style="list-style-type: none">1. STRAWBERRIES2. SPINACH3. KALE4. NECTARINES5. APPLES6. GRAPES7. PEACHES8. CHERRIES9. PEARS10. TOMATOES11. CELERY12. POTATOES• HOT PEPPERS	        	EWG'S 2019 CLEAN 15™ <ol style="list-style-type: none">1. AVOCADOS2. SWEET CORN3. PINEAPPLES4. SWEET PEAS FROZEN5. ONIONS6. PAPAYAS7. EGGPLANTS8. ASPARAGUS9. KIWIS10. CABBAGE11. CAULIFLOWER12. CANTALOUPE13. BROCCOLI14. MUSHROOMS15. HONEYDEW MELONS	         
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INSTRUCTIONS:

1. CUT ALONG OUTSIDE LINE.
2. FOLD ALONG MIDDLE LINE.