

## WHOLE FOODS DIET

Sugar-free, gluten-free, healthy fat



### PROTEIN

2-4 ounces of one, or a combination of these at each meal: eggs, fish, poultry, beef, lamb, veal, pork, sausage (without added sugar or dextrose), bacon, aged cheese. The size of a deck of cards is about 3 ounces. One egg is 1 ounce; 2 slices of bacon is 1 ounce.



### FAT

2-3 tablespoons of one, or a combination of these at each meal: butter, ghee, olive oil, avocado oil, coconut oil, mayonnaise made from olive oil, Earth's Balance or Smart Balance Spreads, heavy cream. Use a variety each day. Salad dressing made with vinegar and oil for salads and over raw vegetables: 2 tablespoons oil to 2 teaspoons vinegar plus a pinch of oregano or other herb.



Four servings daily: 1/2 cup cooked or 1 cup raw of low carbohydrate vegetables. Cooking methods: steamed in water, or sautéed in butter, avocado oil or coconut oil.



### CARBOHYDRATE

Choose one serving at two meals daily (or you can combine half of 2 different servings): 1/4 cup fresh or frozen blueberries or cooked; brown rice, legumes, peas, oat bran, winter squash or quinoa, 1/2 cup fresh or frozen raspberries, blackberries, strawberries, plain full fat yogurt, carrots or turnips.



### ADDITIONS

**Small amounts** of these foods may be included with meals. Avocado (1/4 avocado), black olives (6 olives), nuts or seeds (1 oz.), onions (1 T), garlic (1 t), and home-prepared meat or poultry broth (from bones; count towards beverage intake).



### BEVERAGES

Aim to drink 6-8 cups of water daily, substituting up to 1 cup black tea or coffee and 2 cups green or herbal tea (no caffeine for children). Most of your fluid intake should be water. You may also want to try unsweetened; coconut, almond, flax, hemp or cashew milk. Look for brands that have 1gm or less of net carbohydrate (carbohydrate minus fiber) in 8 ounces (240ml). Eliminate sweetened beverages, diet soda, and decaffeinated coffee.

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### DIET TIPS

- Eliminate all sugar and foods that are prepared with sugar (read food labels!).
- Drink 6-8 cups of allowed beverages each day.
- No food or beverage with aspartame, saccharine, sucralose, AceK, sorbitol, mannitol, maltitol, isomalt, dextrose, corn syrup, fructose, coconut sugar or other sugars.
- Eat 3 meals daily. Avoid snacking as it can reduce your appetite for meals.
- Season meals with herbs, spices, salt and pepper as desired. Curry, turmeric, cinnamon, garlic, cumin, ginger and saffron are especially healthy. No monosodium glutamate.
- Nutrition supplements (use quality products) – check with health professional for dosages
  - Multivitamin with mineral supplement
  - Calcium with Vitamin D
  - Vitamin D 2000IU daily if taking anti-seizure medication

### Sample Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eggs and sausage (sugar-free) Cauliflower & onion hash browns Blueberries topped with whipped heavy cream and shaved chilled coconut oil	Greek yogurt topped with fresh whipped heavy cream, raspberries, shaved chilled coconut oil, & cinnamon	Flaxseed, chia and buckwheat porridge** made in almond milk with cinnamon, coconut oil and butter	Crustless quiche prepared with eggs, spinach, onions and heavy cream Almond milk with cinnamon	Greek yogurt with blueberries topped with pan toasted oat bran and chopped almonds topped with chilled shaved coconut oil and cinnamon	Breakfast sausage with buttered brown rice, black beans and sliced avocado	Oat bran & flaxseed porridge** made in almond milk, with butter, macadamia nuts and cinnamon
Baby greens and quinoa salad with celery, feta cheese, sliced radishes and sunflower seeds, drizzled with olive oil & balsamic vinegar dressing	Smoothie made with *protein powder, olive oil, frozen strawberries & baby greens	Spinach and kale salad with chicken dressed with olive oil & vinegar dressing	Tuna salad with peas, celery, radishes, amaranth & avocado rolled up in butterhead lettuce leaves	Smoothie made with *protein powder, olive oil and frozen raspberries & baby greens	Melted cheese over beef patty with coleslaw Greek yogurt with raspberries	Turkey salad with celery and sliced almonds wrapped in butterhead lettuce leaf Greek yogurt with blueberries
Pan fried swai in butter and garlic Buttered broccoli & amaranth	Rosemary baked chicken Buttered asparagus with hollandaise** sauce & quinoa	Roast beef with cheesy cheddar cauliflower	Buttered spaghetti squash with ground turkey marinara drizzled with olive oil and topped with Parmesan cheese	Sautéed onions, celery, broccoli, cauliflower, red peppers and pork loin in olive oil seasoned with curry Buttered brown rice	Pizza; tomato sauce and mozzarella cheese on giant pepperoni slices – broiled Celery sticks with olive oil and vinegar dip	Baked salmon Baby greens salad with sunflower seeds, olive oil and balsamic vinegar dressing

\*Look for low-carbohydrate protein powders such as whey protein isolate, or sprouted brown rice.

\*\* Featured recipe on [www.charliefoundation.org](http://www.charliefoundation.org)

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HIGH-CARBOHYDRATE FOOD	LOW-CARBOHYDRATE ALTERNATIVE
BREAD	Butterhead lettuce; use leaves for sandwich wraps.
CHIPS	Kale chips: Cut flat leaf kale with scissors into credit card-sized pieces, discarding the hard ribs. Place on a waxed paper lined baking sheet and drizzle with 2T olive oil tossing until coated. Bake 350°F for 10 minutes then turn them over & bake for an additional 5-7 minutes. Don't over-bake.
HASH BROWNS	Cauliflower (raw) chopped into small pieces sautéed in olive oil with onions, until browned, season with salt and pepper.
MASHED POTATOES	<ul style="list-style-type: none"> <li>• Turnips – peeled, chopped then boiled, then blended with butter &amp; cream.</li> <li>• Cauliflower – steamed then blended with butter &amp; cream.</li> </ul>
MILK	Unsweetened coconut, almond, flax, hemp or cashew milk.
NOODLES	Cut cabbage into thin strips, boil 5 minutes in water. Smooth skin type, Quintal d'alsace, works best. Drain and serve.
PASTA	Spaghetti squash – halved, seeds removed then roasted cut side facing down for 45 minutes at 350°F. Scoop out strands while warm. Spiralized raw zucchini is another pasta alternative.
WHITE RICE	Cauliflower – shredded then steamed, seasoned with pepper and salt. Warm 1 cup of hemp hearts with 2 Tablespoons water. Serve with butter and a pinch of salt and herbs.
PORRIDGE	Flaxseed, chia seed, buckwheat, oatmeal and, or, hemp seed can be mixed together and cooked with water or a nut milk. Flavor with berries, coconut oil, butter, salt and cinnamon.

Nutrition supplementation with minimal carbohydrate content should be advised by your nutrition professional to complement this diet.

Supplement Brand Name	Morning dose	Mid-day dose	Evening dose	Bedtime dose
Complete Multivitamin and Minerals  _____ <small>Brand Name of Multivitamin</small>				
_____ mg Calcium with Vitamin D  _____ <small>Brand Name of Vitamins</small>				
_____ IU Vitamin D  _____ <small>Brand Name of Vitamin D</small>				

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### Meal Planner - Design up to 3 different options for each meal

Meals	Protein Ounces	Fat Tablespoon (T)	Carbohydrate	
			Low-carb cup(s)	Higher-carb 1/4 or 1/2 cup
SAMPLE MEAL	2 eggs, scrambled	1 T. olive oil to scramble eggs, & sauté mushrooms & spinach 1 T. melted coconut oil mixed with yogurt	1 C raw spinach 1/2 C sliced raw mushrooms	1/4 C raspberries with 1/4 C plain full fat yogurt
Breakfast				
Lunch				
Dinner				