

*mini-ebook*

# Eat Real Food



solar

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# Hello there, welcome!

So you're committed to improving your health and dedicated to life-long chiropractic care... what's next? I often receive a lot of questions on how to eat and what to eat from our clients. There has been a massive surge in diets and claims in the last decade, and it can be overwhelming navigating through the chaos of information out there.

I don't have the answer for each and every one of you because you are all divinely unique, so I encourage you to find out for yourself. Experiment, try something for six months. If it works, keep it. If not, leave it. Take only what serves YOU. You are your own greatest teacher. Empower yourself. Your intuition KNOWS.

The brilliance and perfection of innate intelligence you witness in nature is the same brilliance and perfection of innate intelligence you possess within you.

This mini-ebook includes animal-based protein. Therefore it is not suitable for anyone who follows a plant-based diet. However, I will be shedding some light on the world of plant-based protein that could help inform you. I want to emphasise that I'm not here to tell you what to eat or how to eat. You're a sovereign being, and you should make choices based on your own beliefs and values.

But here's the deal, it gets to be simple. If it walked on the land, swam in the water or grew in the ground, it's real, whole food. Eat what nature has provided us, with the traditional practices that have been passed down through generations—this includes proper grain preparation, eating nose-to-tail, giving back to the earth by composting, and trying to eat as locally and seasonally as possible.

Shopping at a farmer's market will be ideal. If that's not available to you, make a list of what fruits/vegetables are in season and save it on your phone or shopping list.





# The truth about plant-based 'meats'

I believe that eating high-quality, local, organic, nose-to-tail (bone, meat, fat, organs, eggs, cartilage) is extremely nutrient-dense and provides the deep nourishment we need. However, if you choose to be vegan or plant-based., that's 100% your choice. The downside to the plant-based industry is that it's growing fast with billions of dollars to be made - which means the chemical industry becomes involved. Weird ingredients start popping up in vegan products and plant-based meats.

Everything from burger patties to chicken strips, bacon, meatballs, sausages and cheeses have been RECREATED. These products taste and look nearly identical to their animal-sourced counterparts without involving animals.

When it comes to plant-based 'meats', the chemical industry's job is to make these fake meats look, taste and feel like food. However, when you begin to look at the ingredients, you'll see it's not real food at all. These products often contain a long list of ingredients. When a product has that many ingredients and additives, it's no longer food; it's ultra-processed and a food-like substance. Always read the ingredients first.





# Eat Real Food Grocery List





## PROTEIN

Grass-fed Beef  
Organic Pasture-raised Chicken  
and Eggs  
Wild Salmon  
Seafood  
Bone Marrow  
Beef Liver  
Pastured Bacon  
Bone Broth

## DAIRY

Grass-fed Butter  
Heavy Cream  
Pastured Eggs  
Parmesan Cheese  
Goat Cheese  
Raw Milk  
Raw Cheese  
Raw Butter

## FRUITS

Local and Seasonal Fruits  
Medjool Dates  
Avocado  
Lemon  
Lime

## SEASON WITH FRESH HERBS

Parsley  
Cilantro  
Thyme  
Rosemary  
Sage

## VEGETABLES

Onions  
Leek  
Beetroot  
Brussels sprouts  
Olives  
Corn  
Cucumber  
Zucchini  
Eggplant  
Pumpkin  
Butternut squash  
Paprika  
Tomatoes  
Avocado  
Carrots  
Fennel  
Potatoes  
Parsnips  
Mushrooms

\*Vegetables should be cooked for  
easier digestion

## DAIRY ALTERNATIVES

Coconut Milk  
Home-made Nut/Oat Milks  
Ghee (Free from lactose and  
casein)

## ONLY COOK WITH

Coconut Oil  
Ghee  
Beef Tallow  
Lard  
Grass-fed butter





The ingredients listed below are commonly added to foods to either sweeten, enhance the appearance, extend the shelf life, or make food more addictive. These should be avoided as much as possible. If you don't recognize the labelling on a product, do some quick research on the item and decide whether or not you want to consume it. Real foods don't need an ingredient list.

## INGREDIENTS TO AVOID

Highly unstable vegetable oils (soy, corn, canola, peanut, rice bran, safflower, cottonseed, rapeseed, sunflower, etc)

Food dyes (artificial colours: red40, yellow5, etc)

Natural flavours and caramel colour

Yeast extract/ MSG

Potassium benzoate

Artificial sweeteners

Carrageenan

Corn syrup & high fructose corn syrup

Aspartame

TBHQ

Maltodextrin

Dextrose

Emulsifiers

Stabilizers







# Grain Preparation



Our ancestors soaked, sprouted and fermented their grains in order to improve their digestibility and nutrient availability.

Taking this extra step to prepare grains/legumes properly maximizes the nutrient potential. If you chronically suffer from inflammatory symptoms after consuming grains/legumes, this could significantly reduce these symptoms. All grains/legumes have a protective layer called phytic acid, which prevents the absorption of nutrients like zinc and magnesium! The tolerability of various grains/legumes varies, so listen to your body.





# Grain Preparation

## POTATOES

Potatoes should be boiled, baked, and peeled to help break down the starch and reduces oxalates/lectins. Boiling lectin-containing foods deactivates the lectins and removes the anti-nutrient properties.

## OATS

Soak in yogurt, buttermilk, kefir or water with a tbsp of apple cider vinegar overnight to break down the phytic acid and improve digestion. Always rinse the next morning before cooking. You can eat them cold and with toppings or heat them up.

## SOURDOUGH BREAD

Sourdough bread should be fermented for up to 72 hours: this breaks down gluten, phytic acid and increases B vitamins. Sourdough is the most suitable for gluten-sensitive individuals.



## LEGUMES/BEANS

Soaking dried beans before cooking helps break down some of the sugars that cause indigestion/stomach bloat/gas. Ideally, soaking beans overnight and then cooking them in fresh water can reduce the amount of anti-nutrient compounds (phytic acids, lectins).

## RICE

Rice should be soaked for 30 mins-12 hours (overnight is best) to increase digestibility and remove phytic acid. It also lessens arsenic levels by up to 80%. Always remove the soaking liquid and cook in fresh water.





Let food be thy medicine and  
medicine be thy food — Hippocrates

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