

Low-Carbohydrate Diet

This diet has many uses including serving as an anti-Candida diet as well as laying the ground work for the treatment of many illnesses. Please follow as strictly as possible and give us feedback on your progress. All food should be organic, biodynamic, and as fresh and local as possible. Meat should be totally grass-fed, fish should be wild, and eggs should be pasture-raised. Take broth or gelatin tea with meals. Eat liberal garlic and onions if you can tolerate them. This is high-fat and modest protein diet. Choose organ meats over muscle meats and egg yolks over egg whites when possible. Meat servings should be at 3-4 oz (size of a deck of cards). The ratio for the diet is 65% animal 35% vegetable. Always eat meat with fats, but don't eat so much fat it makes you nauseous. If you have difficulty digesting fats, take raw apple cider vinegar with meals or ask Dr. Cowan about additional supplementation.

A good resource for recipes and food lists is : www.healingnaturallybybee.com.

Avoid:

1. All sweeteners - honey, maple syrup, artificial sugars, and any foods that contain sweeteners
2. Sweet fruits
3. Cheese, unfermented milk
4. All grains including corn
5. Legumes & nuts (except raw, soaked almonds)
6. High carbohydrate vegetables - winter squash, parsnips, sweet potatoes, yams, carrots, and beets (carrot and beet ok in recommended juice)
7. Canned items except coconut milk and tomato paste (if can't find in jarred)

What to eat (same as GAPS excluding above foods--for GAPS protocol, please see www.fourfoldhealing.com and type in PROTOCOL into the search, then click on the heading.):

1. Meats, fish fowl, shellfish, liver, sweetbreads, heart, kidney, brain, and other organ meats (bacon and ham are allowed if they do not contain nitrates, sulphites, or sweeteners)
2. Eggs
3. High quality fats-animal fats (butter, ghee, lard, tallow, duck, bone marrow), coconut oil, cold-pressed extra virgin olive oil, cod liver oil, butter oil)
4. Lots of vegetables: raw and cooked (summer squash and spaghetti squash ok)
5. Cultured vegetables – sauerkraut, homemade pickles (radish, turnip, cucumber, etc.)
6. Fruits: lemon, lime, berries, sour apples, white grapefruit, tomato and avocado)
7. Almonds and seeds--especially pumpkin seed-- (must be raw and soaked or sprouted) not more than ½ cup daily
8. Bone broths and meat stocks
9. Yogurt and kefir
10. Stevia for a sweetener (whole form is best in powder or dark concentrate)
11. *Homemade* condiments: mayonnaise, salad dressing, hollandaise sauce, salsa, pesto, guacamole, ketchup. Use mustard without sweeteners and additives.
12. Herbal teas, beet kvass, spring water
13. Carrot, beet, and greens juice-1/3 each. Freshly made ____ oz. _____ x per day
14. Unheated coconut oil ____ tablespoons _____ x per day in yogurt or warm beverage

Upon Rising and/or Between meals:

Fresh vegetable juice

Breakfast Ideas:

- Berry smoothie made with kefir or yogurt, coconut oil, and optional egg yolk sweetened with stevia
- Apple smoothie made with avocado, coconut oil, and optional egg yolk sweetened with stevia
- Yogurt mixed with coconut oil, stevia, and optional egg yolk. Top with sunflower seeds, almonds, berries, and sour apples (fruit can be cooked or raw)
- Bacon and eggs with side of broccoli or greens and sauerkraut, or small salad
- Summer or spaghetti squash pureed topped with a fried egg, onion, tomato, avocado, and hollandaise, onions served with a side of asparagus
- Soup

Lunch and Dinner:

Organ Meats (see internet, <http://paleofood.com/beef.htm>, or Nourishing Traditions for recipes)

- brain and egg scramble
- sweetbread ragout over spaghetti squash
- liver pate (served on cucumber slices)
- liver and onions
- raw liver cocktail (nourishing traditions recipe)
- kidney kabobs

***organ meats can also be ground and mixed into meatloaf or any ground meat dish to make them less detectible*

Muscle Meats and Vegetables

- Chicken, Lamb or beef stew made with homemade stock and vegetables. Serve with a side salad--top salad or soup with kraut
- Large salad topped with hard-boiled egg, chicken, or bacon, radish, onion, tomato, cucumber, and almonds or seeds and a cup of broth with a scoop of yogurt, salt and pepper
- Fish, baked or pan-fried in lard or butter topped with mayonnaise mixed with kraut and capers, sided with sautéed asparagus with slivered almonds, and pureed zucchini with butter salt and pepper
- Roasted chicken, or lamb with green beans and slivered almonds, and pickles
- Braised beef with mushrooms, cabbage and onions, and a side salad
- Thai style vegetables (broccoli, cabbage, onion, bok choy, mushrooms etc.) sautéed in coconut oil. Open up center of skillet and scramble an egg to incorporate into the dish. Serve over spaghetti squash. Can also be made with meat or shrimp
- Portabella "steak" with eggplant ragout served with boiled kale and celery root mash with butter
- Lamb served with spinach and onion sautéed in ghee with curry spices with cucumber and onion in yogurt condiment
- Curried egg salad on a bed of leafy greens
- BLT lettuce wrap (use large leaf lettuce like romaine). Wrap with avocado, salsa, onion, and/or mayo. Can also sub bacon for shredded beef or chicken. Serve with cup of tomato spaghetti squash soup
- Artichoke hearts stuffed with Ground beef and red peppers in a tomato sauce and a side salad topped with kraut

Snacks

Sliced apples, cucumbers, celery, or flax crackers with pumpkin seed dip, liver pate, avocado dip, or roasted garlic bone marrow spread

Pemmican with dried berries

Hard-boiled eggs

Hand full of almonds

Choose vanilla latte below or something from dessert list

Beverages:

-“Vanilla Latte” cup warm water, use a hand or stick blender and blend with a tablespoon of coconut oil and egg yolk. Sweeten with stevia. Spice with cinnamon or cardamom. This can also be made without the yolk.

-Ginger, roobios chai, hibiscus, or herbal tea with gelatin

-Beet kvass, fully fermented juices

-Lemon, limeade, or gingerade sweetened with stevia. Spice with optional cayenne

Desserts:

-Sour apples sautéed in butter sweetened with cinnamon and stevia and topped with coconut crème, almonds, or shredded unsweetened coconut (or you can make an almond or coconut crust for pie)

-Hibiscus gelly--hibiscus tea with gelatin and stevia & refrigerated

-Coconut crème—coconut milk sweetened with stevia & refrigerated. Serve as a pudding, topped with almonds or fruit, or as a whipped cream like topping for other desserts

-Avocado grapefruit gelly---avocado, gelatin, stevia and grapefruit juice to taste

Salad Dressing:

-Blend yogurt, herbs, garlic, and olive oil

-Blend egg yolk, olive oil, raw apple cider vinegar, garlic, and herbs

*Flax oil can be added to these dressings just before consumption