

# **THE KALISH HEALING DIET**

.....

**DR. DANIEL KALISH**

# THE KALISH HEALING DIET

The Kalish Healing diet is an organic, whole foods diet with plenty of high quality organic protein, good fats, and no refined foods or artificial sugars. In short, it is a chemical-free diet that is more in alignment with the diet our ancestors followed. By following this diet, you will feel better physically, boost brain function, have more energy, eliminate cravings, improve sleep quality, and lose weight if that is your goal.

## Protein

Protein is the framework of the brain healthy diet, because protein breaks down into the amino acids that are the precursors to your feel-good neurotransmitters, serotonin and dopamine. High quality protein sources include grass fed beef, bison, and lamb; free range poultry; wild fish; cage free eggs; and organic, farm raised pork. It is very important that you eat adequate protein—usually four to six ounces for most people, or the size of your palm—at each meal. The variety of protein sources and quality are of utmost importance. Protein must be organic, hormone-free, free-range, grass-fed, and “wild” in the case of fish. Conventional, factory farmed meat is full of toxins, hormones, and antibiotics that rob us of good health.

Use only fresh meats; avoid those that are processed and packaged. It is important to divide the day’s total protein over the course of the day. An easy starting point to calculating the amount of protein you need is to divide your ideal body weight in half to get the ounces of protein to be consumed per day. For example, a 150 pound man should consume 75 grams protein each day, as a starting point. You will need to adjust this amount up or down depending on your metabolic type, health of your metabolism, and activity level.

**Meats to enjoy:** Beef, bison/buffalo, pork, lamb, cage free eggs, wild fish, liver, poultry (chicken, turkey, duck, game hen).

QUALITY GUIDELINES			
Meat	Best	Acceptable	Bad
Beef, buffalo, bison	100% grass fed organic/ hormone-free, local	Grass fed, grain finished, organic/ hormone-free	Grain fed, conventional beef
Lamb	100% grass fed, local, organic	100% grass fed, not local	Conventional, grain fed
Pork	Organic, pasture-raised, local	Organic	Conventional
Fish	Wild	Sustainably harvested	Grain fed, farm raised
Poultry	Organic, pasture raised, local, air chilled	Organic	Conventional

**Grass fed:** free to roam, eat primarily grass/fresh greens, including all pasture plants and insects, without limitation. The American Grassfed Association defines grass-fed products from ruminants, including cattle, bison, goats and sheep, as those food products from animals that have eaten nothing but their mother’s milk and fresh grass or grass-type hay from their birth till harvest. Has a favorable ratio of omega 3: 6 fatty acids

compared to grain fed beef.

**Organic:** Organic means that food producers must adhere to strict standards. Forbids use of antibiotics, hormones, pesticides, irradiation or bioengineering. Farms must adhere to certain soil and water conservation methods and to rules about the humane treatment of animals. An organic label does not guarantee that animals spent most of their time on pasture, however.

**Cage free:** chickens are able to move about and are not kept in cages; however, they may be confined to barns or have access to only small patches of soil.

**Free range:** To legally qualify to use the term, chickens need only have a small patch of dirt to be on instead of a cage. What’s required is a door to the outside that gives the chickens access to an outdoor area of unspecified size.

**Vegetables**

Nutrient-rich vegetables provide an abundance of the vitamins and minerals that sustain your body and should make up the base of your diet. Again, quality and variety are key. Your body is most nourished with high-quality, nutrient dense

organic produce. Many therapeutic nutrients such as antioxidants and flavonoids are associated with the properties that give vegetables their

**Quality Guidelines**

- Best – organic, local, seasonal
- Acceptable – organic
- BAD – conventional

color, so make sure you are eating a good range. Eating vegetables raw or lightly cooked helps maintain vitamin and mineral content and makes them easier to digest. Choose mostly lower carb green vegetables.

**Low carb green vegetables:** Eat an abundance of these. They are high in minerals and low in calories. Examples include leafy greens such as kale, chard, spinach, collards, beet greens, mustard greens, bok choy, beet greens, spinach, and salad greens; cruciferous, celery, radish, cucumber, etc. Dark-green steamed vegetables are superior to salad greens.

**Higher carb root/starchy vegetables:** Eat these in small portions and always balance with low carb or green vegetables and protein. Some examples include carrots, beets, winter squash, sweet potatoes, turnips, parsnips, rutabagas.

**Onions and garlic:** Eat these as desired. Alliums provide a good source of sulfur-containing amino acids that enhance liver detox function.

Fruits

Whole, fresh, seasonal fruits are allowed in moderation. Choose lower sugar fruits such as berries, apples, stone fruits, citrus, and pears. Eat higher sugar fruits sparingly: tropical fruits, melons, grapes. Avoid dried fruits due to their high sugar content. Limit fruit intake to 1-2 pieces daily.

Quality Guidelines

- Best – organic, local, seasonal
- Acceptable – organic
- BAD – conventional

Most of us are concerned with saving money, and buying organic may sometimes be pricey. Shop at your local farmers' markets where you'll find seasonal and local produce. Buying blueberries imported from Chile in the wintertime will cost you because the shipping prices drive up the overall cost of food. Save money by buying seasonal produce from local farms. If you cannot afford to purchase all organic produce, here is a list of fruits and vegetables to prioritize buying organic due to their higher levels of pesticides. Produce with rinds or peels may be purchased conventionally.

**Worst offenders (the “Dirty Dozen,” buy these organic):** apples, celery, berries (strawberries, blueberries, raspberries), peaches spinach, grapes, bell peppers, leafy greens, mixed salad greens

**Cleanest choices (lowest levels of pesticide):** onions, avocado, pineapple, asparagus, sweet peas, mango, eggplant, melon, kiwi, cabbage, sweet potato, citrus, mushrooms

## Fats/Oils

Choose coconut oil, palm oil, tallow, lard, butter (if you tolerate dairy), ghee, olive oil, sesame oil, nut oils, flaxseed, avocado, nuts and seeds. Have 1 tbsp fat with meals, either as a dressing or fat in which you've cooked your food.

**Safe to heat:** saturated fats are best for high temp cooking/sautéing, as they are the most stable. Saturated fats are solid at room temperature and include coconut oil, palm oil, tallow, lard, butter, and ghee.

**Moderate temps:** monounsaturated fats will break down under high heat, so they're best used for medium temp cooking. These include olive oil, sesame oil and avocado oil. Use seed oils sparingly because they are high in the inflammatory omega 6 fatty acids.

**Eat cold:** polyunsaturated fats should never be heated. Flaxseed oil, nut oils, and nuts/seeds (choose raw and unpasteurized) are examples.

**Avoid the following fats/oils entirely:** hydrogenated/partially hydrogenated, margarine, canola oil, grapeseed oil, vegetable oil, corn oil, soy oil, cottonseed oil, peanut oil, rice bran oil

## Nuts/Seeds

Nuts and seeds can be a great go-to snack, but it's easy to overdo them, so be aware not to exceed ¼ cup of nuts or mixed nuts and seeds daily if your goal is weight loss. Choose a variety from the following list: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.

Always buy raw and unpasteurized nuts if you can find them. Soaking nuts overnight in filtered water and sea salt makes them easier to digest.

## Beverages

Water is the best beverage to drink. Our bodies are 70 percent water, and it is considered a nutrient, optimizing digestive function and elimination of toxins from your body. It's best to avoid too much caffeine and alcoholic beverages, especially beer, which contains gluten. If you are a daily caffeine consumer, don't quit cold turkey. Start by making improvements in your diet

and exercise patterns, and the need for the extra boost caffeine provides will fade over time. You'll also want to titrate down slowly to avoid the nasty headaches that may occur with caffeine withdrawal. Coffee is very acidic to the body, which accelerates the aging process, contributes to unstable blood sugar, and stresses the adrenal glands. Green tea is health promoting. Drink half your body weight in ounces of water every day. Also enjoy a variety of herbal, white, and red (rooibos) teas. Avoid coffee, which is very acidic. If you choose to drink alcohol, go for vodka or high quality tequila, the lowest in sugar. Red wine may have some health benefits, too.

### **Super Brain Foods**

Foods high in the omega 3 fatty acids are nourishing for the brain and include grass fed beef, fatty fish (like salmon), eggs, walnuts, leafy greens, and cod liver oil. Blueberries are antioxidant rich, fight free radical damage and may improve cognition. Super foods and spices that chelate heavy metals from the body include cilantro and chlorella. Spirulina-chlorella superfoods blends pack a double benefit of cleansing the liver and assisting in the removal of toxins and metals. Certain spices like turmeric, ginger and cayenne are cleansing and thermogenic.

### **Foods/Beverages to Avoid**

Refined white sugar, gluten-containing foods, grains, dairy, legumes, soy milk and soy foods, processed and refined carbohydrates (cookies, candies, muffins, pastries—even the gluten free varieties, which are high in sugars and are processed foods), artificial sweeteners (saccharin, aspartame, NutraSweet®, Equal®) MSG, soft drinks, fruit juices, beer.



## Sugar

While glucose is necessary fuel for the brain, consuming excess sugar disrupts blood glucose levels, causing energy spikes and dips, imbalanced hormone levels, and increases hunger and cravings. Sugar offers no nutritive value and disrupts the body's delicate mineral balance, taxing the adrenal glands. Maintaining stable blood sugar is key to fat loss, satiety, stable energy levels and keeping hormone and stress levels in check.

You can think of your blood sugar control like a car with gas in the fuel tank. If your car runs out of fuel, it will stall and you will be stranded. Similarly, food is your fuel. Eating the proper foods fuels you by providing adequate blood sugar. A car that runs out of gas will just stop, but if your body runs on low blood sugar it will literally break down muscle, organ, and bone tissue to keep itself going. This creates a catabolic, or breakdown, condition. The moment your blood sugar drops below a certain point you lose the fuel that supplies your brain and other organs. At this moment, physiologically, biochemically, and metabolically, you can become immune compromised.

Maintaining blood sugar is based on a balance of two hormones, insulin and glucagon. Both are produced in your pancreas in response to the types of foods you eat. Insulin is produced in response to eating carbohydrates. Glucagon is produced in response to eating protein. If you eat too much food or too many carbohydrates at one time, insulin will quickly lower your blood sugar, leading to an energy crash, resulting in sugar cravings. If you skip meals, you will also experience low blood sugar. Classic symptoms of low blood sugar are headaches, brain fog, sweet cravings (or carbohydrate cravings), nervousness, inability to think

clearly, anxiety and even depression in severe situations. Some people do not experience any symptoms when they are low in blood sugar, so the problem can go unnoticed.

Avoid all white sugar, which is chemically processed and refined and sneaks into almost all packaged foods. Sugar hides under the following names: evaporated cane juice, turbinado, Sucanat®, brown rice syrup, and barley malt. Raw honey, grade B maple syrup, and molasses are fine in moderation.

## Gluten

Gluten is the protein found in wheat, rye, spelt, kamut, and barley. Gluten is getting a lot of attention because of the rising incidence of gluten intolerance, an inflammatory reaction originating in the digestive tract that has the potential to cause myriad health problems. The real culprit is a molecule called gliadin, which is found in gluten-containing grains and causes symptoms in gluten sensitive people. In people who are genetically sensitive to gliadin, the molecule combines with an enzyme called transglutaminase, which triggers an inflammatory, autoimmune reaction in the small intestine. These people may also need to avoid all grains due to the lectins present in grains that also trigger systemic inflammation.

Gluten sensitivity can result in malabsorption in the digestive tract by destroying the villi on the lining of the small intestine, inhibiting one's ability to adequately absorb nutrients. This leads to chronic nutritional deficiencies and uncomfortable intestinal symptoms such as bloating, gas, diarrhea, constipation, fatigue, depression, mood issues, and anxiety. There also may be neurological symptoms such as shooting pain or numbness or tingling of the arms and legs, and malabsorption of calcium that can cause

muscle cramping and tension, skin rashes, and eventually osteoporosis. Migraine headaches are another potential symptom.

People have differing degrees of gluten sensitivity. If it is mild, you may only become a little puffy or bloated after eating foods containing gluten, whereas those with extreme gluten sensitivity could wind up with significant digestive problems from eating only a small amount of gluten-containing foods. The larger issue is that no matter where you fall on the spectrum, every time you consume gluten, your digestive tract becomes inflamed, inhibiting nutrient absorption and driving your stress hormones out of balance. The answer is a gluten free (and possibly grain free) diet.

Although not everyone is gluten intolerant, everyone benefits from a gluten free diet, because it reduces inflammation in the digestive tract and forces us to eat less of the processed, refined foods that contain gluten, and more unprocessed foods such as organic vegetables, quality proteins, fats, and healthy carbohydrates.

## AM I GLUTEN INTOLERANT?

Gluten intolerance is most common among people of Irish, English, Scottish, Scandinavian, and Eastern European descent. Oftentimes it is assumed that gluten intolerance is a food allergy, but it is not. It is actually an autoimmune process that affects an alarming percentage of the population. The most significant symptoms are **weight gain**, **fatigue** and **depression**.

The following test is a diagnostic tool to help you to understand the symptoms and signs that are likely to go along with gluten intolerance.

### TEST INTERPRETATION GUIDE (combine both sections)

Number of “Yes” Responses	Potential for Gluten Intolerance
4 or less	Not likely
5 – 8	Suspected
9 or more	Very likely

### DO ANY OF THE FOLLOWING APPLY TO YOU?

Yes	No	
		Weight gain
		Unexplained fatigue
		Difficulty relaxing, feel tense frequently
		Unexplained digestive problems
		Female hormone imbalances (PMS, menopausal symptoms)
		Muscle or joint pain or stiffness of unknown cause
		Migraine-like headaches
		Food allergies/sensitivities
		Difficulty digesting dairy products
		Tendency to over consume alcohol

## DO ANY OF THE FOLLOWING APPLY TO YOU? (CONT.)

Yes	No	
		Overly sensitive to physical and emotional pain, cry easily
		Cravings for sweets, bread, carbohydrates
		Tendency to overeat sweets, bread, carbohydrates
		Abdominal pain or cramping
		Abdominal bloating or distention
		Intestinal gas
		“Love” specific foods
		Eat when upset, eat to relax
		Constipation or diarrhea of no known cause
		Unexplained skin problems/rashes
		Difficulty gaining weight

## HAVE YOU SUFFERED FROM ANY OF THE FOLLOWING CONDITIONS?

Yes	No	
		Allergies
		Depression
		Anorexia
		Bulimia
		Rosacea
		Diabetes
		Osteoporosis/bone loss
		Iron deficiency/anemia
		Chronic fatigue
		Crohn’s disease
		Ulcerative colitis
		Candida
		Hypoglycemia
		Lactose intolerance
		Alcoholism

## THE GLUTEN-FREE DIET

Eating gluten-free means avoiding all foods containing gluten, including wheat, white flour, rye, spelt, bulgar, semolina, couscous, triticale, and durum flour. Gluten can be hidden, so read labels carefully. Be wary of modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed or thickened products such as soups, stews, and sauces. Gluten-free grains include rice, quinoa, millet, amaranth, and 100 percent buckwheat. For some people, eliminating gluten or consuming only gluten-free food is enough to relieve symptoms, though usually not right away. It typically takes about 60 days for inflammation to begin to resolve itself. Unfortunately, any consumption of gluten will usually trigger symptoms, which can take another 60 days of being gluten-free to alleviate. Those with severe sensitivity might need to follow the diet for nine to twelve months before becoming symptom-free.

Aside from removing specific gluten-containing grains and foods, it is recommended that all grains be eliminated for at least thirty days on the Kalish Healing Diet. The grains we are consuming in modern times have a much different and higher protein content than ever before. There is mounting research that cross-contamination, processing, and genetically modified organisms (even in organic grains) have denatured the protein of grains and introduced new super toxins into our grain supply. The body cannot recognize these highly toxic compounds, which trigger an immune response and inflammation throughout the digestive tract and the body.

Adhering to a gluten-free diet is a challenge at first for most people who follow the typical high-carbohydrate American diet. Naturally, the processed

food industry, recognizing a market in gluten sensitivity, has come up with a variety of unhealthy, sugar-laden, gluten-free treats. Overconsumption of these foods can cause yeast overgrowth problems and unstable blood sugar. It's important to watch out for mislabeled products. Products advertised as "wheat-free" often contain grains such as spelt that contain gliadin. All the ingredients on the label have to be examined, not just the product name. Wheat is used as a filler and thickener in many packaged foods, and can be present even in seemingly innocuous foods such as soy sauce and soup. Many of the processed foods marked "gluten free" even contain trace amounts of gluten by virtue of cross-contamination or other grains or oats used in place of gluten-containing grains.

## **The Craving for Gluten**

One reason many gluten-sensitive people have trouble following a gluten-free diet is that they crave the very foods that they need to eliminate. When you consume the grains that cause intestinal damage, the stress causes the body to release natural opiates that are aptly named gluteomorphins. These morphine-like compounds cause a pleasurable feeling when you eat them: Have you ever eaten a large bowl of pasta or a pastry and had a "drugged" feeling? This is the gluteomorphin high. Hours later, the subsequent drop in the levels of these morphine-like brain chemicals can trigger a craving for gluten—a craving for that good feeling. When these folks give up gluten for good, they may experience terrible withdrawal and detox reactions.

When I recommend that patients give up gluten, they often react like addicts being told to give up their drug of choice. And when they do eliminate gluten, the period of temporary discomfort, thought to result from a temporary drop in the opiate levels in the brain, makes it all the

more difficult. If you eliminate a food that triggers an opiate reaction, the resulting drop in your natural “high” can renew craving for the food in a vicious cycle of addiction. In these cases, withdrawal symptoms such as headache, nausea, tremors, difficulty sleeping, depression, or irritability may occur for several days or weeks after eliminating gluten. On the other hand, some people stop eating gluten and feel better right away. The level of discomfort experienced seems to be proportional to the level of gluten sensitivity present.

Within two months of following a gluten-free diet, most of the physical cravings disappear. The stronger the gluten sensitivity and the associated craving, the more dramatic the response one may experience being gluten-free. Some people will slip back into eating foods that trigger reactions, and may need ongoing work with a nutritionist and even psychological counseling to stay on course.

The more often that a person consumes gluten, or any food to which they are sensitive or allergic, the more they risk developing multiple food allergies or sensitivities. This is due to leaky gut syndrome, where the inflammation in the gut literally allows food particles to leak out of the intestinal tract and into the bloodstream where they are marked as antigens. Whenever that food is consumed, the body mounts an immune attack to the perceived invader it marked as an antigen, and a new food allergy is born. The most common allergenic foods aside from gluten are dairy, soy, beef, nuts, fish, citrus, and chocolate.

There is mounting evidence that all grains—even those marked as organic—in the U.S. are becoming increasingly contaminated with genetically



modified organisms and processed toxins that the immune system doesn't recognize, causing systemic inflammation and upping our risk for leaky gut and autoimmune diseases. Even gluten-free grains and processed foods are not safe from cross-contamination. We as a population are becoming increasingly grain sensitive, and our health is suffering as a result.

Gluten sensitivity goes far beyond intestinal destruction: Gluten can attack other tissues in the body—most notably, the brain. Degeneration of brain tissues and neurons and lesions on brain tissue have surfaced in the brain scans of gluten sensitive people.

## Grains

The USDA food pyramid tells us that grains should make up the base of our diets, and where has this advice gotten us? With obesity rates on the rise and diabetes showing up in young children, clearly a grain-based diet isn't keeping us slim and healthy. Grains are processed, high carbohydrate foods that break down into sugar over time, so they have the ability to cause fatigue and unstable blood sugar levels, especially in carb and sugar sensitive individuals. Grains also contain certain anti-nutrients that block absorption of minerals and other nutrients. The protein portion of grains is covered in a sticky protein called lectin that contributes to inflammation in the digestive tract. Grains include wheat, rye, spelt, bulgur, corn, semolina, oats, couscous, triticale, durum flour, rice, quinoa, millet, bulgur, buckwheat, amaranth, etc. Examples of refined grain-based foods are granola, cereal, bread, bagels, muffins, scones, cookies, baked goods, croissants, English muffins, flour tortillas, pancakes, waffles, pasta, brown rice pasta, pita bread, etc.

## Dairy

Dairy products include milk, cream, yogurt, kefir, cheese, cottage cheese, ice cream, gelato, frozen yogurt, etc. Many people discover that they respond poorly to dairy products once they've removed them, since the symptoms of lactose intolerance tend to be quite clearly relieved on a dairy-free diet. Lactose intolerance is quite common and often goes unnoticed until dairy is removed and reintroduced. Dairy contributes to congestion, hay fever type symptoms, gas, bloating, diarrhea, and other digestive woes. Many people can tolerate unpasteurized or raw dairy products because they contain the enzymes that help the body digest dairy, and these enzymes are killed during the high heat pasteurization process. Raw dairy products include raw butter, raw milk, raw kefir, and raw cheeses.

## Soy

Soy consumption has become quite controversial. Once considered a magic bullet, soy was thought to offer cardio-protective properties, cancer prevention, and menopause relief. We now know that soy consumption is linked to hormonal cancers, thyroid issues, impaired fertility, food allergies, and infant abnormalities.

The majority of soy produced in the U.S. has been genetically modified. Genetic modification provides resistance to toxic herbicides, but the result is that soy plants contain genes from bacteria that produce a protein that has never been part of the human food supply. It is still too early for us to see the repercussions of genetically modified foods in our diet, but consumption has been loosely linked to stomach cancers and increase in food allergies. In addition, soy is very difficult to digest and contains many anti-nutrients that prevent absorption of minerals. Soy also contains high

levels of plant estrogens that mimic the body's natural estrogens, and consumption of soy products can cause estrogen dominance in certain individuals. Estrogen dominance raises one's risk of hormonal cancers and female hormone issues.

In our food supply, we very rarely consume whole soy. It is processed into soy flours, soy oil, soy protein isolate and hydrolyzed soy protein and is ubiquitous in our food supply because it is cheap to produce. It's used in processed foods as filler, and is a main ingredient in vegetarian fare, protein powders, supplements, and protein bars.

Avoid processed soy (soy protein isolate, hydrolyzed soy protein, etc.) at all cost. Many who are sensitive to gluten are also allergic to soy and soy products. Part of this may stem from the ways in which soy has been genetically modified, and the frequency with which it is used as a food additive. Fermented soy products such as miso, natto, and tempeh are usually ok. After a long fermentation process, the phytate levels of soybeans are reduced, making them much easier to digest. Because soy allergy is so common, remove it from the diet for at least a month and reintroduce it to see if it causes unpleasant symptoms such as indigestion or bloating.

## **Legumes**

Like grains, legumes are high carb foods that contain lectins. Many people have difficulty digesting legumes, which can cause fatigue, bloating, and blood sugar instability in sensitive individuals. Legumes include all beans except green (black beans, white beans, butter beans, lima beans, adzuki beans, pinto beans, navy beans, garbanzo beans, kidney beans, etc.), lentils and soy beans. Avoid legumes for the first two weeks of the plan, then add

them back in slowly to determine your carb tolerance.

## **Putting it All Together**

For the first thirty days of the Kalish Healing Diet, you will eliminate not only gluten but also all legumes and grains. Also eliminate dairy. After the thirty days, you may begin reintroducing foods to gauge for any allergy response and to determine your carb tolerance.

## **Food Sensitivity/Allergy Reintroduction**

To determine if you are sensitive to gluten and dairy, you can add them back in, one at a time, after the initial 30 day elimination. Pick one, and wait 72 hours between foods. Eat that food in its purest form first thing in the morning on an empty stomach (for example, when testing gluten, try a bowl of wheat berries or 100 percent wheat cereal. For dairy, try a glass of whole milk), then wait thirty minutes to gauge a reaction. If you feel any digestive disturbance, fatigue, bloating, or allergy-type symptoms (sneezing, runny nose), it is a sign you are sensitive to that food. Continue to have a little of the specific food at breakfast, lunch, and dinner. If you don't immediately react, notice how you feel the following day. Many food sensitivity responses can take up to 48 hours to manifest.

**IMPORTANT:** do not mix foods. For example, don't eat the wheat with butter or milk. You must wait 72 hours between foods so you'll have a clear indication which food you're reacting to.

Regarding high carb foods such as grains and legumes, if you have a goal of weight loss or if you suffer with digestive concerns such as heartburn, IBS, colitis, Crohn's, constipation, diarrhea, or frequent bloating, it is recommended that you don't reintroduce grains and legumes to your diet

due to their inflammatory effects on the digestive tract. If you choose to include these foods in your diet, you can determine your carb tolerance by adding in a small amount at a time (start with a half cup or less) at a time at meals and taking note of how you feel afterward, similar to the food allergy/sensitivity reintroduction. If you feel fatigued/lethargic or bloated after meals, it's an indication you've had too many carbs. Your meals should leave you feeling energized and not overly full. You can do this with starchy vegetables too.

Largest meals should be breakfast and lunch, with a smaller meal at dinner.

## **Breakfast**

Eggs - sunny-side-up or poached is preferred, as scrambling further denatures the proteins and destroys heat sensitive nutrients. Eat with nitrate-free sausages, leftover roasted veggies, or quick-sautéed vegetables. Examples: onions, spinach, mushrooms; spices such as basil, rosemary, etc, in coconut or olive oil. After your initial thirty day grain-free period is up, it is best to avoid grains at breakfast due to the fact that they may cause fatigue or a blood sugar crash.

Omelets – prepare with lots of sautéed veggies, raw krauts, and avocado. Be creative!

Turkey, lamb, chicken sausages (made with organic meats) – with sautéed vegetables, handful spinach or leftover leafy greens; top with avocado.

Dinner leftovers – chicken, turkey, fish, meats with vegetables or salad

## Lunch

Big green salad with chicken, salmon or sardines, chopped eggs, organic deli turkey slices, lamb, beef, organic, nitrate-free sausages

Chicken, turkey, fish, lamb, beef with sautéed vegetables or salad

Dinner leftovers – chicken, turkey, fish, meats with vegetables or salad (with a serving of gluten-free grains/starchy veggies/legumes in whatever portion is appropriate for you)

## Dinner

Beef, turkey, seafood, chicken, lamb - marinated, grilled, steamed, poached, herbed, spiced, baked with salad, roasted or steamed vegetables and appropriate portions of gluten-free grains/starchy veggies/legumes. Crockpot meals are great for dinner, too—set in the morning before work, and it's ready when you get home.

## 30 DAY KALISH HEALING DIET PLAN

### MONDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon 5 minute breakfast: 1-2 organic, nitrate-free chicken sausages with spinach and ¼ avocado
<b>Lunch</b>	Leftover roasted chicken (make on Sunday) with dairy free Pesto over roasted spaghetti squash (roast the night before)
<b>Dinner</b>	Cauliflower mash with 5-minute Grilled herbed Fish, mixed greens

### TUESDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon Smoothie
<b>Lunch</b>	Leftover cauliflower mash with chicken salad (mix leftover chicken w mustard & chopped celery)
<b>Dinner</b>	Grass fed burger (bunless, wrap in butter lettuce if desired) with kale, raw kraut (for good probiotics)

### WEDNESDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon 2 poached eggs over leftover kale from dinner, salsa
<b>Lunch</b>	Leftover Bunless grass fed burger, steamed veggies drizzled with extra virgin olive oil
<b>Dinner</b>	Pork chop with leftover steamed veggies, baked apple with cinnamon

### THURSDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon Frittata, piece of seasonal fruit
<b>Lunch</b>	Leftover pork chop Mixed green salad w chopped veggies, topped with tahini dressing
<b>Dinner</b>	Paleo Tacos: Ground turkey sautéed with cumin, chili powder, avocado, salsa, serve in butter lettuce or romaine, raw kraut

## 30 DAY KALISH HEALING DIET PLAN (CONT.)

### FRIDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon Leftover frittata with mixed greens
<b>Lunch</b>	Dinner leftovers
<b>Dinner</b>	Roasted root vegetables with Grilled Meat

### SATURDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon Smoothie
<b>Lunch</b>	Dinner leftovers
<b>Dinner</b>	Easy baked protein, raw sauerkraut, veggie stir-fry

### SUNDAY

<b>Breakfast</b>	8 – 12 oz hot water with the juice of ½ lemon Brunch hash, raw kraut
<b>Lunch</b>	Dinner leftovers
<b>Dinner</b>	Roasted chicken with root vegetables and Brussels sprouts

## Where to Go from Here

Once you have completed your 30 days on the Kalish Healing Diet plan, reintroduce gluten and dairy (if you choose) to determine your food sensitivities. If either or both cause a reaction, eliminate them from your diet for at least six months before reintroducing again. After the food allergy reintroduction, you can also begin to add legumes (if you choose) ½ cup at a time, starting with lunch, to assess your carb load. Whatever amount causes fatigue (if any) is the amount you should stay under. For example, if you feel energized eating a meal with ½ cup legumes but feel fatigued after eating 1 cup of legumes, stick to ½ cup. If you have digestive issues, it is not recommended to reintroduce legumes.