

DAVID C. PERRINE, DC, CCSP, FIAMA

Personalized Care ✨ Natural Solutions ✨ Extraordinary Results

The Modified Paleo-Mediterranean Diet

(as described by Alex Vasquez, DC, ND, DO)

Vegetables, (5-9) servings daily: choose from a wide variety of fresh, in season, or frozen vegetables, brightly colored, lots of leafy greens, collards, broccoli, green beans, Brussels sprouts, cabbage, carrots, chard, kale, bok choy, avocados (limit) tubers like yams (severely limit) starches like corn, white potatoes. Avoid canned goods.

Fruits, (2-3) servings daily: a wide variety of fruits, (especially fresh locally grown fruits in season) fresh, frozen, or dried apples, pomegranate, melons, kiwi, plums, pears, pineapple, mango, citrus fruits, figs, dates, raisins, cranberries, (limit) the sweeter and dried fruits like dates, raisins, prunes, grapes and bananas due to the higher sugar content (they are to be used as treats).

*Follow the EWG's "Dirty Dozen and Clean Fifteen" guidelines for organic fruits and vegetables (www.ewg.org).

Protein (2-3) 3 oz. servings (deck of cards size) Prepare grilled, steamed, stewed, sautéed over low heat: including free range, antibiotic free, growth hormone free meats: wild game, chicken, liver, poultry, turkey, lamb, grass fed beef, fish (2-3 servings per week) including: small, low mercury, cold water, wild caught fish, such as sardines, mackerel, herring, Red sockeye salmon (*excluding!*): farm raised fish. Also *excluding!* tuna, swordfish, atlantic salmon, bottom dwellers like catfish, and (limit) shellfish. Organic sources of eggs, soy and whey protein are also good options.

Legumes, (one serving) including lentils, beans of all kinds, kidney beans, navy, pinto, black beans, chickpeas (hummus), black eyed peas, peanuts, organic soy milk and tofu (non GMO).

Seeds including sunflower, flax, pumpkin, and chia.

Nuts (in order of richest in omega 3's) including walnuts, macadamia, Brazils, filberts, pecans, cashews, almonds, (also almond milk as a milk alternative).

Berries including blueberries, raspberries, blackberries, currants, etc.

Dairy (limited) organic plain dairy sources with abundant live cultures like greek yogurt or kefir, organic butter. (severely limited) cheese, (*excluding!*): milk and ice cream.

Grains (exclude if possible all) whole grain brown rice, oats, quinoa, and barley. (*excluding!*): all wheat flour.

Fats/Oils including olive and coconut oil, organic butter, and avocado. (*excluding!*): seed oils like sunflower, corn and safflower. *absolutely no hydrogenated/trans fats! (Olive oil has a low smoke point - avoid cooking at high temps; coconut oil is a much better choice)

Sweeteners (limited) honey, xylitol, and stevia. (*excluding!*): all sugars, molasses, and artificial sweeteners such as aspartame, NutraSweet, Splenda and saccharin. *absolutely no high fructose corn syrup!

Treats including low sugar dark chocolate (minimum 85% cocoa), dates, raisins, grapes, and bananas.

Beverages including half your body weight in ounces of clear filtered water daily. Organic teas, (include at least 1 serving green tea) and organic coffee in moderation, 4 oz red wine (optional and limited). (*excluding!*): all types of soda, sports drinks, fruit juices, Kool-aid, artificially flavored and bottled drinks, imitation juice, caffeinated energy drinks. (*excluding!*): all distilled alcohol and beer, malt alcohol beverages.

(*excluding!*): **ALL** commercially made foods, frozen meals, fast foods, convenience foods, artificial foods, chemical food additives, artificial flavorings, and all artificial sweeteners.

Number and size of portions and also amounts of carbohydrates consumed should be directly related/proportional to overall calorie requirements, and whether weight loss is desirable.