

By Dr. Susan Padrad LAc., DAOM

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<ul style="list-style-type: none"><input type="checkbox"/> Squeeze juice from half of a lemon into a glass of warm water<input type="checkbox"/> Yogurt, organic, non-fat plain (goat yogurt is preferred/Trader Joe's)<input type="checkbox"/> One boiled egg<input type="checkbox"/> Wild Salmon<input type="checkbox"/> Lentil Soup (a cup)<input type="checkbox"/> Nut milk (soy, hazelnut, hemp)<input type="checkbox"/> Organic coffee (no sugar)<input type="checkbox"/> Juice (fresh squeezed)<input type="checkbox"/> Spinach omelet<input type="checkbox"/> Honey or organic Maple syrup<input type="checkbox"/> Vegetables (cucumber/tomato/avocado)<input type="checkbox"/> Non-fat organic goat cheese with walnuts<input type="checkbox"/> Slice of bread of gluten free or rice bread<input type="checkbox"/> Cup of herbal tea<input type="checkbox"/> Protein power<input type="checkbox"/> Laxative powder mix<input type="checkbox"/> Organic coffee (black no cream/sugar)<input type="checkbox"/> Nut butter (almond)	Breakfast

<p>Raw nuts</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dry fruits <input type="checkbox"/> Fuits (Avoid mango, banana, pineapple in the case of weight loss) <input type="checkbox"/> Vegetables (slices of celery, carrots, lettuce, cauliflower, broccoli, peppers) <input type="checkbox"/> Lemonade alkaline mixture (mixture of juice from half of a lemon, sprinkle of cayenne red pepper and 2 tablespoons of organic maple syrup) 	<p>Snack</p> <p>10:00 – 11:00 am</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Soup (vegetable, cooked lamb feet, or bone broth, legume) <input type="checkbox"/> Grilled fish with steamed vegetable <input type="checkbox"/> Cooked beef/lamb with steamed vegetable <input type="checkbox"/> Goat yogurt (available at Trader Joe's) <input type="checkbox"/> Yogurt Organic Non fat plain (again, goat yogurt is preferred) <input type="checkbox"/> Salad (mixture of all colors of vegetables/ rainbow) <input type="checkbox"/> Lemon /apple cider vinegar olive oil mixed dressing <input type="checkbox"/> Rice with cooked legumes (with sprouted lentil, black eyes beans, lima beans, mung beans) <input type="checkbox"/> Pasta (Gluten free) <input type="checkbox"/> Yogurt Organic Non fat plain (goat yogurt is preferred) 	<p>Lunch</p> <p>12:00 am– 12:30 pm</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Raw nuts <input type="checkbox"/> Dry fruits <input type="checkbox"/> Fruits (Avoid mango, banana, pineapple in the case of weigh loss) <input type="checkbox"/> Vegetables (slices of celery, carrots, lettuce, cauliflower, broccoli, peppers) <input type="checkbox"/> Lemonade mixture (mixture of lemon juice, red pepper ad maple syrup) 	<p>Snack</p> <p>17:00 – 18:00</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Soup (Vegetables, cooked lamb feet, or bone broth, legume) <input type="checkbox"/> Grilled chicken with steamed vegetables <input type="checkbox"/> Grilled fish with steamed vegetable 	<p>Dinner</p> <p>20:00 – 21:00 pm</p>

<input type="checkbox"/> Cooked beef/lamb with steamed vegetable <input type="checkbox"/> Salad (mixture of all colors of vegetables/ rainbow) with cooked legumes <input type="checkbox"/> Lemon /apple cider vinegar olive oil mixed dressing for salad <input type="checkbox"/> Jell-O (sugar-free/food-coloring free)	
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NOTE:

Small portions from the above chart are the key to managing the healthy weight.

Soup and drinks are one cup per meal.

Rice and pasta or any carbohydrate based on the weight in KG 1/10 of total weight one tablespoon per 10-kilogram weight or 1/2 tablespoon per 10 pound.

GLYCEMIC INDEX LIST

What is the Glycemic Index?

The Glycemic Index (GI) is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods spike your blood sugar very quickly. Starchy foods do as well.

What is the Glycemic Load (GL)?

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. Any food below GI of 20 is recommended for weight loss program.

24 Laws of Healthy Eating and Life Style

Follow these tips for Fat Busting Meals and weigh loss program:

1. Follow 80-20% Rules
 - a. 80% alkaline 20% acidic foods (whole foods, fruits and vegetables are considered alkaline, as well as caffeine, soft drinks and high fructose corn syrup. All of these foods and beverages increase insulin resistance).
 - b. 80% Raw and 20% Steamed or grilled in hot nature and opposite way in cold nature people (hot natured people have more of a hot feeling than others, and cold for people always feel cold)
2. Avoid processed, boxed or canned foods, trans fats (solid fats) and white foods, such as white rice, sugar and salt (use brown rice or sea salt).
3. Fresh and variety is the key of getting all the nutrients.
4. Portion out your daily eating habits to 6 meals a day. Smaller portions are
5. The key to weight loss. Strive for quality protein in each main meal (breakfast, lunch and dinner). Eat a high-protein breakfast every morning. It will stabilize your blood sugar and get you off to a good start.
6. Try making protein the focus of each meal. It kicks your metabolism into higher gear. Wild fish (not farmed raised) and organic meat and poultry are the “guilt-free” foods when comes to weight. The protein will help you handle insulin better, build muscle and repair tissue-all essential for staying lean and preventing diabetes.
7. Do not fry or boil your food if you want to preserve the enzymes and nutrients. Strive for good quality protein in main meals and combined with vegetables.
8. Avoid mixing up carbohydrates and animal protein. In one meal, carbs and protein should be eaten with vegetables as side dish.
9. Use fruits as snack 2-3 hours apart from the main meals.
10. Reduce grains as much as possible, including corn, potatoes.
11. From the total of ten serving of your daily food intakes, make sure to have 6 servings of a variety colors of vegetables and fruits, 3 protein and 1 carbohydrate

- (these proportions varies for athletes and growing children or for special needs such as people who need to gain muscle and need to additional protein),
12. Choose vegetables that are low glycemic (see the list below). Choose fruits such as berries and fruits, fruits that you can eat the skin.
 13. Avoid eating dinner 3 hours prior getting into the bed. Very small snack is recommended (you don't want to sleep with empty or full stomach).
 14. Take a 30-minute to 1-hour walk after main meals.
 15. Use stainless steels or clay cook wears (to avoid absorbing any chemicals from plastics.)
 16. Sleep time should b at the latest 10pm with a ½ hour nap after lunch.
 17. Avoid using any types of plastic containers for the food storage.
 18. Hydrate your body with quality water (filtered) as much as you can (room temperature, never cold or with ice). Avoid drinking water with meal because it dilutes the stomach acid, and cold/iced water or drinks shut down the digestive process all together!
 19. Regulate your daily bowel movements (elimination is as important as absorption)
 20. Avoid store bought foods that stay in the fridge more than 4 days (after 4 days, nutrients are depleted from food.)
 21. Chew thoroughly, as much as possible, to get the most absorb the most nutrients (32 times per bite) ... remember your stomach doesn't have teeth!
 22. Regular exercise is "MUST" (following the healthy food laws without exercise, is eating like putting poison into your body. Exercise enhances nutritional intake, as well as the mind-body connection for weight-management and robust mental wellness).
 23. Skip a meal if you are emotionally upset.
 24. Daily deep breathing exercises and 15-30 minutes of daily meditation/visualization for mind-body-spirit for a Balanced Life

Dragon Breathing Exercise: Put your hands over your kidneys while standing straight or lying down on your back, breathe in through your nose. Visualize a white or pink mist going through you belly and all the good things you want to be happening to you in terms of body, looks, love, family, happiness, work ... inviting those positive thoughts and desires inside your body and into your life by breathing into your belly all the way.

Visualize breathing out a yellowish-greyish mist coming out through your back to your mouth, and breath it out while you have your tongue over the roof of your mouth (visualize all the negativities, pain, fat, weight, sadness, anger, resentments, jealousy, disappointments, fear) to be coming out of your body, mind and out of your life through your mouth ... to be gone from your life and to dissolve and disappear into the ethers.

