

10

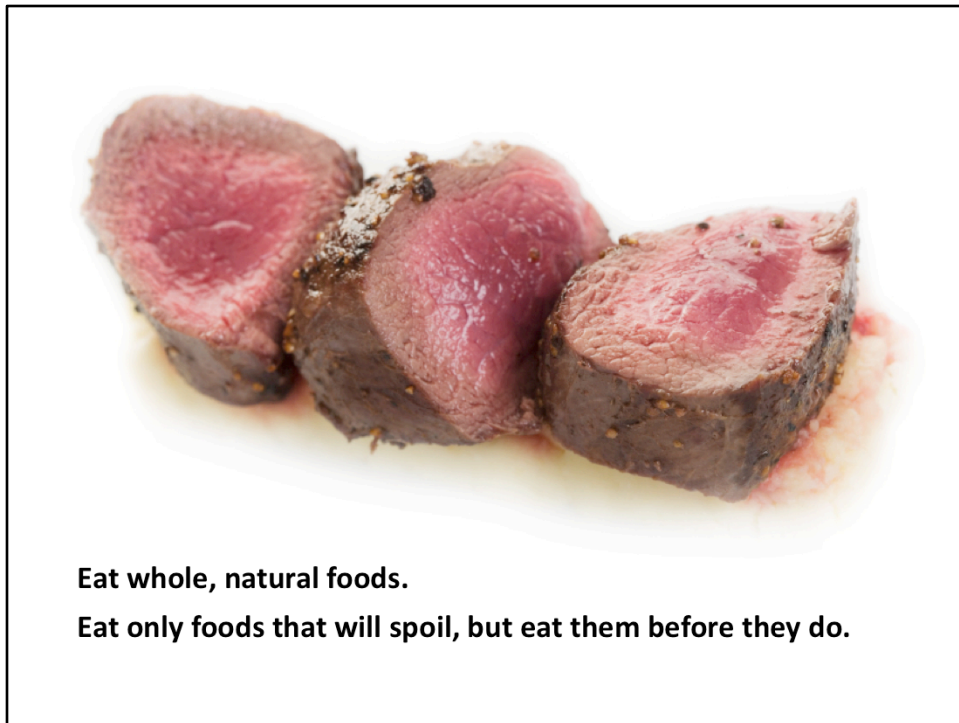
HEALTHY MEALS

Section 10: Healthy Meals. By healthy meals, we mean nutrient dense meals.



Hippocrates said that “All disease begins in the gut.”

The dietary recommendations we are about to make are general principles based on the research of Sally Fallon Morell as presented in the book *Nourishing Traditions*. Those who have digestive disorders or other related conditions may benefit from following a dietary healing protocol such as GAPS™, which stands for as The Gut and Psychology Syndrome, or The Body Ecology Diet, The Specific Carbohydrate Diet, and the like. Some may further benefit from working with a nutritionist well versed in traditional diets and specialized testing for food sensitivities, stool cultures and such. If interested, we have a list of nutritionist we recommend. As we move into the next section, keep in mind that some of us following a traditional diet today don't eat grains, or dairy, or a number of foods that we may be avoiding for a period of time.



Eat whole, natural foods.

Eat only foods that will spoil, but eat them before they do.

When planning a nourishing meal we encourage you to focus on these dietary principles:

Eat whole, natural foods.

Eat only foods that will spoil, but eat them before they do.

Why a picture of red meat? Because it has been demonized and we are wanting to make the point that it is in fact, the kind of whole and natural food we would encourage you to eat – 100% grass fed, of course!



Eat wild caught fish and seafood. Eat poultry, beef, lamb, game, organ meats and eggs from animals on pasture.

Eat wild caught fish and seafood. Eat poultry, beef, lamb, game, organ meats and eggs from animals on pasture.

Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.



Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.



Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils – coconut and palm.

Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils – coconut and palm.

Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.



Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.

Use whole grains, legumes and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.



Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.



Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis. Kombucha is pictured on this slide.

Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.



Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.

Use unrefined sea salt and a variety of organic herbs and spices for food interest and appetite stimulation.



Our salt should be gray, beige or pink (not white), indicating the presence of minerals. Highly recommended is the Celtic sea salt, made by the evaporation of sea water in Brittany. Unrefined sea salt is more expensive, but it is worth it, especially in modern times when the trace minerals have been removed from the soil by modern agricultural methods. Using unrefined sea salt ensures that we get all the trace minerals we need.

Cook only in cast iron, stainless steel glass or good quality enamel such as Le Creuset.



Heavy, old-fashioned cast-iron frying pan such as those made by Lodge are great for all sautéing and stir-frys. These pans should not be washed with soap but merely rinsed in hot water and dried with towels .

How do I know which stainless steels are safe? There are two main types of stainless steel, magnetic and nonmagnetic. The nonmagnetic form has a very high nickel content, and nickel is allergenic and carcinogenic. It is much more toxic than iron or aluminum. You can use a little "refrigerator magnet" to test your pans. The magnet will stick firmly to the safer type of pan.