

Foundations of Healthy Eating

BioMarker Coach Nutrition Guide

- 1** The most important thing is that you should have **3-4 meals a day** (the last meal should **not be later than 20:00**). Very long breaks are harmful and **cause stagnation of bile flow. NO GRAZING BETWEEN MEALS.** Avoid continuous snacking throughout the day. **Each meal should be spaced approximately 3-5 hours apart, with a 12-14 hour overnight fasting period between dinner and breakfast.** Planned snacks can be included when needed, while maintaining appropriate spacing between eating occasions.
- 2** You must have fats every day (especially those rich in **Omega-3**), I definitely recommend adding such components of the diet as coconut oil, olive oil, avocado, fatty fish, pumpkin seeds, and sunflower seeds (not in the acute stage),
- 3** **Add lightly cooked vegetables on a daily basis with each meal**; half of your plate should be veg. Include: celery (stems), broccoli, ginger, artichoke, curcumin (can be in the form of seasoning)
- 4** Every day on an empty stomach, **drink warm, slightly hot water with lemon and ginger**, and be sure to drink 2-3 times during the day before meals.
- 5** All your meals and drinks should be warm; **we do not eat cold food**
- 6** Be sure to drink **at least 2 litres of warm water daily**.
- 7** It is advisable to heat meat and fish well; it is better to use it in the form of minced meat, **stew it well, boil it, and bake it (but without the formation of a fried crust).**
- 8** Include **pink Himalayan salt** in your diet; it is better if it contains iodine.
- 9** Avoid **coffee** on an empty stomach; It is recommended to drink it only **after breakfast**.
- 10** It is advisable that you have **protein and fat for breakfast** so that the bile flow works well: **FOR EXAMPLE:** eggs and veg, egg white and salmon, eggs and chicken, ground flax meal, nuts and berries.
- 11** Be sure to add **protein-rich foods:** eggs, meat, herring, fatty fish, red caviar, sesame and other seeds and nuts, spirulina, lentils, etc.
- 12** **Dairy - 5% or lower (on a weight loss plan); otherwise, full fat is better** (cream, sour cream, cottage cheese - with a clean ingredient list)

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Do not drink with meals; have water 20 min before and/or 40 min after your meals.

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Calculate your daily protein intake: Aim for 2 - 2.5 gr of protein per healthy body weight. For example: if your healthy body weight is 60kg your recommended daily protein consumption is 120 - 150gr depending on your fitness level. Aim for min 120 gr of protein per day (use an app to track at least in the beginning; Nutri Coach or Cronometer are some of them)

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Preference for grains such as buckwheat, quinoa, and brown/wild rice; **minimize those with gluten**

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Fruit 400 gr - per day before 13:00

A note before you begin

Some of these guidelines may not be suitable for certain health conditions or individual needs. If you have a diagnosed health condition, are pregnant, or take medication, consider discussing significant dietary changes with your healthcare professional.