

THE **DANIEL** PLAN



Quick Start **FOOD GUIDE**

Welcome to The Daniel Plan

I am so glad you have joined us for this Daniel Plan study. I am excited for your journey, as I have seen firsthand that change is within reach as you embrace The Daniel Plan lifestyle. This groundbreaking program will equip you with practical tools to bring health into every area of your life. It has been transformative for thousands of people around the world and can be for you as well.

I speak from experience. I've not only witnessed endless stories of life change but have personally benefited from these Daniel Plan Essentials for many years now. Working full-time with five grown children, including identical triplet girls, I understand what it is like to juggle many priorities and have my health impacted. The key elements of The Daniel Plan have been completely restorative in my life, as I have integrated them one step at a time.

We hope this Quick Start Food Guide is a complement to your journey, as it has a wide array of practical tips and tools to help you thrive in your new lifestyle. From our Good Foods List to our best information on how to curb your cravings, the goal of this guide is to give you all you need to get started on a new way of eating that transforms your health.

Be sure to check out our other resources to support you on your journey. The perfect complement to maximize your success is *The Daniel Plan: 40 Days to a Healthier Life*. This book includes a 40-day food and fitness guide that will energize your efforts. We also have several small group studies that will teach you how to incorporate healthy choices into your daily lifestyle. Make sure to use our website for additional articles and free resources at danielplan.com, along with a weekly newsletter filled with tools and inspiration to keep you flourishing.

Congratulations on taking the next step to gaining vitality in your life. My prayer is that you will be inspired and fully equipped to continue your journey, and that you will feel God's presence and be reenergized to follow all he has planned for you.

For His Glory,



Dee Eastman

Founding Director, The Daniel Plan





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Rely on God's Power, Not Willpower

When God puts his Spirit inside you, your body becomes a residence for his love. You are not the owner of your body, but a caretaker, or manager of it. Are you making the most of what you've been given?

The truth is, change and good stewardship are much more sustainable when we focus on what we can have rather than what we can't have. We often subscribe to the misguided notion that change requires deprivation. We easily focus on what we can't have instead of the abundance of things we can enjoy.

If we focus on bringing in the good and enjoying God's abundance, our body, mind, and spirit will become stronger. We will begin to see that things such as walking in the morning or reading our Bible and praying are not things we "have to" do, but instead, opportunities we "get to take hold of" because they rejuvenate and restore us. This is how the perspective shift begins and it's a good principle to add to your motivation for health.

This perspective can help you cultivate a different relationship with food and fitness. You can start to see eating healthfully as a way to be kind to yourself and to lovingly care for your body. The beauty of adding food that heals, nourishes, and satisfies is that it will almost effortlessly shift your body and mind into a different state—a state where your cravings are gone and your willpower is not needed because you naturally crave what makes you thrive and feel good.

It's about Abundance, Not Deprivation

We don't count calories in The Daniel Plan, but focus on overall long-term health.

When you consume a lot of fresh vegetables and low-glycemic fruit, moderate amounts of lean protein, healthy whole grains and healthy fats, your palate will begin to change. You will be able to make better, satisfying food choices without the need to count every calorie. The Daniel Plan is rooted in a simple principle—take the junk out, and invite the abundance in.

The Daniel Plan is a high-carb diet—but they are unrefined, unprocessed, low-glycemic carbs, otherwise known as vegetables, fruits, whole grains and beans. (See pages 82-83 in *The Daniel Plan* book for information on the glycemic index.)



The Daniel Plan Plate

The Daniel Plan “perfect” plate gives an easy guideline for any meal:

- 50 percent non-starchy vegetables
- 25 percent healthy animal or vegetable proteins
- 25 percent healthy starch or whole grains
- Side of low-glycemic fruit
- Drink — water or herbal teas

Tips for Eating The Daniel Plan Way

1. Fill half your plate with colorful, non-starchy vegetables.
2. Limit starchy vegetables such as potatoes, winter squash, or cooked beets to only 1/4 of your plate.
3. Limit (or eliminate) sugar and flour products.
4. Eat protein for breakfast such as a whole food protein shake (see the 3-day Meal Plan recipes in this guide), whole eggs, or an omelet, or have dinner for breakfast. Or incorporate more nuts and seeds into breakfast.
5. Add good fats to your diet such as extra virgin olive oil, avocados, nuts, seeds, and extra virgin coconut butter.
6. Replace starchy pasta choices with gluten-free grains such as buckwheat, black or brown rice, or quinoa.
7. Consider additional sources of protein such as beans, lentils, or chickpeas.
8. Choose a lean protein source (animal or plant) at every meal.
9. Carry snacks such as nuts and veggies with hummus to avoid a food emergency.
10. Plan ahead so you’ll be satisfied throughout the day.

Bring in the Good

Here are the main concepts to incorporate into your diet now:

- **Eat from the rainbow of colors** in the plant world.
- **Add whole grains in moderation.** Buy them in their original form, such as oats, wheat berries, and even popcorn.
- **Boost your fiber** with whole grains, legumes (beans and peas), and vegetables.
- **Power up with protein** in every meal.
- **Enjoy healthful fats.** Fats from fish, nuts, seeds, avocados, olives, extra virgin olive oil, and coconut butter. These healthy fats help to reduce diabetes, heart disease, cancer, and dementia. They also lower cholesterol and triglycerides and make your food tasty and satisfying.

The daily choices you make, along with God's limitless power and a community of friends, can help you launch each day with intention and purpose. Progress begins with a shift in perspective, focusing on the good and acknowledging the abundance.

Making the Best Food Choices

Top 10 Choices in Each Food Group

Non-starchy Veggies

Asparagus
Bell peppers
Broccoli
Cauliflower
Collard greens
Cucumbers
Green beans
Kale
Spinach
Zucchini

Protein

Beans
Beef
Chicken
Eggs
Halibut
Lentils
Nuts
Salmon
Seeds
Turkey

Starch/Grain

Beets
Buckwheat
Carrots
Corn
Green peas
Quinoa
Rice
Sweet potatoes
Turnips
Winter squash

Low-glycemic Fruit

Apples
Blackberries
Blueberries
Gogi berries
Grapefruit
Kiwi
Nectarines
Peaches
Plums
Raspberries

Shop Yourself Healthy

Shopping Tips

If you think shopping is a chore, hopefully Daniel Plan shopping will change your mind. Consider it as an errand that boosts your health by stocking up on foods that heal. It can also be fun. Whether at a farmer's market; grocery, specialty, or health store; community-supported agriculture (CSA); food co-ops; or online—buying healthy ingredients that taste good can motivate you to get into the kitchen and cook.

Before you go shopping, shift your mindset into a place of truth. Grab your journal and jot down any triggers, foods that have the potential to trip you up, and thoughts that surround those foods. Then make sure they don't wind up on your list or in your cart.

Grab a shopping list for either the core or detox meal plans from chapter 10 of *The Daniel Plan book* or simply follow these tips:

1. **Shop the perimeter.** The perimeter of the market is where the produce, eggs, meat, and seafood departments are located.
2. **Buy in bulk** to save money.
3. **Brave the inside aisles.** Although there are now many aisles that you can totally skip, saving you time (and money), the inside aisles are where you will find packaged whole grains, canned beans, frozen berries and vegetables, healthy oils, vinegars, dried herbs and spices, packaged nuts, broths, and condiments.
4. **Keep it cool.** When you buy fresh seafood, ask for ice to keep it cold until you get home. Use insulated shopping bags to help keep cold things cold.
5. **Stock up wisely.** Be smart about how much you can store and will practically use. This includes frozen items such as berries for smoothies and fresh ground meat and poultry that will keep when wrapped well (or vacuum-sealed) in the freezer. Nuts, which can be expensive, store in the freezer for up to six months when wrapped well or vacuum-sealed.



The Good Foods Shopping List

Food, glorious food! Eating is one of life's greatest pleasures. Stocking your pantry and refrigerator with healthy choices and understanding portions and servings are practical first steps in developing healthy eating habits for a lifetime.

50% Non-starchy Vegetables

- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Bell peppers (yellow, green, red, orange)
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard greens
- ☐ Cucumbers
- ☐ Dandelion Greens
- ☐ Eggplant
- ☐ Fennel
- ☐ Green beans
- ☐ Jicama
- ☐ Kale
- ☐ Leeks
- ☐ Lemons
- ☐ Lettuce
- ☐ Limes
- ☐ Mesclun
- ☐ Mushrooms
- ☐ Mustard greens
- ☐ Okra
- ☐ Onions
- ☐ Radish
- ☐ Sea vegetables
- ☐ Shiitake mushrooms
- ☐ Snap peas
- ☐ Spinach
- ☐ Swiss chard
- ☐ Tomatoes
- ☐ Watercress
- ☐ Zucchini

25% Lean Proteins: Healthy Animal Protein or Vegetarian Protein Meats and Seafood options

(Wild or grass-fed, hormone and antibiotic free, if possible)

- ☐ Anchovies
- ☐ Beef, lean cuts
- ☐ Chicken, ground white meat
- ☐ Chicken, skinless
- ☐ Clams
- ☐ Crab
- ☐ Flounder
- ☐ Haddock
- ☐ Herring
- ☐ Lamb
- ☐ Mackerel
- ☐ Oysters
- ☐ Salmon, wild
- ☐ Sardines
- ☐ Scallops
- ☐ Shrimp
- ☐ Snapper
- ☐ Trout
- ☐ Tuna (low-mercury)
- ☐ Turkey, ground white meat
- ☐ Turkey, skinless

Vegetarian Options

(Combining one or more protein sources at a meal is helpful. Adequate intake with a wide variety of foods from all food groups should fulfill your protein needs.)

- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Collard Greens
- ☐ Cheese (1-2 tablespoons of hard cheese: parmesan or extra-sharp)
- ☐ Kale
- ☐ Mushrooms
- ☐ Nut butters
- ☐ Quinoa
- ☐ Spinach
- ☐ Tofo (organic)
- ☐ Whole eggs, preferably omega-3

25% Whole Grains or Starchy Vegetables Whole and Sprouted Grains

- ☐ Brown rice
- ☐ Bulgur (cracked wheat)
- ☐ Cornmeal
- ☐ Corn tortillas (organic)
- ☐ Millet
- ☐ Oats (old fashion or steel cut)
- ☐ Polenta
- ☐ Quinoa
- ☐ Sprouted grain bread
- ☐ Sprouted grain tortillas

Pastas

(Eat sparingly, except for shirataki noodles, which can be eaten freely.)

- ☐ Black rice
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Quinoa
- ☐ Shirataki (look for konjac flour, not yam flour)

Starchy Vegetables

- ☐ Acorn squash*
- ☐ Beets*
- ☐ Butternut squash*
- ☐ Carrots
- ☐ Corn*
- ☐ Parsnips*
- ☐ Pumpkin*
- ☐ Spaghetti squash*
- ☐ Turnips*
- ☐ Winter squash*
- ☐ Yams/Sweet potatoes*

Legumes (Beans/Peas/Lentils)

- ☐ Adzuki Beans
- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Fava beans
- ☐ Garbanzo beans
- ☐ Kidney beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Split peas
- ☐ White beans

**Vegetables with to be eaten in moderation when reducing carbohydrates, which are the starchier and sweeter vegetables. If possible, soak seeds, legumes, and grains overnight to improve digestion, absorption, and assimilation.*

Low Glycemic Fruit

- ☐ Apricots
- ☐ Avocados
- ☐ Berries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Coconut
- ☐ Grapes
- ☐ Grapefruit
- ☐ Green apples
- ☐ Kiwi
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums
- ☐ Prunes
- ☐ Tangerines
- ☐ Watermelon

Beverages

(Drink 6-8 ounces. Avoid beverages with artificial sweeteners, flavorings, food dyes, or added sugars.)

- ☐ Almond milk, unsweetened
- ☐ Coconut milk, unsweetened
- ☐ Coffee
- ☐ Hemp or Chia milk, unsweetened
- ☐ Rice milk, unsweetened
- ☐ Tea (black, green, or herbal)
- ☐ Water (64 or more ounces per day)

Healthy Oils

(Eat sparingly; raw and organic, if possible.)

- ☐ Avocado oil
- ☐ Butter (do not buy butters in a tub)
- ☐ Coconut oil (raw, unrefined)
- ☐ Coconut butter
- ☐ Flaxseed oil
- ☐ Extra virgin olive oil (not for cooking)
- ☐ Walnut oil

Healthy Snacks

- ☐ Applesauce, unsweetened (1/2 cup)
- ☐ Dark chocolate, 70% cacao (10-20 grams, equivalent to 1-2 squares)
- ☐ Dried Fruits: currants, dates, figs, prunes, raisins (sulfite-free, 1-2 small pieces)
- ☐ Greek yogurt, unsweetened (8 ounces)
- ☐ Guacamole (1/4 cup)
- ☐ Hummus (ideally homemade, but if store-bought, look for hummus made with extra virgin olive oil and no chemical preservatives; lemon should be the only preservative; 1/4 cup)
- ☐ Salsa (1/4 cup)
- ☐ Tzatziki (1/4 cup)
- ☐ Sauerkraut

Natural Sweeteners

- ☐ Pure maple syrup (1 teaspoon)
- ☐ Raw honey (1 teaspoon)
- ☐ Whole leaf stevia extract (use sparingly)

Nuts and Seeds

(Nuts and seeds make great snacks, but eat them in moderation. If possible, soak nuts and seeds overnight to improve digestion, absorption, and assimilation.)

- ☐ Almond butter
- ☐ Almonds, raw
- ☐ Amaranth
- ☐ Brazil nuts
- ☐ Buckwheat
- ☐ Cashews
- ☐ Chia
- ☐ Flax
- ☐ Hazelnuts
- ☐ Hemp
- ☐ Macadamia nuts
- ☐ Pecans
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin
- ☐ Sunflower
- ☐ Sesame
- ☐ Teff
- ☐ Walnuts

Spices, Seasonings & Dressings

(Eat freely and rotate new spices into your diet often.)

- ☐ Balsamic vinegar
- ☐ Balsamic vinaigrette
- ☐ Chillies
- ☐ Cinnamon
- ☐ Cilantro
- ☐ Clove
- ☐ Coriander
- ☐ Cumin
- ☐ Curry
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Kimchi
- ☐ Marinara sauce (organic, low-sugar)
- ☐ Marjoram
- ☐ Mayonnaise (vegan or organic; 1-2 tablespoons)
- ☐ Miso
- ☐ Mustard
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Raw cacao
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Thyme
- ☐ Turmeric



Conquer Your Cravings

Top 10 Tips to Curb Your Craving

- 1. Avoid your triggers:** The reality is that you crave what you eat, so as you make healthier choices, your old cravings will weaken. Certain situations can sabotage your weight loss efforts. For example, going to the movies can ignite your brain's emotional memory centers and make you feel like you need an extra-large tub of popcorn. Identify the people, places and things that trigger your cravings and plan ahead to avoid making an unhealthy choice. For example, take a healthy snack to the movies so you are not tempted to buy popcorn. This will save you money too!
- 2. Balance your blood sugar:** Research studies indicate that low blood sugar levels are associated with lower overall blood flow to the brain, which can jeopardize your ability to make good decisions. To keep your blood sugar stable, eat a nutritious breakfast with protein such as eggs, protein shake or nut butters. Plan to eat smaller more frequent meals throughout the day. Feel free to plan a protein-packed snack between meals. Also, avoid eating 2 to 3 hours before bedtime.
- 3. Eliminate sugar, artificial sweeteners and refined carbs:** It's best to go cold turkey. Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet as these can trigger cravings. Many doctors believe that sugar is the primary cause of obesity, high blood pressure, heart disease, and diabetes. The latest statistics reveal that the average American consumes 130 pounds of sugar a year!
- 4. Eat SLOW carb, not LOW carb:** Eat carbohydrates that do not spike your blood sugar. Choose high fiber carbs that keep you fuller longer and help reduce your sugar cravings. You can increase your fiber intake by eating vegetables, fruits, beans, and whole grains. Fiber will assist weight loss since it fills up your stomach and helps you moderate your portions. Carbohydrates are essential to good health and are not the enemy. Bad carbohydrates such as simple sugars and refined products are the ones to avoid.



- 5. Drink more Water:** Sometimes hunger is disguised as dehydration. When you are dehydrated your body will increase your hunger level in an attempt to get more water to rehydrate. Try drinking a glass of water before your meals to make you feel fuller to help you moderate your food intake.
- 6. Make protein 30% of your diet:** Protein fills you up and keeps you satisfied longer. It also regulates your blood sugar and it makes your body release appetite suppressing hormones.
- 7. Manage your stress:** Stress triggers hormones that activate cravings. Chronic stress has been associated with obesity, addiction, anxiety, depression, Alzheimer's disease, heart disease, and cancer. Adopt a daily stress management program that includes deep breathing exercises, prayer and other relaxation techniques. Visit our Faith section for spiritually based ideas on how to reduce stress.
- 8. Follow the 90/10 Rule:** Give yourself a break. Make great food choices 90% of the time, and allow yourself margin to enjoy some of your favorite foods on occasion. This way you won't feel deprived and you will avoid bringing on something you'll regret later.
- 9. Get moving:** Research shows that physical activity can curb cravings. Plan out your exercise for the week and schedule it on your calendar. Make the commitment to yourself just like any other important meeting or appointment.
- 10. Get 7 to 8 hours of sleep:** Sleep deprivation can increase cravings.



How to Avoid a Food Emergency

Dr. Hyman's Go-To Travel Food Emergency Pack

When I am on the road, my health is in jeopardy every time I step out of my controlled environment. Airports, hotel mini-bars, and bad restaurants are often food deserts. So I bring food with me and make it a rule never to eat on planes or in airports (although increasingly you can find edible whole foods in airports; you just have to know how to hunt and gather!) I never leave home without these things, and I keep a good stock in my pantry, so I can just throw them in my bag. They take up little space and pack a powerful nutritional punch.

- Wild salmon jerky
- Grass-fed beef or turkey jerky
- Packets of coconut butter and macadamia nut butter
- Raw protein food bars
- Organic almonds
- Organic macadamia nuts
- Organic dates

We recommend that everyone create an emergency food pack; it will be your food safety net. Find your favorite things to include; the choices are plentiful. Stock these packs in your home, your travel bag or purse, your car, and your workplace with key rations for any food emergency. If you didn't have time to have breakfast, what could you grab for the car? Or if you get busy at work, what can you find in your drawer to get you through the day, or what is at the ready in the late afternoon if you start to droop?

We recommend protein for many of the choices, because protein controls your appetite and balances your blood sugar over long periods of time. Protein snacks keep on giving, but without the quick rush and crash we get from most "snack foods" that leave us more hungry and tired. If you wait until you are hungry, you will make irrational decisions. So set yourself up to make better choices by having nutritious choices around you.

With a little bit of planning and shopping, we can stay healthy and out of food emergencies. Get a few glass containers with lids and sandwich baggies to put your snacks in. Buy an insulated lunch box or mini-cooler to put your food in. These are just ideas, and you can innovate, but make sure you include food with good quality protein, good fats, and low sugar content.





Snack Items

Stock these items in your pantry; they keep forever:

- ☐ Canned wild salmon or sardines
- ☐ Flax or seed crackers
- ☐ Jerky (bison, grass-fed beef or turkey)
- ☐ Salmon jerky
- ☐ Nuts and seeds
- ☐ Nut butter packets
- ☐ Coconut butter packets
- ☐ Whole food or raw food protein bars
- ☐ Artichoke hearts
- ☐ Roasted red peppers

Prepare a few easy on-the-go snacks:

- ☐ Garbanzo beans with olive oil, lemon, garlic and salt
- ☐ Hard-boiled eggs
- ☐ Hummus
- ☐ Cut-up carrots, cucumbers, peppers and celery
- ☐ Apples or pears

It is also a good idea to stock a few treats:

- ☐ Dark chocolate (70%)
- ☐ Dried figs and dates



Smart Snacking

Smart snacking means choosing something with protein for balance and slow absorption and avoiding sugar. Drink plenty of water. Sometimes you are dehydrated, not hungry. Below are some great grab-and-go ideas to become a smart snacker:

- Create “snack-attack packs” to avoid food emergencies and crashing blood sugar. Include unsalted, raw nuts, seeds, raw cacao nibs, goji berries, and healthy, low-sugar granola.
- Carry low-sugar fruit such as apples, pears, blackberries, blueberries or raspberries.
- Carry a small cooler in your car with ice-packs for things that need to stay cold.
- Make yogurt dip, hummus, or guacamole (see page 11) with raw veggies (zucchini, celery, carrots, bell peppers, cucumbers, cauliflower and broccoli florets, pea pods).
- Hard boil eggs and store in the refrigerator.
- Toss together a bean salad (too with olive oil, herbs, salt, pepper, any spices like cumin, onion or shallot).
- Stock plain or Greek yogurt to mix with a handful of blueberries or blackberries (in a container).
- Eat cottage cheese with fresh fruit for sweetness or chopped fresh herbs and chives for a savory version. You could even add in chopped roasted red peppers. Be creative.
- Save leftover soup for lunches.
- Stock mini-packets of nut butters.
- Got a blender in your office kitchenette? Take simple ingredients for a small smoothie.
- Stock healthy jerky (salmon, turkey, grass-fed beef, bison, organic, without added nitrates or MSG).
- Make organic air-popped popcorn (do not use microwave popcorn as it usually contains unhealthy ingredients).
- Buy canned wild sardines in olive oil and low mercury tuna.
- Stash bittersweet dark chocolate (70 percent), and eat small pieces when you want a sweet treat.



Create Your Daniel Plan Kitchen

Clean Out Your Kitchen

Out with the old, and in with the new! The first step in creating a Daniel Plan pantry, refrigerator, and freezer is to clean out anything that is not serving you well. This means reading labels, checking expiration dates, tossing the bad items and, then refilling with healthy new items—which you have already been adding to your diet. Simply getting rid of harmful foods from your eating life will make a tremendous difference in your health and eating habits. Do this with your dry pantry where you store canned goods, whole grains, and nonperishable items. Then, go through your refrigerator and freezer too.

To start, read labels for unhealthy ingredients. Aim to keep items with five ingredients or less, or at least ingredients that you recognize as real food. Here are examples of items to remove:

- Remove anything that contains high fructose corn syrup (HFCS), monosodium glutamate (MSG), and trans fats (partially hydrogenated and hydrogenated fats).
- Banish sugary breakfast cereals, unhealthy cookies and crackers, fried chips, and junk food.
- Exile high sugar or high sodium condiments.
- Evict unhealthy oils such as standard mass-market “vegetable” oil and shortening.

Foods and Ingredients to Avoid

White flour	White sugar	High-fructose corn syrup (HFCS)
White rice	Juice	Monosodium glutamate (MSG)
Regular sodas	Diet sodas	Sports drinks and other sweetened beverages
Phosphoric acid	Soy protein isolate	Sodium and calcium caseinate
Sulfites	Carrageenan	Nitrites and nitrates
Artificial flavors	Artificial sweeteners (except stevia)	Artificial colors and dyes
Trans fats-partially hydrogenated/ hydrogenated fats		

- Say goodbye to the “white menaces”: white sugar, white flour, white rice, and white pasta. These white foods act like sugar in the body. The bottom line is sugar should be an occasional treat. If you have sugar, stick with traditional natural forms: raw sugar, raw honey, natural fruit sugars, or pure maple syrup.
- Discard liquid calories: regular and diet sodas, sports drinks and other sweetened beverages, juice.
- Remove foods with the following additives: artificial sweeteners (except stevia), sodium and calcium caseinate, soy protein isolate, phosphoric acid, sulfites, nitrates/nitrites, artificial colors, flavors and dyes, and carrageenan.

Easy Replacements and Alternatives

Once you have cleaned out your kitchen of unhealthy food items, focus on replacing those items with these healthy alternatives:

Replace This

Mass market vegetable oil

Shortening

White flour

Sugary cereals

Milk or cream
(for lactose intolerance)

Fried potato or corn chips

Cream-based soups

White pasta

White rice

Table salt

White sugar

Sugary snacks

Gummy candies

Condiments and sauces
with MSG or HFCS

Chip dips

Fruit juice

With This

Unrefined, cold-pressed, and expeller-pressed oils such as extra virgin olive oil, grape seed oil, coconut oil, avocado oil, and sesame oil

Coconut butter or oil

Whole grain wheat flour, organic sprouted grain, almond flour, gluten-free flour, or organic cornmeal

Old fashioned oats, steel cut oats, buckwheat, or kasha

Unsweetened coconut or almond milk

Baked corn, baked vegetable, or brown rice chips

Creamy bean-based soups, vegetable puree soups, and soups made with alternative healthy milks

Whole wheat pasta, brown rice pasta, or quinoa pasta

Brown or black rice, quinoa, barley

Kosher or sea salt

Raw honey, pure maple syrup, whole stevia extract

Nuts, nut butters, dark chocolate, plain greek yogurt with berries or a little honey

Dried fruits (figs, dates, etc.)

Naturally produced products with no added sugar, spices, vinegars, herbs

Guacamole, hummus, tzatziki, salsa

Herbal teas, water with citrus wedges



Tips for Success

Follow the 90/10 Rule

It's worth saying again: Don't beat yourself up about setbacks. You may default to negative thinking and find yourself thinking you have failed. That's the human condition. Recognize it for what it is, and make the decision to focus on all the progress you have made.

To avoid setbacks and help you stay on track, adopt the **90/10 rule**. This guideline simply means that you make healthy choices 90 percent of the time and then give yourself a 10 percent margin to make "fun" choices. Don't stress about it. Just enjoy it.

To stay focused on eating well and still enjoying a vibrant social life, here are some basic strategies:

- Never go to a party hungry. If you have a snack beforehand, you won't be tempted to eat every greasy, fried, or sugary food.
- Eat before you travel. Never go to an airport, a ballgame, or a public event hungry.
- Bring your food. If you are going to a picnic, bring healthy options to avoid being tempted with unhealthy choices.
- Start a trend with your friends. See who can find the best real food in your town. You can read menus online and make sure there are healthy choices.
- Stock up on the road. If you are traveling, stock up on healthy snacks or restock your emergency food pack.
- Start a supper club with your friends or church group. Rotate hosting a meal once a month among friends. Do a potluck or cook recipes from *The Daniel Plan*, danielplan.com/food, or *The Daniel Plan Cookbook*.
- Say no to food pushers. These are people who say, "Come on, just have one bite" or "One can of soda can't hurt you." They might feel bad about themselves and want you to join. Don't submit to the momentary pressure but just say, "No thanks!"

Always remember that it's about progress, not perfection. Leave room to be human.





Successfully Navigate Restaurants and Parties

Plenty of obstacles can come your way on this journey toward health. This is why planning is essential for your success. When it comes to meals and parties with friends, you have no doubt faced temptations. Turn your focus to the purpose of the event or celebration so you can adopt a new perspective. But, also set yourself up for success by thinking ahead.

Part of life is going out and being with friends, going to events, eating at restaurants, and traveling. The good news is, you can eat almost anything occasionally and be fine—as long as it's real food, such as real pizza or French fries (not fast-food fries that have about 30 ingredients) or a piece of cake or cookies, and as long as you or someone you know made them from real ingredients.

Eating out is one of life's great pleasures. Our overall suggestion is to eat out less often, but when you do, choose higher quality food. When you eat out, enjoy great food, and you will feel great too. Here are a few tips on how to eat well, feel well, and have fun eating at restaurants and parties while still following The Daniel Plan. For additional ideas on eating out, refer to pages 134–136 in *The Daniel Plan book*.

- Skip the bread.
- Drink at least 1 or 2 glasses of water before you eat. You will more likely eat less.
- Order two or three sides of veggies. Go crazy!
- Ask for extra virgin olive oil, vinegar, and fresh pepper for your salad instead of dressings.
- Choose foods that are roasted, broiled, baked, grilled, seared, steamed, or sautéed.
- Skip the appetizer.
- Share entrées with a friend or companion.
- Never go to a party hungry.
- Bring your food. If you are going to a picnic, bring healthy choices to eat if there is nothing else worth eating.
- Start a trend with your friends by seeing who can find the best real food in your town.
- Say no to food pushers. These are people who say, “Come on, just have one bite” or “One can of soda can’t hurt you.” But have more respect for yourself and just say, “No thanks!”





Design Your Environment

Whether you work at home, in an office, or travel frequently, designing your life—knowing what to bring, where to shop, or where to eat in your immediate area—is a key to your success. Restock your emergency food packs and have a version for home, work, your car, and for your travel bag. If you start to get hungry during the day, eat something. If you wait until you are starving, you will likely overeat.

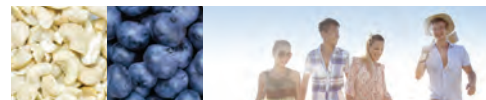
At home, take stock of your kitchen again and make sure it has plenty of everyday foods—namely, an abundance of fresh non-starchy vegetables, lean protein, beans and legumes, whole grains, and seasonal fresh fruit and berries. Make your home a safe zone. Don't keep tempting junk, bad snacks, processed food, cookies, or cake in the house. If you want a treat or crave something sweet, have a piece of fruit or a piece of dark chocolate, or make something from scratch with real ingredients. You will eat less because you won't make it as often.

At work, think of a coworker who may want to collaborate with you to create a healthy workspace.

When traveling . . .

God has given you a mission in life, and only you can fulfill it. We know you want to face your Savior at the end of your life and say, "I finished the race. I did what you put me on earth to do. I didn't get tired and worn out. I gave Jesus everything, including my physical health!"

Faith can virtually be regarded as a verb. It is active and not passive. Decision-making is a faith-building activity. Use your muscles of faith to build your physical muscles. What are some of the best choices you made yesterday or today?



The Key to Automatic Weight Loss

by Mark Hyman, MD

What if everything you ever learned about weight loss was wrong? What if losing weight has nothing to do with calories—counting them or cutting them out by sheer willpower? What if, in fact, most health professionals (including doctors and dietitians), our own government and especially the food industry are giving us weight loss advice guaranteed to make us fat?

Here's their mantra: "Eat less and exercise more. The secret to weight loss is energy balance. There are no good or bad calories. It's all about moderation."

If you doubt that this advice could be wrong, just look around. We have tripled our obesity rates since 1960, and in the last decade, cases of type 2 diabetes in children have increased by over 30 percent. In 1980, there were no children with type 2 diabetes (formerly known as adult onset diabetes), and now, there are over 50,000. Seven out of ten Americans are overweight. The advice is not working. Could it be the wrong advice?

Nobody wakes up in the morning saying, "Hey, I want to gain weight today. I am going to overeat. I want to be fat."

Rather, we have a \$60 billion weight loss industry. It specializes in helping people count calories, eat less, and exercise more. When are we going to realize that our approach—as a scientific community and as policy makers—is failing miserably at stemming the tsunami of obesity and related health, social and economic costs?

Could it be we have it all wrong? Could it be the world is round, not flat, even though it looks flat, just as it seems that if you eat fewer calories than you burn, you will lose weight?

The answer is yes. Our focus on calories has missed the mark entirely. Even if you held the Guinness world record for calorie counting, you could easily be off by 100 calories a day. Do that for 30 years, and you will be 20 to 30 pounds overweight.

The End of Counting Calories

David Ludwig and Mark Epstein published the most important scientific paper in the *Journal of the American Medical Association* since the Watson and Cricks paper on DNA in 1953, which changed our whole way of thinking about genes. They also explained their findings in *The New York Times* piece, "Always Hungry? Here's Why."

It's not that Isaac Newton and his first law of thermodynamics was wrong. It's right—energy is conserved in a system. This is the whole foundation of our calories in/calories out, energy balance concept of weight loss. Just eat less and exercise more, and all the pounds will melt off.

But there is one fatal flaw in that thinking. The law states that energy is conserved in a "system." It is true that, in a vacuum, all calories are the same. A thousand calories of Coke and a thousand calories of broccoli burned in a laboratory will release the same amount of energy.

But all bets are off when you eat the Coke or the broccoli. These foods have to be processed by your metabolism (not a closed system). Coke and broccoli trigger very different biochemical responses in the body—different hormones, neurotransmitters and immune messengers.

The Coke will spike blood sugar and insulin and disrupt neurotransmitters, leading to increased hunger and fat storage, while the thousand calories of broccoli will balance blood sugar and make you feel full, cut your appetite and increase fat burning—same calories, profoundly different effects on your body.



Is Your Fat Hungry?

Dr. Ludwig, for the first time, explains why. It's not overeating that makes you fat. It's being fat that makes you overeat. Once you start to consume refined carbs, such as bread, rice, potatoes, pasta and any form of sugar, you start making a certain kind of fat cells called VAT or visceral adipose tissue.

This is no ordinary fat. It is super fat, hungry fat, dangerous fat. This fat starts an inexorable cascade that leads to obesity. It's like falling down an icy slope where it's almost impossible to stop yourself. You need a big ice axe and crampons. We ordinary mortals are no match for this hungry fat.

Here's What Happens

Those hungry fat cells suck up all the available fuel in your blood stream (glucose, fats, ketones). Your body then thinks, "Oh, my god, I am starving. I better eat more and slow my metabolism, so I don't die." The problem is, anything you eat gets sucked up into those fat cells around your belly, leading to a vicious cycle of hunger, overeating, fat storage, and a slowing down of your metabolism.

No wonder we gain weight and can't lose it.

The key trigger for all this is a simple common hormone that we all need (but not too much of).

Insulin

If we make too much insulin, it drives the fuel in our blood into our fat cells. Too much insulin also does a lot of other bad things like cause heart attacks, high cholesterol, type 2 diabetes, cancer, and dementia.

When it comes to causing spikes of insulin that start this miserable chain reaction, not all calories are created equally. *Sugar and refined carb calories* are the culprits. Americans eat, on average, about 152 pounds of sugar and 146 pounds of flour a year (almost a pound of sugar and flour per person per day!). These are actually pharmacologic doses of sugar and flour!





Eat More Calories, Weigh Less?

There are many studies showing just how different sugar and fat calories are. Most scientists still hold on to the dogma that fat makes you fat, that fat causes high cholesterol, and that low fat is the way to go to live a long healthy life. Plenty of evidence proves otherwise. What if the fact that this conventional wisdom is completely wrong is what has actually caused our obesity epidemic?

Dr. Ludwig points to studies in which all calories are held to be equal, but those participants kept on a low sugar and refined carb diet burned 325 more calories a day than those eating a low fat diet. Bottom line: Eating a high carb, low fat diet slows down your metabolism.

Most striking was an animal study (and yes, we are not animals but the results are still very impressive). The study found that animals eating a low fat diet put on 70 percent more body fat even while *eating fewer calories* than animals eating a low carb diet.

Let me say this again. Animals eating a low fat diet and fewer calories got fatter than those eating more calories and a low sugar and carb diet—70 percent fatter.

If you restrict your calories, you will end up triggering very ancient biological adaptations that protect us from starvation. You will slow your metabolism and get a lot hungrier.

You can't voluntarily control your weight over the long term. Willpower is no match for these ancient programmed hormones that make sure you don't starve to death.

The Key to Automatic Weight Loss

Dr. Ludwig proposes a novel, radical but scientifically true, way to solve the obesity epidemic once and for all.

Don't worry about *how much* you eat, because you will never be able to control that. Rather, focus on *what you eat*, the quality of the food you eat, and the composition of the food you eat (high in fiber, good quality protein and fat, low in starch and sugar). Then, you won't be hungry and will shift from fat storage to fat burning. Additionally, you will prevent most chronic disease including heart diseases, type 2 diabetes, cancer and dementia.

Take Home Lessons: Forget the Calories, Focus on the Quality of Your Diet

Here are the take home lessons from Dr. Ludwig's paper:

- Overeating doesn't make you fat. Your fat cells make you overeat.
- You make hungry fats cells by eating sugar and refined carbs.
- Restricting your calories will slow your metabolism, make you hungry and guarantee that your weight loss attempts will fail.
- Eating a higher fat, higher protein, lower sugar and refined carb diet will speed up your metabolism and cut your hunger.
- Controlling **what you eat** is much easier than controlling **how much you eat**.
- Forget calorie counting. It's not about the calories but about diet quality and dietary composition. Just try eating 1,000 calories of broccoli.
- End our scientifically outdated position that all calories are equal and weight loss is simply a matter of eating fewer calories than you burn.
- Lower insulin by a sugar detox, and watch your body lose weight effortlessly without hunger or cravings.

Stop blaming yourself for lack of willpower, and start empowering yourself by eating real, whole, fresh food that's low in sugar and starch.



Daniel Plan Resources

Books



The Daniel Plan –
40 Days to a
Healthier Life



The Daniel Plan
Journal



The Daniel Plan
365-Day Devotional



The Daniel Plan
Cookbook

Small Group Study



The Daniel Plan
Small Group
6 Week Study



The Daniel Plan 5 Essentials Series Study

Fitness



The Daniel Plan
In-Action DVD – 40 Day
Fitness Program



The Daniel Plan
In-Action Accelerated
DVD – Deluxe 40 Day
Fitness Program

Spanish



El Plan Daniel



El Plan Daniel Guía
De Estudio (DVD
Y Guía De Estudio)



Kit De La Campana
El Plan Daniel



El plan Daniel
Diario Personal



Let's Stay in Touch

Start your free Health Profile at danielplan.com and get FREE access to:

- Expert tips, tools & videos
- Recipes from The Daniel Plan Café
- Encouraging devotionals & articles
- Weekly e-newsletter



FACEBOOK — Join our Daniel Plan Facebook Community at facebook.com/theDanielPlan

Connect with our Daniel Plan Online Community at:
goo.gl/m92Hv4/ (or search The Daniel Plan Support Group)



INSTAGRAM — Be inspired and encouraged with our daily Instagram posts:
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TWITTER — Never miss a tweet by following The Daniel Plan on Twitter:
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PINTEREST — Gather healthy recipes by joining our Pinterest community at:
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