

# *Master the Art of What To Eat*

A Recommended Guide to Look Your  
Best, Feel Your Best...For Good.



————— Cindy Nunnery —————

# Master The Art of What to Eat

A Recommended Foods Guide to Look  
Your Best, Feel Your Best...For Good.

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# Master The Art of What to Eat

Eating low-glycemic is critical to your success; not only for shedding fat, but also for overall health, more energy, mental clarity and true vitality.

The glycemic index is the way we rate foods on they turn into sugar when we eat them. The glycemic index of a specific food or meal is determined primarily by the nature of the carbohydrate or carbohydrates consumed and by other factors that affect the digestion of that particular meal (primarily the fat and protein content of that meal).

Glycemic load is defined as the weighted average glycemic index of individual foods multiplied by the percentage of carbohydrates that particular food contains. A simple calculation allows you to arrive at the glycemic load of any food.



“DON'T WORRY, I've have figured it all out for you and have included recommended foods based on both glycemic index and load. This guide will show you the desirable, moderately desirable and least desirable foods for you (I've got your back).”

The next important consideration is the quality of nutrients a particular carbohydrate contains. In this present world of highly processed foods, the quality of nutrients a carbohydrate contains varies tremendously. For example, all of our fruits, nuts, grains, and vegetables are classified as carbohydrates.

**We believe that you would agree with us that the nutritional value of sugar is not the greatest (it's really crap isn't it?).**

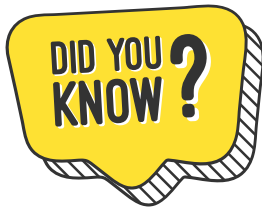
However, when you just look at the glycemic index and the glycemic load of table sugar, it really is not that horrible. Therefore, any foods that are high in sugar can give this highly processed carbohydrate a fairly good glycemic index and glycemic load.

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The point that we are trying to make is the fact that more and more people are becoming knowledgeable about the glycemic index of foods and basing which carbohydrates they are going to eat solely just on this index. You have to understand that the glycemic index is important but was never intended to be the only consideration when choosing which carbohydrates you were going to eat.

## Processed Carbohydrates—the Enemy

The main consideration for a healthy diet is for you to understand that the major reason we are in this health care crisis today of obesity, cardiovascular disease, and type 2 diabetes is because of the processed food industry and our fear of fat. That is correct; you must understand that highly processed carbohydrates are literally destroying your health and making people fat.



*Processed carbohydrates are absorbed very quickly into the blood stream and therefore spike your blood sugar, which stimulates the release of insulin (your fat storage hormone) and suppress glucagon (your fat releasing hormone).*

Most of that sugar is driven into our fat cells where it is quickly changed to fat. The blood sugar is quickly driven down by the excessive release of insulin into the hypoglycemic range where counter-regulatory hormones are then released to drive the blood sugar back up. You develop this overwhelming hunger and then you have to eat again—usually craving these high glycemic foods that started the process in the first place.

We feel, and the science shows, this is the primary underlying reason people have failed to lose weight permanently.

How could processed carbohydrates be so bad? After all some of them are low in fat. This fear of getting too much fat in our diet is unnecessary. The damage that this has caused to our health and our society is incalculable.

# Master The Art of What to Eat

## Whole Foods

In our programs, you will not need a scale to weigh your food, or deprive and starve yourself to death in order to lose weight. You simply need to understand the fact that there are good carbohydrates, good proteins, and good fats that need to be combined together into every meal and snack that you consume. When you look at whole foods, or any food man has not messed with, you will find that with only a few exceptions they make up what we call "Good Foods: Proteins, Fats & Carbohydrates". These are foods like apples, oranges, pears, grapes, beans, Brussels sprouts, cauliflower, nuts, carrots, and whole grains. These foods contain the vitamins, antioxidants, minerals, good fats, good proteins, and good carbohydrates our bodies require.

## Food Categories

We divide the main foods people consume into three categories:

1. **Desirable** Carbohydrates, Fats, and Proteins—should make up 70 to 80% of all the carbohydrates you consume.

2. **Moderately Desirable** Carbohydrates, Fats, and Proteins—should make up 20 to 25% of the carbohydrates you consume.

3. **Least Desirable** Carbohydrates, Fats, and Proteins—should make up only 5 to 10% of the carbohydrates you consume.

Please see the Recommended Food List below for a listing of the most common carbohydrates, fats, and proteins consumed in the United States and Canada. Not every food on the planet is in this document - if you have a question about something specific, please reach out to me.

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## High Glycemic Foods

80% to 90% of the carbohydrates adults and children are consuming in the US and Canada are considered to be high-glycemic. Bread, rice, cereals, and potatoes actually spike your blood sugar faster than if you were eating table sugar.

What are the high glycemic foods?

- Sugar, Candy, Ice Cream, Cookies
- White Flour, White Rice, White Tortillas
- Most Breads & Cereals
- Potatoes
- Highly Processed Foods
- “Instant” Foods
- Fruit Juices

These high GI foods cause our blood sugar to spike and then fall rapidly. When blood sugar is spiked, our bodies release the fat storage hormone called insulin. Insulin’s job is to store the excess sugar as fat.

When our blood sugar falls and gets too low (what goes up must come down), you get shaky, fatigue and have brain fog. You have uncontrollable hunger and your body drives you to “eat” – anything.

When blood sugar is kept stable, all kinds of good things occur in your life and body:

- You Release Fat, IN THE WAIST!
- Have even energy all day!
- Feel satisfied & lose the cravings
- Increase your fitness levels
- Have quicker recovery times
- You strengthen your immune system
- Inflammation is reduced
- AND YOU FEEL GREAT!

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## Healthy Fats

Give up the debunked low-fat. It is important to realize that the best fats come from our vegetables and healthy proteins. These contain the essential omega-3 fatty acids as well as the mono- saturated fats. They are very low in saturated fats. Cold-water fish like salmon, mackerel, trout, tuna, sardines, etc., since they contain high levels of the omega-3 fatty acids. Healthy fats also include avocado, olive oil, olives, whole nuts, and whole seeds (never seed-oils). Aim for 2-3 healthy fat, omega-3 rich meals per week.

## Proteins

Protein is an important macronutrient. It contributes to satiety, the feeling of fullness, and reduces hunger and has many health benefits. Dietary sources: lean red meat, chicken, fish, eggs, legumes, pulses, and soy (tofu, tempeh, some soy products). Including a combination of plant and animal-based protein as part of a balanced diet. Keep meat (including pork, lamb and others) servings to 1-2 per week.

Plant protein is high in soluble fibre, low GI, low in saturated fat and budget friendly. Include more protein sources from vegetable foods e.g., legumes, lentils, nuts and seeds and smaller portions of animal protein.

## The Ideal Low-Glycemic (GI) Meal/Plate

Ideally each meal should contain half vegetable or veg. salad, a quarter lean protein, a quarter low GI carbohydrates with some healthy fats added in.

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## Healthy Portioning

Aim for at least 2 large handfuls (2 cups) of high fibre, colourful vegetables and salad or half your plate.

Include one low GI carbohydrate choice serving. A serving is approximately ½ cup cooked, a 'fist size' or ¼ of your plate. The number of carbohydrate serves you need will depend on your age, activity levels, health goals and medical conditions.

Aim for one protein portion at each meal. One portion is 1 'palm sized' portion of protein or the size and thickness of a deck of cards.

Do not forget the essential fats, which can also contribute to satiety. Healthy fats include avocado, olive oil dressing, olives, nuts, and seeds. One portion is a 'thumb size' e.g., 1 Tbsp olive oil or ¼ avocado.

## How to Use this Guide

Think of the food categories as general guidelines for your food plan –remember this is not a diet, only recommendations for healthier eating. The lists include examples of what can be included, but are certainly not complete lists. If you have a clean, (or healthy) alternative that's not here, give it a try.

You don't have to include everything in your food plan either. Pick and choose what fits best for you according to taste, cost and availability.

Preferences change from person to person - choose what tastes best for you and works best for your body.

If you like what you eat, you'll enjoy the plan and stick with it – for life.

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## Desirable Foods

### Fruit

(If possible, fruit with skins should be organic)

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Green Apples
- Kiwi Fruit
- Lemon
- Lime
- Mango
- Melon
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

### Vegetables

(If possible, eat veggies that are local grown and/or organic, especially leafy greens)

- Acorn Squash
- Anise/Fennel Root
- Arugula Asparagus
- Beets Bell Peppers
- Bok Choy Broccoli,
- Broccolini, Rabe
- Brussel Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage Carrots
- Cauliflower Celery
- Collard Greens
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Watercress

# Master The Art of What to Eat

## Legumes

- Beans, butter
- Beans, kidney
- Beans, black
- Chickpeas (garbanzo beans)
- Lentils
- Soy Beans (non-GMO)

## Proteins

(If possible, all seafood should be wild caught, hormone-free. All meat, poultry & eggs should be organic, hormone-free and sulfate-free,)

### Seafood

- Cod
- Crab
- Mackerel
- Salmon
- Scallops
- Trout
- Tuna

### Poultry /Beef/Meats (Most meats have zero Glycemic Index (GI))

- Chicken
- Duck
- Turkey (meat, burgers, bacon)
- Pheasant
- Beef (lean)
- Turkey
- Pork (lean)

### Other Proteins

- Beans
- Bean noodles (beans + water only)
- Hummus
- Lentils
- Beef (lean, grass-fed)
- Pumpkin Seeds
- Chick Peas
- Eggs (range fed chickens)
- Hemp Seeds
- Quinoa
- Sunflower Seeds
- Soy Burgers
- Tofu/Tempeh

## Fat

- Avocado
- Almonds, raw
- Clarified Butter/Ghee
- Cashews raw, butter
- Coconut oil, butter, meat, flakes, milk
- EVOO (Extra Virgin Olive Oil)
- Flaxseed, flaxseed oil (cold pressed)
- Hazelnuts/Filberts
- Olives
- Walnuts

# Master The Art of What to Eat

## Nuts/Seeds (raw)

- Almonds
- Cashew Nuts
- Chia Seeds
- Flax
- Hazelnuts
- Macadamia
- Pecans
- Peanuts
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower seeds
- Walnuts

## Breads

- Ezekiel Sprouted Bread (only the ones with Certified Low-GI stamp)
- Pumpernickel (look for German with whole, rye kernels)
- Rye Kernel Bread

## Breakfast Cereals

- All-Bran
- Bran Buds
- Bran Buds with psyllium
- Oat Bran, raw

## Grains

- Rye
- Wheat, whole kernels
- Wheat, cracked (bulgur)
- Steel Cut Oats
- Quinoa

## Dairy/Non-Dairy

- Greek Yogurt, low fat
- Soy/Almond/Coconut Milk (unsweetened)

# Master The Art of What to Eat

## Moderately Desirable Foods

### Fruit

(If possible, fruit with skins should be organic)

- Bananas
- Prunes

### Vegetables

- Corn, sweet Non-GMO
- Rutabaga
- New Potato
- Sweet Potato

### Proteins

- Applegate turkey or chicken breast lunchmeat
- Buffalo
- Cottage Cheese (low fat)
- Elk
- Flounder
- Halibut
- Lamb
- Orange Roughy
- Sole
- Shrimp
- Venison

### Fat

- Cashews
- Pistachios
- Peanut butter
- Hazelnuts
- Peanuts
- (natural)
- Macadamias
- Peanut oil
- Walnut butter

### Grains

- Barley
- Buckwheat
- Couscous, boiled
- Rice (long grain & wild)  
Rice (brown)

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## Least Desirable Foods

### Misc.

- Baked goods
- Basmati rice
- Breads
- Breakfast cereals
- Candy
- Cookies
- Dairy
- Dates
- Figs
- Ice cream
- Instant potatoes
- Pasta/noodles
- Raisins
- Sugars, diet
- Sweeteners, diet
- White potato
- White rice

### Protein

- Bacon
- Fried Foods
- Ground Beef
- Hot Dogs
- Hamburger (lean)
- Ice Cream
- Liver, chicken
- Lobster
- Lunch meat
- Milk
- Oysters
- Pork
- Pepperoni
- Sausage
- Salami
- Spareribs, pork

### Fat

- Butter
- Corn oil
- Canola oil
- Cottonseed oil
- Cream Cheese
- Mayonnaise (natural, made from olive, soy, or canola oils)
- Margarine
- Partially Hydrogenated Oil, any
- Sunflower oil
- Soy oil
- Vegetable Shortening

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Think of the food categories as general guidelines for your food plan – remember, this is not a diet. The list is not a complete list. If you have a clean alternative, that's not here; give it a try.

You don't have to include everything in your food plan, either. Pick and choose what fits best for you according to taste, cost, and availability. Preferences change from person to person - choose what tastes best for you and works best for your body.

If you like what you eat, you'll enjoy the plan and stick with it – for life. For additional resources, visit <https://www.cindynunnery.com>.

Are you ready to dive deeper? If you're looking for a real, long-lasting change so you feel great, love your body, and have your confidence back, schedule a 15-minute free session to find out which of my coaching programs is a fit for you.

Cindy :)

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Helping Your Look and Feel Your Best in Any Stage of Life