



THE GUERRILLA DIET & LIFESTYLE PROGRAM

Hi there, its great to see you here again. Before we begin this weeks lesson, I have something important to teach you that will help you understand this lifestyle and how you can adhere to it easily at every single meal.

In this short lesson I will go over some rules you want to adhere to for food combining. These are based on what our ancestors ate before the agricultural age and is what is best suited for our species.

But before we get into food combining, you must be aware of the concept of proteins and carbohydrates. If you are not aware of these concepts of carbohydrates and protein I will just go over each of them in one sentence:

Carbohydrates are the body's main source of energy.

Without them your body will use protein and fat for energy. They are found in most abundance in grains and root vegetables.

Proteins play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.



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Proteins are found in abundance in animal products and legumes and seeds.

It is important to know these two main food groups because you should have one representative in every meal.

For health, it is best to only have one representative of each of these food groups in every meal. You do not need more, although if sometimes you have two representatives from one of these food groups, it is still alright if it doesn't happen often.

For example, having bread as a carbohydrate and having humus as the topping for the protein, is great. On the other hand, having bread with tuna and mayonnaise is not preferable because the mayonnaise has an egg inside that is also a protein. You should aim to stick with one protein and one carbohydrate representative per meal.



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In order to create a full meal, a carbohydrate and protein representative will need to be accompanied by some vegetables that you want to add to every meal. You can add as many vegetables as you like to each meal. In fact, here the more is also the merrier. Vegetables can be eaten cooked or raw and will ensure you get your nutrient requirements most easily.

You may also want to add nuts to a meal, also with nuts, it is preferable to only add one type of nut.

Although I mentioned seeds as a protein source, seeds can be eaten with other seeds, so you don't need to limit yourself to just one seed per meal. For example, you can eat a salad with tahini, bread, and roasted sesame seeds.

I will talk about fruits in length in another lesson but it is important to know the rules of food combining for fruits. If you are interested in weight loss, and health, fruits should be eaten alone, or maximum with a few nuts.



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Fruits do not combine well with other foods and the byproduct is a fatty liver. The rule of eating one type of nut also exists if it is consumed with a fruit.

So let's go over this short summary of food combining so that there won't be any confusion.

1. every meal should have one whole grain carbohydrate or potatoes of all types.
2. Every meal should have one protein source of legumes, meat, eggs or seeds
3. Every meal should have an assortment of vegetables, cooked or raw
4. A meal may also have some nuts if you desire
5. A meal may have different types of seeds if you desire.
6. A meal should not have fruits unless the meal is a small snack of only fruits, or fruits with nuts.
7. When consuming oranges and melons, it is best to consume them alone, without other fruits.



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These are the best guidelines for food combining and they should be adhered to throughout your life. They are not difficult and all it takes is a little awareness on your part in the beginning, until these new health habits become your default behaviors.

So now let's move on to this week's lessons.



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