

## MENU IDEAS FOR PARASYMPATHETIC DIET PLAN

**Macronutrient Ratios:** 30% Carbohydrates 40% Protein 30% Fat  
(Adjust serving size and macronutrient ratios to meet individual needs.)

C = Carbohydrate  
SC = Starchy Carb

F = Fat  
P = Protein

Pf = Protein w/small amount of fat  
Fp = Fat w/small amount of protein

X = Condiment or Extra

The menus in this category are to stimulate ideas, and are based primarily on a parasympathetic type food list. Please adjust according to individual taste preferences and macronutrient needs. You may also choose from the FAST Oxidizer Menus for additional ideas. Suggestions and ratios may not work for everyone. Be aware of how you feel after each meal. You should have energy, zero cravings, and be satisfied between meals – if you are not, then you need to adjust your ratios or food choices.

Be creative and add foods from your allowable food list and spices – staying within your macronutrient ratio. It is important to use organic foods at least 85-90% of the time. This ratio may vary if you are someone who travels often.

Preparation time on all or most menu ideas is 15 minutes or less. These menu ideas are designed for the busy person's lifestyle. For more extravagant ideas such as casseroles and recipes, you may want to refer to the book "Nourishing Traditions" by Sally Fallon: [newtrendspublishing.com](http://newtrendspublishing.com)

Tips on following your menu guidelines

- Avoid gluten and Dairy for 3 months to identify and heal from any potential allergies
- Alternate foods, i.e., choose different nuts and seeds, different meats, different fruits/vegetables every week.
- Feel free to mix up the menus as long as you are staying within your proper ratios of carbs/proteins/fats
- Some of the spices suggested are excellent for the circulatory system
- Snacks can be used as part of a meal as long as a protein is chosen to go with them
- AVOID or MINIMIZE PORK, AVOID OR MINIMIZE WHEAT, AVOID PASTEURIZED DAIRY, AVOID CANOLA OIL
- Avoid using the microwave, even if only to warm water

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### BREAKFAST

<p><b>C</b> 8-10 ounces coconut milk or almond milk <b>F</b> 1/2 avocado <b>F</b> 2-3 TBS full fat FAGE Greek yogurt <b>Fp</b> 1 TBS flax seed, hemp seed or chia seed <b>C</b> 1tsp Raw honey or Manuka honey <b>Fp</b> 1-2 organic raw eggs (Optional)</p>	<p><b>P</b> 2-3 chicken, turkey or beef sausage <b>F</b> 8ounces plain yogurt no sugar <b>C</b> Berries – gogi, mulberries, or blueberries <b>F</b> Handful of raw nuts</p>	<p><b>Pf</b> 2-3 eggs <b>F</b> 1tsp coconut oil with eggs <b>C</b> Bowl of fresh Blueberries <b>Cf</b> 1/2 avocado chopped <b>F</b> 8-10 crushed almonds <b>X</b> 1tsp raw cacao (optional)</p>
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### SNACK

<p><b>C</b> Apple or Banana <b>F</b> Raw Nuts or cheese</p>	<p><b>C</b> Bowl of blueberries/blackberries/raspberries <b>F</b> 2 tbls crushed hemp seeds or raw nuts</p>	<p><b>C</b> 5-6 dates <b>F</b> Dip in Almond butter</p>
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### LUNCH

<p><b>P</b> 1/4lb ground beef burger (Natural, grass fed) <b>X</b> Cook in coconut oil, sea salt, pepper, tumeric Raw <b>F</b> cheddar melted over <b>C</b> Side of celery sticks with almond butter <b>C</b> Side of carrot sticks</p>	<p><b>P</b> 1/4lb Natural Deli Meat (Roast Beef, Turkey, Chicken) <b>C</b> Chopped Romaine Lettuce <b>C</b> 1 ounce Blueberries, <b>Pf</b> 3 TBS Hemp Seed <b>F</b> 1 ounce feta cheese <b>F</b> Olive Oil, sea salt, pepper</p>	<p><b>P</b> 1 Chicken Thigh – with skin (6-8ounces) <b>C</b> 1 chopped pear <b>F</b> 1 ounce feta cheese <b>F</b> 10 almonds or handful sunflower seeds</p>
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### DINNER

<p><b>P</b> 1/4lb Buffalo meat (4-6 ounces – Baked – cooked in coconut oil) <b>Cf</b> Green Beans in butter <b>F</b> Crushed almonds</p>	<p><b>P</b> 1/4 lb chicken legs and thighs baked in oven with butter or coconut oil <b>C</b> cauliflower, mushrooms, onions, celery mixed – sautéed in butter or coconut oil <b>F</b> 1 ounce feta cheese over cauliflower or handful sunflower seeds</p>	<p><b>P</b> 6-8 ounce steak <b>C</b> asparagus tips steamed in butter <b>C</b> 3 slices raw cheddar cheese</p>
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