

Levelupwithdriris Food Guide

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levelupwithdriris.com

IRIS RADEV, M.D.

LOW CARBOHYDRATE NUTRITION GUIDE: FOR OPTIMAL HEALTH

GO: EAT FREELY

Mainly composed of whole foods (unprocessed). Keep your **NET CARBOHYDRATES** below 50 grams/day to stay low carb. It is best to eat a combination of proteins, fats and low-carb vegetables to make a nutrient dense meal

PROTEINS

MEATS AND EGGS: Pastured Pork and Poultry (Chicken, Turkey, Duck, Goose), Grass-fed meat (Beef, Lamb, Goat, Venison) Grass-fed, Offal (liver, heart, kidneys, other organs meats), Pastured Eggs

PLANT-BASED: Seeds (Sunflower, Pumpkin, Hemp, Flax), Nuts (Almonds, Macadamia, Walnuts, Pecans, Hazelnuts, Pine), Nut butter (Almond and Peanut - look for no Sugar Variety), Green Peas

SEAFOODS: Wild-caught fish, Shellfish, Crabs, Lobster, Oysters, Seaweeds

OTHERS: Whey Protein (no additives, artificial sweeteners, hormones, and soy lecithin), Egg white protein, Gelatin (Grass-fed and hormone-free)

FATS

OILS (MONOSATURATED FATS): Olive oil, Avocado oil, Macadamia oil, (Saturated Fats), Coconut oil, MCT oil

FATS (SATURATED FATS): Lard, Tallow, Chicken Fat, Goose fats, Clarified Butter (Ghee), Butter

FATTY FISH AND SEAFOOD (POLYUNSATURATED FATS-OMEGA 3 FATTY ACIDS): Salmon, Mackerel, Tuna, Sardines, Herring, Anchovies, Trout, Klippers, Catfish, Halibut, Swordfish, Caviar, Mussels, Oyster, Pollock

PLANT-BASED: Seeds (Chia, Flax, Hemp), Avocado, Coconut Meat, Macadamia, Pecans, Walnuts, Cocoa Nibs (different from cocoa powder which has high net carb)

OTHERS: Egg yolk, Butter, Full Fat Yogurt (No Sugar Added), Grass-fed Meat, Lamb/Mutton, Beef, Pork, Wild, Duck

CARBOHYDRATES

VEGETABLES: Lettuce, Broccoli, Arugula, Swiss Chard, Celery, Spinach, Water Spinach (Kangkong), Asparagus, Cilantro, Okra, String beans, Cucumber, Kale, Cabbage, Zucchini, Collard Greens, Brussel Sprouts, Leeks, Cauliflower, Mushroom, Alfalfa Sprouts, Bokchoy, Moringa leaves, Parsley, Dill, Chives, Endive, Radicchio, Eggplant, Garlic, Konjac (Shirataki), Noodles/Rice, Jicama

FRUITS: Avocado, Coconut, Starfruit, Berries (Strawberries, Blackberries, Raspberries, Gooseberries, Blueberries), Lemon, Guava, Makopa, Aratilis, Kiwi

OTHERS

DRINKS (NO SWEETENER/PLAIN): Water (plain, ginger, lemon, cucumber), Black Coffee, Tea (Black, Herbal, Green, Almond Milk (unsweetened))

SALTS, SPICES, HERBS: Organic and unprocessed herbs, and spices, without added sugars, Himalayan salt pink salt, Kosher salt, Sea Salt

CONDIMENTS AND PICKLED FOODS WITH NO SUGAR: Apple Cider Vinegars, Coconut Vinegar, Rice Vinegar, Mustard, Pesto, Pickles, Fermented Foods - best if homemade (Kimchi, Sauerkrauts), Italian Vinaigrette

BAKING SUPPLIES: Almond Flour, Coconut Flour, Psyllium Husk Powder, Xanthan Gum, Cream Of Tartar, Oat Fiber (different from Oat Flour), Baking Powder, Baking Soda, Vital Wheat Gluten (different from wheat)

MAG-COMMIT MUNA KAY FOOD GUIDE.

Box (330g) STIMULA

PROCESSED MEATS: Bacon, Sausage, Ham, Salami, Pepperoni, Canned Meat, Hot Dogs, Meat, Bologna, Beef Jerky (no sugar)

MILK: look for full fat dairy

DAIRY PRODUCTS: Plain Full Fat Yogurt, Cottage Cheese, Heavy Creams, Sour Cream, Soft and Hard Cheeses, Regular Butter

FRUITS: Cantaloupe, Peach, Watermelon, Orange, Cherries, Plum, Clementine, Apple, Lanzones (few pieces), Papaya

GRAINS, LEGUMES, (limit amounts to meet your low carb requirement): Bulgur, Oats, Popcorn, Lentils, Chickpeas, Beans

SWEETENERS (limit amounts due to Sugar Addiction Trigger): Erythritol, Monkfruit, Stevia, Xylitol, Allulose

STOP: DO NOT EAT AND DRINK

These foods and drinks can promote sugar addiction and/or cause inflammation. Sugar addiction relapse can bring you out of fat adaptation and ketosis. It can hyperstimulate insulin, promoting weight gain and related adverse health effects

REFINED GRAINS AND PRODUCTS: White Rice, Whole Wheat, Refined Wheat (White Flour), Baked Products (Breads, Cakes, Pastries, Cookies, PIZZA, etc.)

HIGHLY PROCESSED FOODS: Chips, Ice Creams, French Fries, Candies, Desserts, Chocolates

SUGARS: White/Brown, Palm, Muscovado, Coco, Corn, Cane, Icing, Honey, Agave, Corn Syrup, Sorbitol, Molasses, Maple Syrup, Maltose, Maltodextrin

REFINED FATS/OILS: Sunflower, Safflower, Cottonseed, Canola, Soybean Oil, Grapeseed Oil, Corn Oil, Margarine, Processed Butter Substitutes

ARTIFICIAL SWEETENERS (cause cravings/promotes sugar addiction): Aspartame, Acesulfame, Sucralose, Saccharin, Maltitol, Isomaltol-oligosaccharide (IMO)

SUGARY DRINKS: Beer, Pop/Soda/Soft Drinks, Fruit Juices, Teas And Coffees with Sugar, Energy Drinks, Sweet Wine, Cocktails With Sugary Mixes

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LevelUpWithDrIris Food Guide is a comprehensive approach to understanding nutrition and healthy eating. Dr. Iris's philosophy revolves around

empowering individuals to make informed food choices that support their overall well-being. This guide aims to delve into the principles of this food guide, covering essential nutrients, meal planning, and the importance of a balanced diet.

Understanding Nutrition Basics

Before delving into the specifics of the LevelUpWithDrIris Food Guide, it is essential to understand the fundamental components of nutrition. A balanced diet is critical for maintaining good health and preventing chronic diseases.

1. Macronutrients

Macronutrients are the nutrients required in larger amounts, which include carbohydrates, proteins, and fats.

- Carbohydrates: They serve as the body's primary energy source. Whole grains, fruits, and vegetables are excellent sources of complex carbohydrates, providing fiber and essential vitamins.
- Proteins: Essential for muscle repair and growth, proteins can be sourced from both animal and plant-based foods. Lean meats, fish, eggs, legumes, and nuts are all rich in protein.
- Fats: Healthy fats are necessary for hormone production and nutrient absorption. Sources of healthy fats include avocados, nuts, seeds, and olive oil, while trans fats and excessive saturated fats should be limited.

2. Micronutrients

Micronutrients are vitamins and minerals needed in smaller amounts but are crucial for various bodily functions.

- Vitamins: These organic compounds play vital roles in metabolism, immunity, and cell function. For instance, Vitamin C strengthens the immune system, while B vitamins are essential for energy production.
- Minerals: Minerals like calcium and iron are critical for bone health and oxygen transport, respectively. Incorporating a variety of fruits, vegetables, dairy, and lean meats can help meet micronutrient needs.

Key Principles of LevelUpWithDrIris Food Guide

The LevelUpWithDrIris Food Guide is built around several core principles that emphasize the importance of holistic nutrition.

1. Whole Foods Focus

A significant aspect of this food guide is the emphasis on whole, unprocessed foods. These foods are closer to their natural state and provide essential nutrients without added sugars, unhealthy fats, or preservatives.

2. Balanced Meals

Creating balanced meals is crucial for maintaining energy levels and ensuring adequate nutrition. Each meal should ideally consist of:

- A source of protein (e.g., chicken, tofu, beans)
- A healthy carbohydrate (e.g., quinoa, brown rice, sweet potatoes)
- A variety of colorful vegetables (e.g., spinach, bell peppers, carrots)
- A healthy fat (e.g., olive oil, avocado, nuts)

3. Portion Control

Understanding portion sizes is vital for maintaining a healthy weight. The LevelUpWithDrIris guide encourages individuals to listen to their hunger cues and eat until satisfied rather than full. Using smaller plates and bowls can help manage portion sizes effectively.

4. Meal Prepping and Planning

Meal prepping is an excellent strategy for ensuring that healthy options are readily available throughout the week. The LevelUpWithDrIris Food Guide encourages individuals to plan meals ahead of time, which can:

- Save time during busy weekdays
- Reduce the likelihood of unhealthy snacking
- Ensure a variety of nutrients are consumed

5. Mindful Eating

Mindful eating is about being present and fully engaged during meals. It

involves paying attention to the flavors, textures, and aromas of food, which can enhance the eating experience and promote better digestion.

Creating Your Meal Plan

To implement the principles of the LevelUpWithDrIris Food Guide, it is helpful to design a weekly meal plan. Below is a simple framework to get started.

Step 1: Choose Your Protein Sources

Select a variety of proteins for the week. Options might include:

- Chicken breast
- Lentils
- Salmon
- Tofu
- Eggs

Step 2: Select Your Carbohydrates

Incorporate whole grains and starchy vegetables:

- Quinoa
- Brown rice
- Sweet potatoes
- Oats
- Whole grain pasta

Step 3: Pick Your Vegetables

Aim for a colorful assortment to maximize nutrient intake:

- Spinach
- Broccoli
- Carrots
- Bell peppers
- Zucchini

Step 4: Include Healthy Fats

Add healthy fats to your meals for flavor and nutrition:

- Avocado
- Olive oil
- Nuts (almonds, walnuts)
- Seeds (chia, flaxseed)

Step 5: Plan Snacks

Healthy snacks can help maintain energy levels throughout the day. Consider:

- Greek yogurt with berries
- Hummus and carrot sticks
- A handful of nuts
- Apple slices with almond butter

Tips for Successful Implementation

Implementing the LevelUpWithDrIris Food Guide can be a transformative journey. Here are some practical tips to help you succeed:

1. **Start Slowly:** Introduce changes gradually to avoid feeling overwhelmed.
2. **Stay Consistent:** Consistency is key to developing healthy habits.
3. **Involve Family:** Encourage family members to participate in meal planning and prepping.
4. **Stay Hydrated:** Drink plenty of water throughout the day to support overall health.
5. **Seek Support:** Consider joining a community or group that shares similar health goals.

Conclusion

The LevelUpWithDrIris Food Guide provides a holistic approach to nutrition that emphasizes whole foods, balanced meals, and mindful eating. By understanding the importance of macronutrients and micronutrients, individuals can make informed food choices that cater to their unique health needs. With thoughtful meal planning and preparation, anyone can successfully implement this guide into their daily routine, leading to improved health and

well-being. Embrace the journey towards a healthier lifestyle and remember that every small change contributes to your overall success.

Frequently Asked Questions

What is the 'LevelUpWithDrIris' food guide?

The 'LevelUpWithDrIris' food guide is a comprehensive resource designed to promote healthy eating habits, offering practical advice, meal plans, and tips for incorporating nutritious foods into daily life.

Who is Dr. Iris and what are her qualifications?

Dr. Iris is a licensed nutritionist and health coach with extensive experience in dietary science, wellness coaching, and creating personalized nutrition plans.

What types of diets does the food guide cover?

The food guide covers a variety of diets including plant-based, Mediterranean, ketogenic, and balanced diets, catering to different dietary needs and preferences.

How can the food guide help with weight loss?

The food guide provides structured meal plans, portion control strategies, and tips on choosing low-calorie, nutrient-dense foods, making it easier to achieve and maintain weight loss goals.

Are there any recipes included in the 'LevelUpWithDrIris' food guide?

Yes, the guide includes a variety of healthy recipes that are easy to prepare, emphasizing whole foods and balanced nutrition.

Can the food guide be adapted for specific dietary restrictions?

Absolutely! The guide offers alternatives and adjustments for common dietary restrictions such as gluten-free, dairy-free, and nut-free options.

Is the food guide suitable for children and families?

Yes, the 'LevelUpWithDrIris' food guide includes family-friendly meal ideas and tips for teaching children about healthy eating habits.

How often is the food guide updated?

The food guide is regularly updated to reflect the latest nutritional research and trends, ensuring users have access to current and effective dietary advice.

Where can I access the 'LevelUpWithDrIris' food guide?

The food guide is available online through Dr. Iris's official website, where users can purchase or subscribe for access to the latest content.

What makes the 'LevelUpWithDrIris' food guide different from other nutrition guides?

The guide emphasizes a holistic approach to nutrition, integrating physical activity, mental well-being, and personalized coaching, making it more than just a dietary plan.

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