



**REAL FOOD RESCUE  
PROGRAM GUIDELINES**



# REAL FOOD RESCUE

## Program Guidebook

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Welcome to the Real Food Rescue! We are so happy that you made the decision to join us and completely change your life. This guide will be your go-to resource for the program. We will start with a brief introduction to each of us. Then we will go over what to expect with the program, what we expect from you commitment-wise, and some suggestions we have to make it easier for you. Finally we have recipes and lists for you, to help make the transition to real food easier!

### Who Are We?

#### **Kathryn Kos, M.ED, NTP**



Kathryn is a Nutritional Therapy Practitioner (NTP), who specializes in healing leaky gut and overcoming autoimmune diseases. Kathryn is a blogger at [www.primalblissnutrition.com](http://www.primalblissnutrition.com). Kathryn also writes research and blog pieces for Enviromedica and Paleo Movement Online Magazine ([www.paleomovement.com](http://www.paleomovement.com)). She enjoys public speaking on ancestral health topics.

She is a mama of two boys and passionate about feeding infants, toddlers, and children real food. Kathryn overcame her own health struggles with several autoimmune diseases. She feels happier and healthier than ever before! She is looking forward to helping YOU feel better as well. In her spare time Kathryn enjoys CrossFit, hot yoga, bass fishing, hiking, and wrestling with her boys.

#### **Robin Morgan, BA, CHHC**

Robin is an Integrative Nutrition Health Coach, Gluten/Grain Free Specialist and Non-Toxic Educator at [AnewNutrition.com](http://AnewNutrition.com). After suffering with stomach issues most of her life, she was diagnosed with Celiac Disease in 2003 and began healing herself by changing her diet and eliminating gluten. After a seemingly dramatic recovery from "IBS," infertility, chronic stomach pain and rosacea by simply changing what she ate, Robin was driven to study nutrition and preventative health so she could help others heal themselves.



Robin's focus on what clients are consuming extends not only to the food they eat, but how that food relates to a client's surroundings, their relationships, their passions, activities and work. Food is extremely emotionally-charged, and many of our fundamental issues with food arise from our life associations. Robin applies her education in Sociology, Life Coaching and Nutrition to analyze the whole individual; not just what's on their plate.



## What Do I Need to do to Follow This Program?

Your commitment is to follow 4 weeks of just eating real food. It sounds simple enough, but may be a transition for you, if you are accustomed to eating processed foods. We want to eat foods that ARE ingredients (like fruits and vegetables) not foods that HAVE ingredients. If you pick something up at the grocery store that has an ingredient label that reads like a chemistry experiment, PUT IT BACK! Aim to eat foods that will rot, just eat them before they do. Keep it simple and make sure you can identify ALL the ingredients on your plate, just eat real food.

### The Program Guidelines:

#### Eat the following:

- Meats and eggs: including beef, poultry, pork, wild caught fish, wild game, eggs, etc.
- Vegetables: All, including both starchy & non-starchy, eat liberally
- Fruits: Try to avoid high fructose fruits, and stick with berries
- Nuts and seeds
- Healthy fats: Coconut oil, ghee (clarified butter), palm oil, tallow, lard, extra virgin olive oil, etc.

The foods listed above do not come in a box or bag. They do not contain a label, or have an advertising budget. These are the foods that nourished us for hundreds of generations, before processed foods came along. Remember to keep it simple! With the foods listed above there are so many options for meals, the possibilities are endless.

#### Avoid the following:

- Grains
- Gluten
- Dairy
- Soy
- Vegetable oils
- Processed foods
- Added sugars
- Alcohol

#### So where do you start? Check out the steps below to get started:

1. Clear out the pantry and the fridge. Remove any processed and/or packaged foods. Stock your fridge and pantry with the items from the REAL FOOD Shopping List Document.
2. Meal Planning must be done weekly for success. Take a look at the recipe guide and pick your meals for breakfast, lunch and dinner and perhaps a snack or two. We want to make this process easy for you. Each of the 4 weeks you will plan ahead, deciding what you will have for each meal.



3. Commit! Tell your friends and family (if you didn't drag them into the program with you) and stick to the program. It's not always easy (see our timeline), but it is ALWAYS WORTH IT!

### **Other lifestyle factors to consider during the program:**

While diet is the main focus of The Real Food Rescue program, we recognize that you are not one-dimensional and that your lifestyle elements are very important for your overall well-being. You can have your diet on lockdown and be as clean as a whistle but if you forget to sleep or are so stressed you are pulling your hair out, you will never reach the ultimate level of success at health that you could. Let's focus on these lifestyle factors briefly to remind you that you need to focus on you first and foremost. When you put yourself first you end up being the best version of yourself and others will get more out of you. Remember, you are worth it!

### **Sleep:**

Beauty rest is a real thing, no matter what age, sex or race you are, you NEED sleep. That's right you can live without water and food for a short period of time but you CANNOT, we repeat, you CANNOT live without sleep. That must mean it is pretty important! We have people tell us all the time that they can sleep when they are dead, well guess what, you will be dead sooner if you do not sleep, so GET TO BED.

Sleep helps restore both our physical health and our mental health. Ever slept for less than four hours and felt like you could not finish your sentence? That's because your brain needs sleep to repair itself from all that it goes through in the day, same goes with your physical wellbeing.

We recommend that adults receive **7 to 9 hours of sleep per night**. It has been shown that sleeping for this amount of time in a dark, cool and quiet place is beneficial not just for your health but can also decrease your stress hormone cortisol and can help with weight loss. It is also important to remember to unwind a few hours before bed.

We are inundated with blue lights from all of our phones, TVs, computers, etc. and this can trick our bodies into thinking it is still light out and thus not time for sleep. We recommend you shut off all technology at least 1 hour before bed, if not sooner. Yes you can disconnect and make time to hang out with family/friends, read a book or even go to be sooner!

**Moral of the story?** Get 7-9 hours of QUALITY sleep and turn off all technology to ensure your best night's sleep ever.



## **Stress:**

You have ZERO stress in your life right? I can guarantee that statement is false for all of you. We live in a world where more is better and a 9 to 5 job no longer exists. We have to be everything to everyone and no longer take time to relax and unwind. As a result we have become walking zombies that are on the verge of our next panic attack. This chronic stress is causing a detrimental effect on all of our lives.

Once again while diet is very important, stress can derail all of our efforts. Humans are meant to deal with acute (short-term) stress, but we now have stress CONSTANTLY. From the second our alarm (yes that's stress inducing) goes off in the morning to the few seconds before we go to bed watching the depressing nightly news we are stressed out.

This stress causes our stress hormone cortisol to be spiked constantly. This leaves us feeling tired and wired and can even cause blood sugar to stay elevated which leads to many chronic diseases (read: diabetes) and weight gain. Not only will we have bags under our eyes we will also likely be experiencing things like insomnia, headaches, anxiety, panic attacks and unwanted belly fat.

In a world where your best has not been good enough since YEARS ago, we must find a way to decompress and manage our stress immediately. Consider this a wake up call, you NEED to manage your stress NOW. There are many ways to do so here are a few we recommend:

- Keep a gratitude journal, write 3 things daily you are grateful for
- Add yoga and/or meditation to your daily practice
- Go for slow and relaxing walks
- Take a technology break a few hours a day or disconnect for 1 day/week
- Take a vacation

## **Movement:**

Just keep swimming, swimming, swimming. Once again diet is a great deal of your overall health BUT without movement we may become very fragile and easier to kill. It is important to get moving daily. This does not mean you have to be an Olympian or even a Crossfit athlete but you do need to use your body for what it was meant for, moving.

In this day and age we spend a large amount of our time in a seated position barely moving. You may be sitting down reading this right now and we want you to stand up and get moving RIGHT NOW! It is so easy for us to be sedentary but we encourage you to move whenever possible. Your job and tasks will be waiting for you when you get back from a short walk, we promise.

Movement not only helps with your cardiovascular health (aka your heart) it is also protective of your muscles, joints and your brain. We recommend you shoot for at least 1 hour of movement per day. Yes 1 whole hour, that's a grand total of 4% of your day, you are worth it. Movement can be as simple as stretching or walking or it can include things



like hiking, kayaking, skiing, swimming, yoga or whatever makes you feel good! Grab a buddy to hold yourself accountable and get moving.

*If you are convinced and ready for your Real Food Rescue, check out the shopping lists and recipes to get started. If you still need some more convincing, here is some motivation and background for you:*

## **The Evolution of the Modern Diet:**

Today's foods tend to be SAD (SAD=Standard American Diet) and consist of fast, processed, fake, and microwaved foods. However, a diet rich in nutrient-dense, whole food IS the TRUE foundation for optimal health. Modern meats are full of steroids and antibiotics. Modern dairy is chemically altered and full of hormones. Farming methods have a huge impact on the nutrient content found in produce. For example, some commercially grown oranges have no vitamin C in them. Manufactured and packaged foods contain toxins, additives, chemicals, hydrogenated oils, and fake sweeteners. We have forgotten to enjoy the foods nature has prepared for us and we are sicker than ever.

### *HOW DID WE GET TO THIS?*

There were several key milestones that brought us to this point. The first is the agricultural revolution which occurred approximately 12,000 years ago. Prior to that, we were hunter gatherers! The next huge milestone was the introduction of refined sugar approximately 400 years ago. Next the Industrial Revolution occurred in the 1800's. Out of that, came the food giants of the 1900's. This was the birth of breads, cereals, and processed foods that are now the staple in today's modern diet! While there have been some great things that have come out of these milestones, we have unfortunately allowed our food supply to become "Frankenfoods". Health was put on the backburner for convenience and we much preferred to save money on food (or should we say food-like products) then on our well-being.

### ***So why do we care?***

Our health has declined over the past few hundred years, especially in the United States and many first world countries. We have allowed fad diet after fad diet to dictate our next meal, and it's not working. Most of us were satisfied with low-fat and nutrient poor diets, that was until Dr. Weston A. Price stepped in.

Who was Dr. Weston Price? Dr. Price was a dentist who studied the teeth of cultures from all over the world. He found that while the diets of healthy cultures varied greatly, there were several things they had in common:

- The diets contained no refined or denatured foods "foods of commerce"
- The diets used some type of animal products, some raw



- The diets were four times as high in calcium and other minerals, and encompassed 10 times the amount of fat-soluble vitamins as the modern diet
- The diets included high enzyme content (raw, fermented, and cultured foods)
- Seeds, grains, and nuts were soaked, sprouted or fermented to make them digestible
- Fat content varied from 30% to 80% of the diet. Polyunsaturated oils only made up about 4%
- Omega 6 to omega 3 fatty acids were balanced
- The diets contained some salt
- The diets made use of bones, usually as bone broths

Dr. Price found that there is a great variety of diets that are healthy. However, there are certain dietary laws that are not flexible or changeable:

- One must get fat soluble vitamins from animal sources
- In order to be healthy, foods must be properly prepared and in their whole form

What is the takeaway message?

Eat like our early ancestors for optimal health! Stick with real food, food that comes from plants and animals, and has not been processed. Eat traditional foods like bone broth and fermented foods.

## **Food Selection:**

*How much carbohydrates/protein/fats should I be consuming?*

You want a balanced amount of carbohydrates, protein, and fats. We are all bio-individuals so the amount that is optimal for you varies from person to person. However, as a general guideline we recommend:

**40% Carbohydrates:** Low glycemic vegetables raw or lightly cooked, with occasional starchy carbs, keeping starchy carb intake below 15%

**30% Fats:** Saturated fats from healthy animals, coconut oil, or palm oil, cold-pressed olive oil

**30 % Proteins:** Grass-fed beef, wild meats, pasture raised poultry, organic lamb, pasture raised eggs, low-toxicity seafood

\*keep in mind that some people require less carbohydrates, and more fat and protein. The 40/30/30 guidelines are within the Paleolithic ranges, but there is plenty of room for your own personal adjustments.\*



## **Food Quality:**

### ***How do I ensure I am getting the best quality food?***

Think variety, locally, and seasonally! Avoid refined and denatured/processed foods such as those made with:

- Hydrogenated vegetable oils
- Refined sugar and corn syrup products
- White flour products
- Canned foods
- Pasteurized, homogenized, skim, and low fat milk products
- Artificial vitamins
- Food additives and colorings
- Refined table salt

Try to incorporate raw foods like sushi and marinated fish, pasture raised eggs, raw honey, and raw vegetables and fruits. These foods have enzymes to help digest and assimilate the food, therefore absorbing quality nutrients.

If the majority of your foods are cooked (typical in our culture) include fermented foods as a side dish to help with digestion of the foods. Some examples are raw sauerkraut, fermented pickles, fermented beet or carrots, and kombucha tea.

Choose grass-fed meats, wild caught seafood, and pasture raised eggs. This ensures the animal was fed its natural diet, was healthy and happy. Remember, "we are what we eat eats" We want to avoid industrial foods, and that includes meats that are raised in an industrial environment. This is better for our health and the health of our environment.

### **Grass-fed beef vs. grain-fed beef health differences:**

- E. coli contamination in grass-fed meat is extremely low compared to industrialized grain fed meats. Grass-fed cows have healthier intestines. Grass-fed beef does not contain antibiotics and hormones like those found in grain-fed meats.
- Grass-fed beef contains about four times more omega-3 fatty acids than grain-fed beef. These fatty acids help to produce DHA and EPA, and help keep our fatty acid balance in check.
- Grass-fed beef contains conjugated linoleic acid, otherwise known as CLA. CLA is a potent cancer fighter, and very anti-inflammatory fatty acid.
- Grass-fed beef is a great source of Vitamin A (about ten times more than grain-fed beef), as well as Vitamine E and B vitamins
- ALL of the health arguments against eating red meat do not apply to grass-fed beef!

\*Look for grass-fed AND grass-finished beef, or 100% grass-fed beef. Some companies will grain-finish the beef, and this changes the health of the meat. Also, talk to your local farmer, they will be able to tell you how they raise their animals best!





## What happens next?

We cannot wait for you to take the leap and commit to The Real Food Rescue program. We know you will feel better and will start to reach all of your health goals. However, we do not want you to think of this program as a short-term solution to your long-term goals. We have found that when our clients think of going ON something like a diet they tend to come OFF of them and end up back where they were. This is a lifestyle change and you should be working to adopt a lot of what you have learned during this program throughout your entire life.

Once the program is over you may be thinking that you want to eat all the cake, cookies, chips and alcohol you want and more but listen to us, DO NOT DO IT! You have done so much for your health that it is not worth derailing your progress just because you feel that you deserve a treat. Pick one food item that you have missed over the past month and have a small serving of it. Then go right back to the habits you have adopted from the program. Always try and make your next meal, your best meal.

If you fall off, and it's okay if you do, just pick yourself back up. If you were to trip down the stairs would you throw yourself down the rest of the flight? NO! So think of your diet as the same way. Pick yourself back up and eat some vegetables, you will thank us later.

As far as whole foods like dairy, legumes and grains that we do not include in this program we recommend you try adding them back ONE at a time. This is so you can experiment and see if they have any negative effects on your health. If you add them all back at once you will not know what, if anything is causing you ill health. Pick your first food item, say dairy and add it back slowly for 3-4 days. If negative effects are noticed (i.e. digestive distress, brain fog, trouble sleeping, skin issues, etc.) then take it back out and wait a week to try anything new. If you notice NO difference, great, keep it as a small part of your diet, ensuring good quality. Then after those 3-4 days add another item and continue with this process. Continue to search for real foods that make you feel the best possible.

## Closing Thoughts:

Thank you for allowing The Real Food Rescue Crew to be a part of your real food health journey. We are so passionate about a real food lifestyle and want you to feel the best you possibly can through this program and beyond. We are here to help you and would love any and all feedback. Remember that you get out what you put in. To do so, try your best to focus on eating real foods, getting enough sleep, managing your stress, decreasing toxins and moving daily. We want you to succeed and cannot wait to hear about your success story. Remember to **JUST EAT REAL FOOD** and that **YOU ARE WORTH IT!** We are so grateful for you and wish you all the best.

In health,

**Kathryn & Robin**  
*The Real Food Rescue Crew*

