

## Module 1 Food Guide and Action Plan

**All the information you need to get started on the recommendations for Module 1 of the HPI Diabetes Academy!**

**Note:** All information contained in this document, on our website and email communication is copyrighted © by the Health Performance Institute.

**Disclaimer:** *The Health Performance Institute is not your medical doctor, nor do we claim to be your medical doctor. You follow our recommendations at your own risk. The Health Performance Institute, any of its affiliates, websites or employees are not liable for any adverse outcomes as they relate to the recommendations herein. It is your responsibility to contact your personal physician before, during or after participating in this program and communicating with him or her about the lifestyle changes you are undertaking.*

Based on the reading material and what was covered in the Module 1 Seminar and Webinar, the following pages contain our recommendations for this module.

The overall objective of the HPI Diabetes Academy is to improve insulin sensitivity. Food is a big part of that process and we start that process now.

On the website, we also have a Blood Sugar guide, which we encourage you to read and follow.

This document contains four different sections: Food, Exercise, Sleep and Rules. The food section is divided into three parts: The first is a listing of choices you can make within the major food groups of carbohydrates, fats and proteins; the second contains a sample shopping list; and the third contains information on food preparation.

The exercise section contains our advice on exercise at this point in the program and the sleep section gives you some tips to sleep better. The final section, Rules for Module 1, contains the rules for following our recommendations when you start the program. You will also find images with sample meals for breakfast, lunch and dinner.

If you have questions,

send an email to our support desk: [support@hpiacademy.net](mailto:support@hpiacademy.net) or post them in our private

Facebook group: <https://www.facebook.com/groups/hpiacademy/>

# THE HPI DIABETES ACADEMY: MODULE 1

## FOOD GUIDE

This guide covers our recommendations for the first two weeks of the HPI Diabetes Academy.

The first thing you should do is read through this entire document before doing anything else. The second thing you should do is develop your plan based on these recommendations. Your plan should include the following:

- **Your start date.** This is the date you have on the calendar when you start following the recommendations. Remember, you will be following these recommendations for 14 days (or 2 weeks).
- Once you have identified your start date, **planning your first trip to the grocery store is next.** See the sample shopping list later in this document.
- Once you have returned from the grocery store, you need to **do food prep and plan your meals.**
- This is where **the rules for Module 1** are important.

After following this guide for two weeks, you will be ready to move to the recommendations in Module 2. The recommendations in Module 2 are an extension of these, so expect some changes and additions to these.

# Food

## Part 1: Good choices and recommendations for Protein, Carbohydrates and Fats

This table simply lists good choices among the three major macronutrient categories of food: protein, carbohydrate and fat. Pay close attention to bolded, highlighted and/or underlined text. This is important information!

Protein	Carbohydrates	Fats
<p><b>Best choices include:</b></p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Seafood</li> <li>• Pork</li> <li>• Chicken</li> </ul> <p>Choose whole cuts from the above choices at any meal.</p> <p><b>At this point in the program, it doesn't matter how much you eat or at what meals.</b></p> <p><b>Poor choices:</b></p> <ul style="list-style-type: none"> <li>• Processed or packaged meat</li> <li>• Deli meat</li> <li>• Canned meat</li> </ul> <p>Poor choices because they are loaded with salt, other preservatives and flavorings.</p> <p>Limit your poor choices to only 1-2 days per week during this Module.</p>	<p><b>ALL above the ground vegetables</b> – consume <u>different varieties</u> and <u>different colors</u>.</p> <p><b>No grains or processed carbohydrates.</b></p> <p>No wheat or wheat products, whether they are whole wheat, white or not. No rice or rice products either.</p> <p><b>Optional: Consume some potato each day. See below for additional information.</b></p>	<p>There is no limit to the amount or type of fat you eat in this module.</p>

## Those Potatoes and your type 2 diabetes

In working to improve insulin sensitivity, we need to be diligent and careful with our starch consumption as we start the program. Your brain consumes 75-100 grams of starch per day. The starch in the ½ pound of potato is a little less than that.

We recommend you start with less than this and monitor your blood sugar according to the guidelines on the website. There are two important measures: before your meal and 2-hours after your meal.

If your blood sugar is close to or above what is recommended in the guidelines, skip the potato. Continue to skip the potato until it is below this number. If it has been trending down, you can eat the potato.

Once you meet this guideline, your 2-hour post-meal blood sugar should also be below the guideline. If not, eat less potato tomorrow.

Continue in this manner, regardless of how long it takes. This is working to improve insulin sensitivity.

*When you are ready to consume potatoes, the easiest way is to buy a 1-pound potato and consume half of it. If you do this during Modules 1, 2 or 3, you can cook it anyway you'd like.*

## How Much Food to Eat?

**Protein:** There is no minimum or maximum per day amount. The only restriction is to limit the poor choices to 1-2 days per week. If you prefer beef over chicken, or vice-versa, consume more of the one you like.

**Fats:** There is no restriction on fats in this Module, either. Eat as much as you want. Don't worry about the kind of fat, either. If you prefer one kind of fat over another (Olive oil vs. Canola oil), eat more of the one you like.

**Carbohydrates:** There is no maximum for vegetables. Eat as much above the minimum recommendations as you'd like. The **minimum recommendation is at least 4 cups per day of above the ground vegetables**. Keep your choices as listed in the table: a variety of vegetables and a variety of colors. And as the table says, no processed carbohydrates, no wheat or wheat products and no rice or rice products.

## A few notes

**Dairy:** All forms of dairy are acceptable during Module 1. We prefer that you consume either full-fat or ½ fat varieties as opposed to fat-free. Additionally, if you like yogurt, the natural and plain Greek yogurt is best.

**Fruit:** The only fruits allowed during this module are berries and cherries. Make sure they are raw and either fresh or frozen. And also make sure they aren't swimming in a jar full of syrup! You are limited to ¼ to ½ cup of berries per day. But check your blood sugar and stay within our guidelines.

**Drink:** For the most part, the fluids you consume should be water or unsweetened and non-carbonated beverages (like unsweetened iced tea).

During Module 1, no caffeine and no alcohol.

## Part 2: Sample Shopping List

Below is a sample shopping list, which is important to keep in mind. You will probably like different foods. But use it as a guide to make your own list of foods that you like.

**Remember:** no sugar, grains, or processed carbohydrate.

### **VEGETABLES**

- Broccoli
- Cauliflower
- Spinach
- Peppers (all colors)
- Celery
- Asparagus
- Green Beans
- Cucumbers
- Mushrooms
- Tomatoes
- Onions

### **PROTEIN**

- Tuna (canned in water)
- Salmon (canned in water)
- Eggs
- Ground meat (beef, turkey, chicken)
- Chicken: breasts and thighs
- Beef Steaks
- Ribs: beef and pork

### **Don't forget the potato!**

### **DAIRY**

- Butter
- Cream cheese
- Cheeses
- Sour cream
- Whole fat whipping cream

### **FATS/OTHER**

- Avocadoes
- Coconut oil
- Bacon
- Assorted Nuts (raw – unflavored)

## **Part 3: Food Prep**

Food preparation is key, so make it a part of your planning process. Once the shopping is done, prepare your food. Below are some ideas for you. As with the shopping list, these are not hard and fast rules – just ideas. If you find something different or a tweak that works better for you, go for it. The objective is to spend time prepping your food, so that it is easier and more efficient to follow the recommendations when you are busy.

### **1. Prepare your vegetables**

Clean, cut and store as many and as much of the vegetables as is practically possible. Certainly you want to clean all of your vegetables. But not every vegetable needs to be cut or should be cut. For example, you would want to clean lettuce but not cut it. Peppers and celery are good candidates for cleaning, cutting and storing. When done, store them in the refrigerator in a container of your choice: zip-lock bag, plastic or glass container.

### **2. Plan your meals**

For at least the next 6-7 days, plan your meals. Do this for breakfast, lunch and dinner. Write it down so you can stay on track.

### **3. Cook in advance**

Any of the food that can be cooked in advance should be: eggs, chicken breasts, ground beef, etc... But be mindful...cook only the amount you will eat in the next few days. Cooking too much, particularly food that won't be eaten, is wasteful.

## Exercise

We have no recommendations on exercise in this module. If you are exercising and would like to continue, do so. If you don't exercise regularly but feel like taking a walk, do so. And, if you don't regularly exercise and want to continue not exercising, that's okay too.

# Sleep

There are two sleep goals in this Module. One, improve the quality of your sleep. And two, improve the quantity of your sleep. This second goal is important if you're not getting enough sleep currently. How do you know? Here are a couple of rules:

1. If you NEED an alarm clock to wake up on most days of the week
2. If you often feel tired or sleepy in the late afternoon or evening.

If either of these apply to you, you are not getting enough sleep – either quantity or quality. We will cover this in more detail during the Sleep Module, but these are the recommendations for now:

**Quantity of Sleep:** If you think it is a quantity issue, try to get one extra hour of sleep per night. Do this by following the recommendations below and going to bed a little earlier.

**Quality of Sleep:** If you feel the quality of your sleep could be improved, follow these recommendations to improve your sleep quality.

- One hour before bed, reduce exposure to overhead lights and electronic devices
- Read or relax during the last hour
- Reduce temperature in your bedroom 2-3 degrees

# The Rules for Module 1

These are covered in the online video for the recommendations and below for easy reference. To be as successful as possible, we recommend you follow these rules during the two weeks of Module 1.

After the rules, we have some specific guidelines, recommendations and examples for breakfast, lunch and dinner.

## **Rule #1: Eat breakfast every day.**

Whether or not breakfast is the most important meal of the day is immaterial to our recommendation at this point in the program. Our objective here is to start your day in an ideal metabolic state. Eating breakfast is important to meeting that objective.

## **Rule #2: Don't skip meals.**

During the presentation and in the reading material, we talk about how you can eat to decrease your hunger levels. This will happen for you by following our recommendations. If you get to a point where it is time for your next meal but aren't hungry, DO NOT skip that meal. Eat something (according to our recommendations), even if it is not much, eat so that you don't get too hungry at or before your next meal.

Use the lack of hunger at a particular meal as a learning experience. Adjust accordingly the next time you eat that meal. For example, let's say you aren't hungry for lunch even though it is time for lunch. Eat something for lunch but also realize that you likely had too much for breakfast. So eat less for breakfast tomorrow.

Make sense?

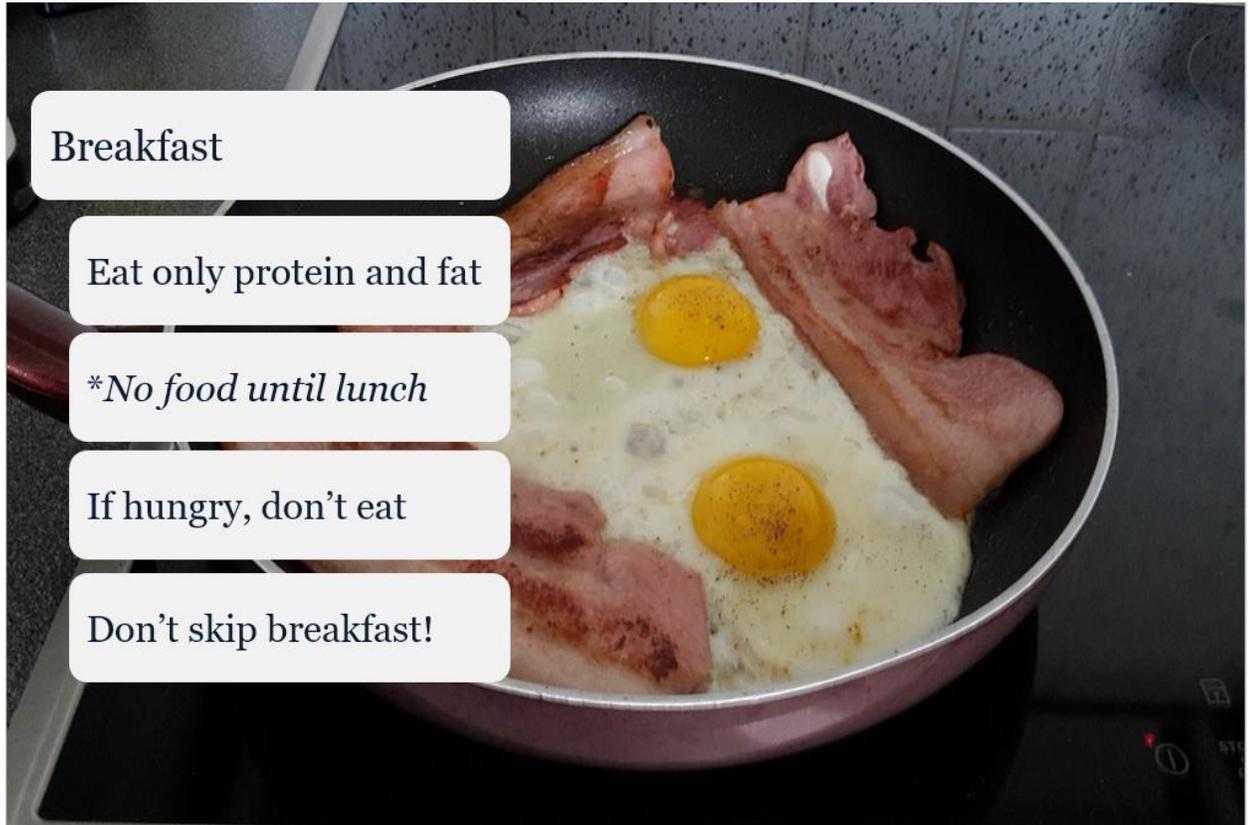
### **Rule #3: Monitor your hunger levels. Always.**

You will get better at this as you progress through the program. But we always want you to think about and monitor your hunger levels. Many times, we eat out of habit.

When you eat according to our recommendations, you will be less hungry. But the urge for habitual eating won't disappear right away. So we ask you to monitor your hunger levels. Think: "Am I hungry?" when you feel like looking for a snack.

## The Rules for Breakfast

The image below shows a sample breakfast and the rules for breakfast during module 1.



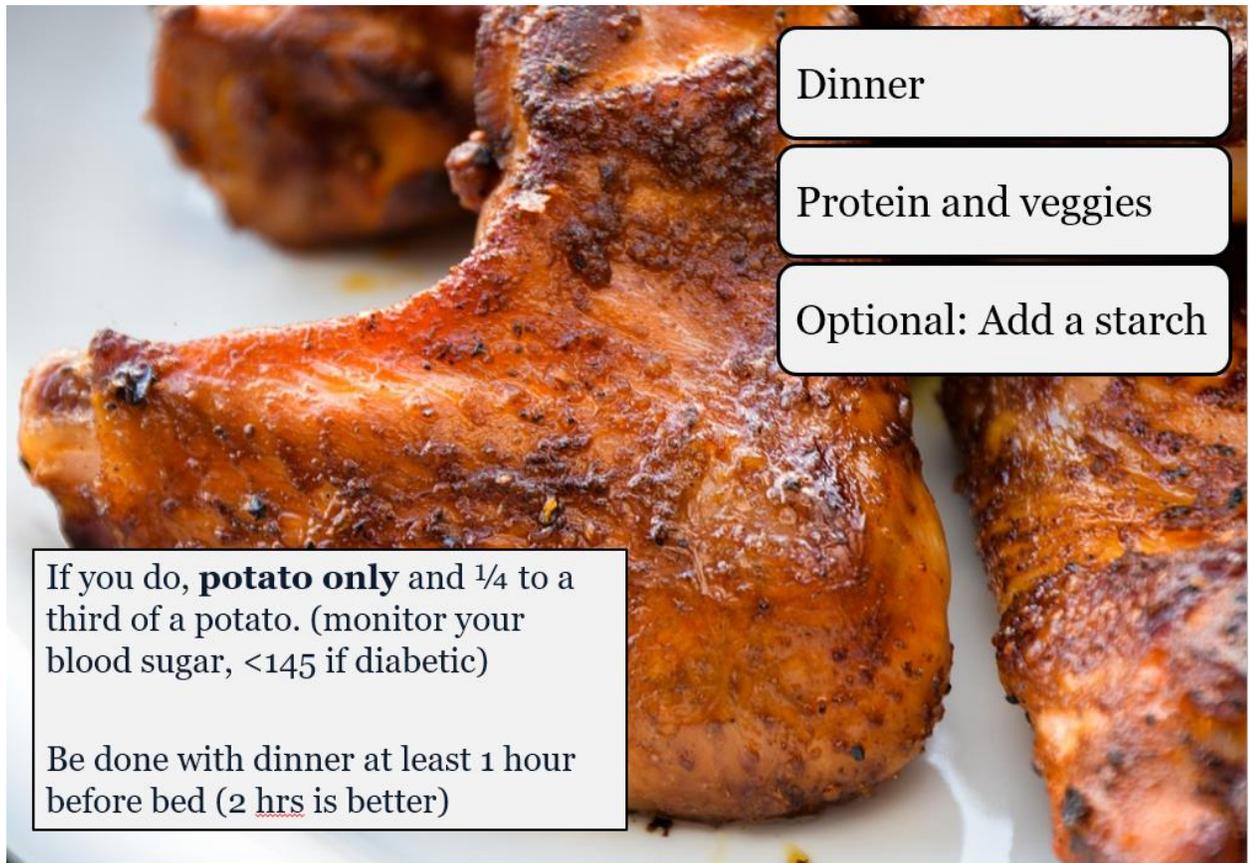
## The Rules for Lunch

The image below shows a sample lunch and the rules for lunch during module 1. Lunch is the same as breakfast but we add vegetables.



## The Rules for Dinner

The image below shows the rules for dinner during module 1. Dinner is the same as lunch, with the optional starch added. Follow our guidelines on the website for blood sugar recommendations.



## **That is all for Module 1**

This is a lot! But remember, we are a serious program aiming for some serious outcomes regarding you and type 2 diabetes.

Because there is so much, it is also why we recommend you start by going through all of this first, making a plan and THEN get started.

If you have any questions, we are here to help. Send an email to our support desk or post your question to our PRIVATE Facebook Group.