



FIVE STAR EATING

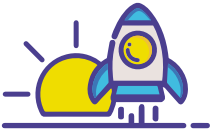
WEEK 1



CORE PRINCIPLE:

Choose Quality, Nutrient-Dense Foods

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DAILY ACTION:

Eat five (½ cup) servings of vegetables daily

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Eat one fermented food each day

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Choose Joyful Health

Live well. Feel good. Do what matters.



CORE PRINCIPLE:

Choose Quality, Nutrient-Dense Foods

What are “quality foods”? When you think about quality in other areas of your life, such as clothes, you are looking for items that are well-made, that offer lasting value. Apply this to food. You want food that is nutrient-packed and gives long-term health.

Joel Fuhrman, M.D., may have put it best when he coined the term “nutritarian.” **A nutritarian is someone who eats nutrient-dense foods, choices that give the most health bang for the caloric buck.**

I LOVE this concept. And we’ll be covering a lot of foods that fall into the “quality” category in this week’s material. So to live this week’s core value, simply try to **think like a nutritarian**. Before you know it, you’ll be eating like a nutritarian and telling people about it.

Every day this week, choose QUALITY foods that bring you the highest nutrition.



DAILY ACTION:

Eat five (½ cup) servings of vegetables daily

That's five times ½ cups which equals 2.5 cups. This is the most important ONE action you can do right now to be healthier! Eat 2.5 cups of vegetables every day and make one of them green.

How much is 2.5 cups? It's about the size of two fists plus one handful throughout the course of the day. Keep reading for more information to help you achieve this goal.



IMPORTANT NOTE ABOUT CUSTOMIZING FIVE STAR EATING FOR YOU:

Let's tweak Step 1's goal for different body types, goals, seasons, and lifestyles. These are just suggestions. Experiment with the right balance of fruit and vegetables. *Listen to your body* and find the right way for you. The main thing is that fruits and vegetables are the foundation of *Five Star Eating!*

Underweight or tend to be thin	Ideal weight Right where you feel great	Overweight or tend to be heavier
You may need to change your goal to be five servings of produce daily, and include more fruit and starchy veggies like potatoes, sweet potatoes and squashes. Perhaps you aim for two or more servings of fruit daily as well to help you keep weight on.	Experiment to find the right servings of fruits and vegetables that help you maintain healthy weight.	Consuming 5 servings of vegetables will definitely help you feel full from the natural water and fiber in them. You don't need to be scared of eating fruit. It's good for you too. Choose berries and fruits with skin to increase fiber. More on this in Week 3. Choose leafy greens every day.

Customizing for the seasons...

Cold weather	Hot weather
Eat and drink warm and hot cooked foods. This is the time for soups, stews and cooked vegetables.	Eat and drink cool and cold foods in moderation. Some people have a harder time digesting raw food, so monitor your digestion and find out how you feel. This is the time for some smoothies, salads, sprouts, cucumbers, melons, etc.



STRATEGIES FOR SUCCESS

Choose from the tips below to help you stay on track

- First things first, **figure out how many vegetables you are eating on a regular basis, and increase GRADUALLY.** When you add a lot of fiber to your diet suddenly, you can feel uncomfortable and have gas. **Drink water** to help you digest the fiber while increasing your vegetable intake slowly.
- **Estimate 1 cup of vegetables as the size of your fist.** Two cups of raw leafy greens like spinach pack down to make a 1 cup serving.
- They don't need to be different vegetables - you can have 1 cup of broccoli and 1 cup of vegetable soup and 1 carrot. The important thing is to **get wonderful nutrients, vitamins, minerals and fiber inside you!**
- **Get a head-start: eat vegetables at breakfast!** Try green smoothies, veggie-and-egg muffins, frittatas, omelets, and creamy vegetable soups. Eat non-traditional breakfast foods that you made for dinner last night.
- **Make 1/2 of every bowl or plate fruits and vegetables.**
- **Eat dark, leafy greens every day.** Spinach, kale, collards, turnip or beet greens, chard, cilantro, and parsley are a good source of calcium, folate, iron, and Vitamins A, C, and K.

- The old advice “**eat the rainbow**” is still great advice. Eat the skins! Eat as much of the plant as you can, except for seeds of apples, pears, avocados, and other plants with bitter or hard seeds.
- **Invest in a blender, food processor and immersion blender** to make veggie smoothies, dips, and blended soups. Invest in a “spiralizer” so you can make noodles out of zucchini and other veggies. You can also purchase pre-noodled vegetables and “riced” cauliflower at many grocery stores. Look in the frozen section.
- **Fiber is the magic pill for weight loss.** Aim for 15 grams of fiber for every 1000 calories, which is 25-30 grams for most of us...but you don’t have to count. If you eat 2.5 cups of vegetables per day and 1-2 servings of fruit, you are in the right zone.
- **Make a huge pot of vegetable soup** at the beginning of the week.
- They don’t need to be different vegetables - you can have 1 cup of broccoli and 1 cup of vegetable soup and 1 carrot. The important thing is to **get wonderful nutrients, vitamins, minerals and fiber inside you!**
- **Cook vegetables by steaming, roasting or cooking in soups to maintain nutrient content.** Boiling leaches vitamins into the water. For example, onions and tomatoes lose between 75% and 80% of their initial quercetin content after boiling for 15 min. Steam or lightly cook vegetables in water. Drink the leftover broth immediately; add taste with a little lemon and salt. Or save the leftover broth for cooking.



MIND WHAT MATTERS:

Listening Mindset

*“If you are eating for any reason other than hunger, how do you know when to stop?” - Dr. May, *Eat What You Love, Love What You Eat**

Questions to ask yourself to stay on track

As you make changes during step one, ask yourself these questions to stay on track:

- Am I hungry?
- Am I full or soon to be full?
- Am I tired?
- Is this the best choice I can make right now?
- Does this food nourish me?
- How can I add more vegetables to my snack/meal?
- What would a nutitarian do?
- How can I set myself up for success tomorrow?

Dr. Michelle May wrote a wonderful book called *Eat What You Love, Love What You Eat*. She describes how to break the “Eat-Repent-Repeat” cycle of yo-yo dieting, and she teaches readers how to eat when they are hungry. Sometimes this is called emotional eating. Sometimes we eat because “it’s time,” or because other people are eating, or simply because there is food in front of us.

If you need to manage your emotional eating, I highly endorse Dr. May’s book. That said, when you start eating more high-quality foods, you will naturally minimize your cravings for junk food, sugar, and emotional eating. You will feel more satiated and satisfied because your body is getting quality nutrition in a way it understands.

Five Star Eating doesn't go into specific guidelines for exact amounts of macronutrients (carbs, protein and fat), nor does it address nutrient timing (what time you should eat, and how often). You are an individual. If I tell you exactly what to eat, I'm not offering anything better than the millions of other diet books that ask you to follow their "rules."

So what's the secret?

I have found that the best way to maintain ideal weight and health is to **eat real food when we are hungry, stop when full, and rest when tired**. It's a sustainable way to live, without counting calories and macronutrients.

- **When you eat, eat!** That means stop typing, texting, watching, talking, and driving. Pay attention to your food, the taste, and how your body feels. Eat sitting down, at a table, from a plate or bowl.
- Sometimes it is good to **stop eating before you are full**. This is true when you are eating quickly, and when you want to fill your plate with second helpings. In these cases, it is best to wait five or ten minutes and ask if you are still hungry. If you are not sure if you're still hungry, you are not hungry.
- Sometimes it is good to wait before eating when you are hungry. For example, if you are a little bit hungry, and you know you will eat a healthy meal soon, just wait for your meal. It's OK to feel hungry, even though many diet systems tell you that it's dangerous. Obviously you don't want to wait until you are starving when there are no healthy choices on the radar soon. Trust yourself; you are in charge!
- How do I let my body know that I'm done eating? I love finishing my meals with a cup of hot tea. This is a ritual for me and a signal that the meal is over. It also gives my stomach time to feel the food I've eaten and cue me that I am full.

Your "Crack"

In the Welcome Packet, I told you that we'd only measure two things. One is grains, and we'll cover that in detail in Week Three.

The other thing to measure is your "crack." This is the food that you love more than any

other and that you might eat for reasons other than hunger: to feel grounded, stable, loved, or home. You might eat it when you are hankious (hungry-anxious). I want you to measure it and pay attention so you know how much you are eating, when, and why.

What is your “crack?”

My “crack” is almond butter, peanut butter, and any seed or nut butters. I love creamy fat and protein. I crave this when I am hungry and even when I am not hungry. There is something about nut butters that makes me feel good. I recognize that I might be better off taking the time to cook some nourishing protein and fat, or going outside barefoot and spending some time with Mother Earth.

I have over-eaten nut butters to the point of excluding other nutritious foods, such as eating nut butter on apple/carrot/celery/bread instead of making a real dinner. And you CAN have too much of a good thing, leading to nutrient imbalances. Even though my crack is a healthy, quality food, it’s still my crack. You can have too much of a good thing by eating too much of one kind of food. I only have nut butters in two tablespoon servings because if I weren’t measuring, I’d eat a half-cup every time.

Whatever your crack is, find out what a normal serving size is and measure it out when you eat it.

Rest

What’s so important about rest?

Healthy sleep directly impacts the hormones that regulate hunger and satiety. Leptin is a hormone that guides you to feel full and stop eating, and ghrelin helps you feel hungry. Lack of quality sleep interferes with these hormones.

Observe yourself when you are tired. Our brains sometimes tell us to eat when what we really need is to rest. It’s a two-way street. Also observe how foods and beverages impact the quality and quantity of your sleep.



THE SCIENCE BEHIND STEP ONE:

Whether you heard it from your granny or from the USDA, I'm pretty sure you heard it before: eat your veggies! Here's why:

- Grains, fruit, protein, and fat may be up for debate depending on the decade, but **it is simply irrefutable science and common sense that vegetables are good for you.**
- “We found that it doesn't really matter which kind of diet you choose – the outcome depends on **increasing vegetable consumption and decreasing sweets,**” says the *Journal of the American College of Nutrition*.
- 77.4% of adults report consuming fewer than 5 servings of fruits and vegetables daily.
- Eating Fruits and Vegetables reduces heart disease, high blood pressure, heart attack stroke, cancer, obesity, Type 2 Diabetes, kidney stones, bone loss, and birth defects. They boost immune system through vitamins and minerals, such as A, C, folate, potassium.
- Broccoli and all cruciferous vegetables (cabbage, cauliflower, brussels sprouts) may help reduce cancer risk, and contain a lot of fiber.
- Sweet potatoes, butternut squash and all orange/yellow vegetables offer beta-carotene.
- Bright and dark skinned fruits and vegetables have nutrients called polyphenols that reduce inflammation. We'll learn more about this in Step Four. A large part of the nutrients are in the skin.
- In addition to vitamins and minerals, all plant foods have phytonutrients, or bioactive compounds that slow the aging process and reduce disease risk.

- The United States Department of Agriculture (USDA) recommends 2.5 cups or five ½ cup servings of vegetables daily for adult women, and 3 cups for adult men.

The bottom line: Eat your veggies! It's simple, straightforward, and can make a HUGE impact on your health.

For the sources behind the science, go to www.choosejoyfulhealth.com/resources



RECIPES

Here are a few recipes for you to play around with. Add fresh herbs and salt and pepper to taste. Try them out when you can, and make them perfect for you.

Breakfast

Green Smoothie Packs (Make ahead)

Make smoothie pack ahead of time in gallon size Ziploc bag and put in freezer: 2 cups of baby greens like spinach or kale, 2 tbsp ground flaxseeds and chia seeds, peeled banana or any other fruit, ½ avocado, ½ inch piece of ginger, 2 tbsp. almond or organic peanut butter. In the morning, empty smoothie bag into blender, add 1 c. milk* or yogurt + 1 c. water and blend. Beginners start with whole banana and one other fruit so it tastes sweet. You can gradually wean off the sweet fruits and your taste buds will adapt. This makes a giant smoothie which you can sip throughout the morning or even save some for afternoon snack. (With 2 cups of spinach, you've already eaten 1 cup veggie serving. Nice job!) *Substitute almond milk or organic soymilk to make it vegan.

Make-Ahead Egg Muffins

In 2 tbsp. of butter, coconut oil, or organic ghee, sauté any vegetables that you have on hand. (If you plan to freeze the muffins, it's good to roast veggies instead of sauté so they have less water content when frozen.) Add cumin, garlic, salt, and pepper to taste. Fill 12 lined muffin tins with about 1/2 full with cooked veggies. Beat 8 eggs in a bowl and pour on top of veggies, bake at 400 for about 30 minutes. (Check at 20 minutes to ensure they don't burn.) (2 muffins = approx. 1/2 cup veg) Substitute yogurt, milk or cheese for some of the eggs as desired. Use any leftover sauteed veggies during the week for other meals.

Salad ---

Massaged Kale Salad

This is another one that you can't mess up and can be eaten for lunch or dinner or taken to a party. Put these ingredients in large mixing bowl: Big bag of pre-washed, chopped kale (12-16 oz) - stems removed and torn into bite-sized pieces, 2 Avocados, spooned out (no need to chop or cut evenly), Sea Salt and pepper as desired.

Mix dressing in a bowl and whisk, or blend in blender: 1/4 c. olive oil, 1/2 c. apple cider vinegar, 2-3 tablespoons lemon* (to taste or use less vinegar and more lemon), 3-4 tablespoons tahini (sesame seed paste) Use more tahini to make it thicker.

Add dressing to the bowl of kale and avocados. Massage the ingredients together well. The vinegar, lemon and salt will help soften the kale. Next add: diced celery, grated carrots, sesame seeds, golden raisins, tomatoes, edamame, any and all veggies and fruits that you like.

Makes a lot of salad, you can store in the fridge for 2-3 days. After that the avocado will be too brown so eat it up! Eat as a side with a meal or make it a meal by adding protein

on top such as a hard-boiled egg.

Soup

“Easy Peasy” Spinach Pea Soup (modified from Clean Eating Jan/Feb 2018)

16 oz frozen petite peas, thawed and rinsed
2¹/₄ cups low-sodium organic chicken or veg. broth
2 cups packed fresh baby spinach
4 green onions, trimmed and thinly sliced
2 tsp chopped fresh tarragon, divided
1/2 tsp sea salt + additional to taste
1/4 tsp ground black pepper + additional to taste
1 tbsp + 1 tsp extra-virgin olive oil, divided

In a blender, purée peas, broth, spinach, onions, 1¹/₂ tsp tarragon, 1/2 tsp salt and 1/4 tsp pepper. With blender running, add 1 tbsp oil in a steady stream.

Transfer soup to a medium saucepan, cover and heat on medium, whisking occasionally, until warmed, about 10 minutes.

Options: Add greek yogurt or coconut milk for creamier soup, and top with lemon squeeze and toasted nuts or seeds.

Make Ahead Roasted Vegetable Soup by Chef Robino

Heat oven to 200 degrees. Roughly chop 1 onion, 2 carrots, 2 stalks celery, 1 cup broccoli, 1 cup cherry tomatoes. Toss with 2 tbsp. olive oil, 1/4 tsp. marjoram, 1/8 tsp. cayenne and put in covered casserole dish or roasting pan. Roast for one hour or until onion is translucent. Transfer veggies to soup pot and add 2 pints of vegetable or organic chicken broth (low sodium) or stock of your choice. Add bay leaf, 1 cup shredded cabbage, and simmer 30 minutes. Substitute any and all veggies or spices you

like. Remove bay leaf before serving or blending, as it has sharp edges. This soup can also be blended for a creamy texture. Serve with cheese, chicken, turkey, nutritional yeast, or beans for more protein. Stir in some sprouts for a superfood topping. Eat/Drink this soup for breakfast, lunch, dinner or a snack!

Lunches/Dinners

Master your Default Dinner and Add more Veggies!

As mentioned in Food Prep for Busy People, it's important to master several "default dinners" you can make with common ingredients, when you are tired and hungry.

Example:

Package of tempeh - open and chop into cubes. Steam for 15 minutes with one bag of pre-washed, pre-chopped vegetables, fresh or frozen. Reheat a sweet potato that you cooked earlier in the week, or chop a sweet potato in small pieces and bake 20 minutes on 400 degrees. Season everything with salad dressing or dip vegetables in hummus or just drizzle with olive oil, salt and pepper. My "no brainer default seasoning" is Bragg's Liquid Aminos and nutritional yeast.

You could substitute any protein, vegetables, and dressing. Come up with one or two default dinners and make sure you almost always have those ingredients.

Easy Tuna/Salmon Salad

Mash together 1 can of tuna or salmon with 1/2 avocado or 3 tbsp plain yogurt and top your salad with the fish and homemade salad dressing or just olive oil and vinegar. Add sprouts and fermented vegetables. If you have them, add some salad greens plus your salad toppings (the ones you prepped on the weekend). Or top with two hard-boiled eggs (2 cups of greens + 1 cup of salad toppings = 2 cup veg serving) I keep cans of wild-caught tuna and salmon and a bottle of olive oil at work so that I can always have some nourishing food even when my week is hectic.

Sauteed Kale

This is an “old standby.” Saute ½ onion in 2 tbsp. coconut oil or ghee on medium heat, until onion is translucent. Add torn, washed kale (1 bunch or 2-3 cups) and cook until the kale softens. Season with Bragg’s Liquid Aminos and a healthy topping of nutritional yeast. Or season with a splash of apple cider vinegar, sea salt and pepper.

Roasted Herb Mushrooms by Chef Robino

For 4 servings

Ingredient list: 4 whole fresh thyme sprigs or 1 tsp dried thyme, 3 peeled garlic cloves, 1 cup olive oil, sea salt to taste, 2 tbsp. stone-ground mustard, 12-14 baby bella mushrooms or 20 Cremini mushrooms.

Heat oven to 200 degrees. Put all ingredients except mustard in roasting dish or casserole dish and roast for about 90 minutes. The mushrooms will make “juice” - or stock - at the bottom of the dish. Take mushrooms out and whisk mustard into the stock to create a thicker sauce.

Serve on a bed of wilted spinach or chard greens, with veggie spiral noodles, Greek cauliflower rice, or ¼ cup of your chosen whole grain (quinoa, amaranth, buckwheat). Add your mushroom-mustard sauce to top; leftover sauce can be used for other dishes during the week. Mushrooms can also be reheated later, or served on toast as an open-faced sandwich. You can also top with raita/cucumber yogurt dressing.

Greek Cauli-Rice

Ingredients: 1 head cauliflower, 1 -2 tablespoon organic butter, coconut oil, or ghee, ½ cup diced onion, ¼ cup lemon juice, ½ red bell pepper, ½ cup grape tomatoes (sliced in half), olive oil, salt and pepper to taste. Optional: add feta cheese, capers, and sliced olives. Look at the store for pre “riced” cauliflower in a bag. Instructions

1. Chop the head of cauliflower into big chunks, just small enough to fit in your food processor. (Or chop very finely, or purchase “riced cauliflower” at the grocery store)

2. Chop in processor 5-10 seconds until it makes very small pieces.
3. In a saute pan, heat butter or coconut oil and brown onion.
4. Add cauliflower and all other ingredients except cherry tomatoes
5. Cook to desired texture (5-7 minutes for cauliflower, depends on what you add).
6. Add tomatoes at the end, depending on how soft you want them to be.
7. Serve immediately as a bed of "rice," drizzled with olive oil.

1 head of cauliflower will make about 8 servings, and can be reheated later.

You can also season for other flavors:

Curry: Add 1 tsp. each curry powder, cumin, fennel, fresh grated ginger, fresh or dried turmeric, and cilantro and lime juice to taste.

Fried Rice: Any combination of sautéed veggies, such as peas, carrots, snow peas, water chestnuts, 1-2 scrambled eggs, 1 Tbs. sesame seeds, grated ginger , 1-2 Tbs. organic tamari or soy sauce.

Italian: Add zucchini, 1-2 chopped cloves of garlic, 1 Tbs. dried oregano, thyme, rosemary, fresh basil, fresh or sundried tomatoes.



Robino's Save Our Sauce!

Use this easy salad dressing from [Chef Robino's](#) on more than salads. Toss over your steamed vegetables or any part of your "default dinner."

Chef Robino's Basic Salad Dressing

Make salad dressing in blender: 1 cup olive oil + 1/2 cup apple cider vinegar + 1 tbsp Dijon mustard + 1 garlic clove + salt and pepper. Store in fridge and take some of it to work. Use this to top not only salads, but also steamed or grilled vegetables, pastas, and meats.

Find more Five Star recipes in the Five Star Eating Facebook group and
choosejoyfulhealth.com/fivestarrecipes



BONUS ACTION:

Eat one fermented food each day

Probiotic is a term used to define foods that have live bacteria that replace or add to the beneficial bacteria normally present in the digestive tract. Typically these foods are fermented to create the live bacteria. Traditional cuisines from all over the world use fermented foods, or probiotics, as condiments. Before refrigeration, this enabled dairy products and other foods to last longer. People observed a link between fermented foods and digestive health. There are many types of beneficial bacteria, and it is helpful to eat a variety of probiotic foods (not just the same one every day). Examples include yogurt, kefir, sauerkraut, kimchi, tempeh, miso, and pickled vegetables made without vinegar. *Five Star Eating* includes a probiotic recipe each week. Aim to eat one probiotic food each day. Look for sauerkraut or kimchi at the store and check the label to make sure there is no added sugar. You can also buy plain, organic yogurt as an easy way to eat probiotics.

Prebiotics are like fertilizer/food for the good bacteria (the probiotics) already in your system. Eating foods high in fiber (like all the vegetables you are eating in the Five Star program) increases the health of both the prebiotics and probiotics in your system.

If you have more time, and want to ferment your own foods at home, check out the great tutorials at Cultures for Health, <http://www.culturesforhealth.com/>. These experts have everything you need to get started!