

Introduction

to Terrain Centered Living

Dr Duhon



Getting started



Keto/Low carb lifestyle



How to detoxify your kitchen/pantry

DETOX YOUR KITCHEN

Remove these foods from your fridge

- Sodas and sugary drinks
- Non organic/non grass fed meats & dairy products
- Processed foods
- Processed dairy and eggs
- Non organic produce like fruits & vegetables
- <https://www.ewg.org/foodnews/dirty-dozen.php>

Remove these foods from you pantry

- Refined flour products
- Gluten and grain items (wheat, flours, oats, white rice, corn, quinoa)
- Sugar and sugary snacks (white sugar, cookies, pastries, snack bars, dried fruit)
- Beans and soy products
- Inflammatory oils: soy oil, vegetable oils, canola oils, corn oils and cooking sprays

SET YOURSELF UP FOR SUCCESS

Setting up a non toxic kitchen

- ◇ Create a kitchen that is easy to use but free from toxins
- ◇ Consider storing food in glass jars and pyrex instead of tupperware, plastic bags & plastic wraps
- ◇ Chemicals like BPA are endocrine disrupters.



Basics for the Pantry

- ◇ Fermented foods
- ◇ Clean sugar-free condiments (organic mustards, ketchup, salsas, coconut aminos, olives)
- ◇ **Nuts & seeds and their respective flours:** pecans walnuts, macadamia nuts, brazil nuts, almonds, chia seeds & flax seeds
- ◇ **Stock up on the following oils:** olive, coconut, avocado, MCT oils, Ghee, Duck fat, Beef Tallow, macadamia nut oil Stock canned full fat coconut milk (without carrageenan)
- ◇ **Baking supplies:** baking soda, vanilla, cacao nibs, shredded coconut
- ◇ **Sea vegetables:** nori, wakame, sea weed snack

Simple ways to begin Keto/low carb

STEP 1: RELEASE THE WHITE STUFF

STEP 1

- ◇ White Sugar
- ◇ White Flours
- ◇ Remove Corn products

STEP 2: REMOVE GLUTEN CONTAINING GRANS

STEP 2

- ◇ Remove gluten containing grains
 - › Wheat flour and all of its derivatives (whole wheat)
 - › All other grains (spelt, oat, rye, millet, quinoa)

STEP 3: ALL LEGUMES, AND HIGH STARCH FOODS

STEP 3

- ◇ Remove gluten containing grains
 - › Potatoes,
 - › Some squashes (acorn, butternut)
 - › Sweet potatoes
 - › Beans (lentils, chickpeas, black beans)
 - › Dairy (milk, soft cheeses)



Advanced Topics: Eating out

How to eat at restaurants the ketogenic way

EATING OUT

- ◇ Choose simple prepared meals: grilled, baked, roasted meats
- ◇ Non-starchy vegetables
- ◇ Avoid: rice, pasta, bread, potatoes, corn, beans, sodas, and desserts

TIPS FOR DIFFERENT TYPES OF RESTAURANTS



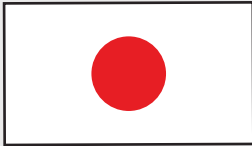
MEXICAN RESTAURANTS

- ◇ **Allowed:**
 - > fajitas are great/grilled vegetables; condiments like guacamole and pico de gallo
- ◇ **Not Allowed:**
 - > rice, beans, tortillas



MIDDLE EASTERN

- ◇ **Allowed:**
 - > grilled meat dishes
 - > extra vegetables
- ◇ **Not Allowed:**
 - > hummus
 - > stuffed grape leaves
 - > baklava



CHINESE/ JAPANESE

- ◇ **Allowed:**
 - > steamed, broiled, baked meats
 - > vegetables
 - > sashimi
- ◇ **Not Allowed:**
 - > rice, noodles, wontons, dumplings, deep fried foods, tempura
 - > sushi rolls (rice)
 - > sauces (hidden sugars)



ITALIAN

- ◇ **Allowed:**
 - > salads
 - > steak, chicken, pork, seafood
 - > vegetables
- ◇ **Not Allowed:**
 - > pasta
 - > bread, bread sticks, breading
 - > potatoes
 - > croutons
 - > polenta



AMERICAN BISTRO

- ◇ **Allowed:**
 - > salads such as cobb, chef, ceasar
 - > bunless hamburgers
 - > always ask for non starchy vegetables (greens)
 - > roasted or broiled meats and fish
- ◇ **Not Allowed:**
 - > fries, potatoes
 - > bread
 - > starchy side dishes like corn and beans



BREAKFAST

◇ Allowed:

- › eggs
- › bacon, ham, sausage
(ask questions about the quality of meats; some meats are prepared with sugar)
- › non starchy vegetables and hard cheeses

GENERAL TIPS FOR RESTAURANTS

◇ Allowed:

- › Meats that are baked, grilled or broiled.
- › Steamed non starchy vegetables

◇ Not Allowed:

- › breads, starchy vegetables, pasta, corn products & grains (rice, oats, etc....)

◇ Beware of

- › watch for hidden sugars
- › be careful of condiments (hidden sugars and preservatives)
- › choose full fat and avoid low fat
- › search menus ahead of time, possibly before you arrive at the restaurant



Advanced Topics: Eating out

Low Carb/Ketogenic tips for traveling

CAR TRAVELING

- ◇ Pack a cooler when taking long road trips
- ◇ Stay hydrated

AIR TRAVEL

- ◇ Use small packages of nuts
- ◇ When eating at airports, stick to salads, proteins like chicken, meats & fish
- ◇ Bring some protein powder (in individual packs)
*TSA may pull you aside to check your packs
- ◇ Checking bags? Bring MCT oil in a tightly wrapped package to ensure it will not leak into your bag.

CONFERENCES

◇ Breakfast:

- › choose eggs, bacon/sausage, butter for fat, heavy whipping cream

◇ Lunch:

- › choose chicken salad, deli meats (sliced chicken & turkey), sandwiches minus the bread; olive oil and vinegar on the salads

◇ Dinner:

- › cut your protein in half; grilled vegetables, no sauce; add olive oil and butter to increase fat

◇ Snacks:

- › macadamia nuts or cheese cubes




Introduction

to Terrain Centered Living

Dr Duhon



Get in Touch

 (206) 219-0211

 clearmindseattle@gmail.com