

Smart Meals

Below is a shopping list of Four Corners Superfoods developed by health advocate, KC Craichy. Buy organic whenever possible to avoid hormones, antibiotics, pesticides, herbicides and other impurities. Check out more information on www.livingfuel.com

Vegetables (organic raw, steamed and sprouted veggies are extremely healthy)

- Asparagus
- Avocados
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas
- Kale
- Leeks
- Mustard greens
- Olives
- Onions
- Parsley
- Sweet Potatoes
- Quinoa
- Romaine lettuce
- Sea vegetables – Chlorella, Spirulina, etc.
- Spinach
- Squash, summer
- Squash, winter
- Sweet potatoes
- Swiss chard
- Tomatoes

Fruits (organic fruits are very healthy but generally treat as dessert and eat more vegetables)

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Fish & Seafood (wild, avoid farm raised)

- Anchovies
- Cod
- Haring
- Halibut
- Salmon
- Sardines
- Mackerel

Dairy alternatives (organic)

- Butter
- Cheese, goat
- Coconut milk
- Goat milk
- Goat Yogurt / kiefer
- Almond, Rice or Oat Beverage

Beans & Legumes (organic)

- Black beans
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Tempeh

Poultry & Lean Meats (organic)

- Eggs
- Beef
- Bison
- Chicken
- Lamb
- Turkey
- Venison

Nuts & Seeds (organic)

- Almonds
- Cashews
- Chia seeds
- Coconut
- Flax seeds
- Olive oil, extra virgin
- Peanuts (Valencia variety)
- Pumpkin seeds
- Sesame seeds
- Walnuts

Cooking and Salad Oils / Dressings (or)

- Coconut Oil, cold pressed
- Olive Oil, extra-virgin
- Palm Oil
- Salad Dressings (organic, low sugar)
- Balsamic Vinegar

Grains

- Brown rice
- Buckwheat
- Oats
- Quinoa

Herbs & Spices

- Basil
- Black pepper
- Cayenne pepper
- Chili pepper, dried
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Ginger
- Mustard seeds
- Oregano
- Peppermint
- Rosemary
- Sage
- Soy sauce (tamari)
- Thyme
- Turmeric

Natural Sweeteners

- Blackstrap molasses
- Erythitol
- Honey
- Lohan
- Maple syrup
- Stevia
- Tagatose

Herbal Teas and Drinks

- Black tea
- Green tea
- Red tea
- White tea
- Water, Spring
- Water, naturally sparkling

Healthy Protein Powders and Essential Amino Acids

- Rice Protein
- Yellow Pea Protein
- Hemp Protein
- Goat Protein
- Non-Denatured Whey Protein
- Barley Grass
- Wheat Grass
- Rye Grass
- Alfalfa Grass
- Chlorella
- Spirulina
- Dulse
- Kelp
- Multi-Berries (freeze-dried)
- Brown Rice Fiber
- Oat Soluble Beta Glucan Fiber
- Vitamins, Minerals, Herbs, Antioxidants, Enzymes, Prebiotics, Probiotics,
- Berry, Fruit and Herbal Extracts
- Probiotics
- Amino Acids (free form)

Fermented Foods (organic)

- Yogurt (cow or goats milk)
- Keifir (cow, goat or coconut milk, coconut water)
- Sauerkraut
- Pickled Ginger
- Misso and Tempeh:
- Fermented soy Vegetable and Seed Sprouts

The Four Corners of Optimal Nutrition

1. CRON (calorie restriction with optimal nutrition)

Eat nutrient-dense foods. One should eat the most highly nutritious and nutrient-dense foods available while eliminating sugar, processed food and junk foods. This will naturally reduce the overall calorie intake while increasing the nutrient value ingested by the body. There are more than 2,000 research studies that suggest this approach alone extends life, delays disease, optimizes weight, improves mental clarity and enhances performance. In addition to eating fewer calories it is critical to avoid processed foods and include a daily high-quality multi-vitamin/mineral/nutrient/antioxidant formulation in order to obtain the optimal nutrition benefits of CRON.

2. Eat Foods with a Low-Glycemic Response

Compelling research has shown that controlling insulin response may be a primary reason that CRON (calorie restriction) works. It is a fact that consuming less food results in lower glycemic response (this is true even if someone simply eats less of the same bad foods). The high sugar content and glycemic response in one's diet is directly related to human disease. Large doses of sugar provoke blood sugar and insulin spikes and hyperinflammation leading to numerous health problems and acute energy shortages over time. One can manage the glycemic response by minimizing grains, breads, starches and sugars, which all quickly elevate blood sugar levels and set up the dreaded crash. Doing this will also minimize excessive body fat, fatigue and blood sugar imbalances. Maintaining healthy blood sugar levels and avoiding the blood sugar and insulin rollercoaster are keys to sustained energy.

3. Consume High-Antioxidants

Again, compelling research has demonstrated that low oxidative stress or the consumption of large amounts of broad spectrum antioxidants is the other most likely reason CRON works. Less food results in less free radicals as more antioxidants quench more free radicals. Free radicals and oxidation can harm the body and be a roadblock to optimal health and performance, directly resulting in disease and speeding the rate of aging. One should consume high-antioxidant superfoods and supplements that contain high-levels of a wide variety of antioxidants. They will protect every cell in the body and promote excellent health, vitality, recovery and longevity.

4. Eat and supplement with Superfats

Essential fats such as omega-3 fatty acids found in cold water fatty fish, grass-fed beef, eggs, some nuts and chia seeds and flax seeds are absolutely necessary nutrients for one to have a healthy immune system, heart, skin, endocrine glands, brain function, nervous system and energy levels. Other superfats include almonds, coconut, chia seed, macadamia nuts, flax seed, olives and avocados. One of the most important things anyone can take is the omega-3 fatty acids derived from fish and fish oils EPA/DHA (eicosapentaenoic acid/docosahexaenoic acid). The best source for EPA and DHA is cold-water, oily fish including salmon, herring, mackerel, anchovies and sardines (avoid farm-raised fish).