



VBodies' 'Golden Ratio' Diet

by

Matthew Ryan Carney, BSc, CSCS, CPT, Pilates
12-year member, American Association of Nutrition and Dietetics

Web: www.vbodiesfitness.com

Email: info@vbodiesfitness.com

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A quick story about my family:

In 2008, my sister started telling me about her new diet, called the Paleo diet. Paleo was a diet style designed to replicate the evolutionary diet of our human ancestors. The focus was less on calorie counting, and more on increasing proteins, fats, and vegetables, eating fewer carbs, and excluding sugar, dairy and grains. Paleo was proving to be popular—because many, many people were losing weight, improving their energy and sleep, and curing themselves of all sorts of chronic problems— like arthritis, allergies, and bloating— to name a few.

After starting the diet, Kristen's body toned up, her skin cleared up, and she felt more energy. Her husband Anthony got into it, and lost the first of 20+ pounds. Our dad started cooking every day, and he lost 15 pounds in 1 month, and ultimately lost 40 pounds in 4 months. Our uncle Steve dropped 30 pounds in 3 months. Our great-uncle Butch lost 60 pounds on 'meats, vegetables and walking', and now he moves like a youthful man at age 82. Our mom's body 'tightened up', and now her skin glows and she looks 20 years younger than her age.

In 2008, I went home for Thanksgiving and saw how good everybody looked. Wow! It was like my family had turned back the clock 10 years. Kristen had cooked much of the family meal, and our grandmothers had joined in— creating Paleo versions of their dishes and pastries. We truly feasted, but I didn't feel the bloated drowsiness of old meals past— i.e. blaming it on turkey— when gluten and sugar were the real culprits. I felt how good it could be to live a diet lifestyle like this, and I was hooked immediately.

As a fitness professional, I tinkered with the Paleo formulas, and tried to create a less-obsessive way to live this diet. Many of my clients have taken up the challenge of the Golden Ratio Diet, and have had consistent success with regular exercise, and the diet principles listed below. The Golden Ratio Diet is less restrictive in food choices than Paleo. But we do maintain a general idea of calorie intake, which lets you make better meal & snack decisions.

Golden Ratio Diet Principles

- 1) A balanced, Golden ratio of protein-fat-carb intake.
- 2) Avoiding the Dirty Dozen (12 most-inflammatory foods).
- 3) Eating smaller, more frequent meal portions.
- 4) Choosing meats of the highest-quality.
- 5) Drinking more water.

This is VBodies' unique foundation for your abundant health and vibrant energy. We focus on the easy ways to integrate higher-quality food choices into your life.

What is the science of Golden Ratio?

In a simple way, the Golden ratio diet mimics the simple cooking, farming and foraging diets of our human ancestors. The diet encourages more protein & fats than traditional diets, and limits carbohydrates. If you need to lose weight and improve your body's health, there is significant evidence that this style of diet, along with daily exercise, is the most effective and healthy way to do so.

Immediate benefits of GRD:

- Quick and substantial weight loss
- Eat tastier foods than other diets.
- Improve sleep , reduce anxiety
- Lower LDL cholesterol, raise HDL, lower Blood pressure
- Slimming for the belly
- More energy
- Reverse the appearance of aging in the body, face, and skin.
- Sugar detox reduces breakouts and other skin problems
- Gluten detox reduces arthritis, tissue inflammation, and achy joints
- Reduce body acidity, bloating and gas
- Improve auto-immune system

GRD can improve health, body function and reduce illness from:

- Obesity, bloating, overweight
 - Autoimmune disorders
 - Allergies
 - Cardiovascular disease
 - Type 2 diabetes
 - Osteoporosis
 - Arthritis
 - Varicose veins, hemorrhoids, diverticulosis, gastric reflux
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GOLDEN RATIO of weight maintenance:

**20% protein, 10% fats, 50% green carbs,
20% starchy carbs**

<17g sugar daily

OPTIMAL WEIGHT-LOSS proportions:

25% protein, 15% fats, 50% green carbs

10% starchy carbs

<12g sugar daily

Calorie intake recommendations:

The Golden Ratio is the percentage of calories from the foods you consume. You can measure more quickly by size or volume on the plate. Calories should increase as you exercise. Calories should decrease if you are more sedentary. Try to only eat when your body is truly hungry— not when your mind is bored or looking for distraction.

Active men should be around a total of 2200-3000 kcal per day

Active women should be around 1800-2600 kcal per day.

In general, carbohydrates are...

Vegetables, greens, fruits, potato, grains, rice, legumes, dairy, beer & wine, meal replacements, starches, sugars, or fruit sugars.

TIP: Try to avoid filling up on “starchy” carbs like rice, flour, bread and potatoes. These should accessorize the meal. The foundation of most meals should be greens and vegetables.

Proteins are...

Meats, fish, eggs, nuts, dairy, supplements; some protein is found in grains and greens.

TIP: Red meats should be in 1-3 meals per week max. Farm-raised mammals also consume much more energy and resources than other animals and plants.

Fats are....

Oils, meats, eggs, nuts, dairy, avocado, chocolate, coconut, butter.

TIP: Dairy choices can be confusing. Avoid milk, ice cream, and yogurts with added sugars. The best dairy choices are real butter, eggs, and firm cheeses.

YES FOODS: Good everyday choices

- Well-raised, grass-fed or wild meats of all kinds.
- Lots of vegetables— cooked, fresh, raw, pickled, frozen.
- Sun Warrior Original Protein or Garden of Life Fit Meal
- Canned and fresh fish, all seafoods
- Nuts, coconut, and sugar-free nut butters (NO peanuts)
- These fruits – avocado, apples, melons, berries, frozen fruits
- Healthy fats (85%+ dark chocolate, seeds, olive oil, flaxseed, coconut oil, fish oil, etc.)
- Lots of water w/ lemon. Moderate coffee, tea, almond milk, mineral waters.
- Other supplements could include fiber, multivitamin, B vitamins & iodine, senna laxative tea, approved energy bars, and green juices.

2 great things about YES foods:

1. You can eat larger amounts without feeling lethargic or bloated.
2. You can eat small amounts and get plenty of nutrition for an active life.

SOMETIMES FOODS: 1-2 servings weekly.

- Banana, pineapple, peaches
- Oatmeal w/ almond milk & nuts
- Quinoa, buckwheat or other gluten-free grains
- Brown rice, corn, yams, potatoes, sweet potatoes
- Beans & hummus
- Sweet potato chips
- Local honey, stevia, xylitol sweeteners
- Softer cheese, goat cheese
- Pastured eggs, Kerrygold butter, hard cheese

NO FOODS:

For optimal weight loss, just say no to these foods! For weight and health maintenance, these should be <10% of overall calorie intake.

- Gluten, pasta, bread, pizza, cookies, cakes, muffins, bagels, chips, sandwiches.
- Sugar, syrups, candy
- Deep fried meats, fried vegetables, french fries
- Processed dairy- Greek yogurt, frozen yogurt, ice cream, gelato, cheap cheese
- Energy or Protein bars made from corn or soy, or added sugars.
- Soft drinks, sweet coffee drinks, fruit juice, diet sodas, sweet teas, energy drinks.

- Processed or boxed foods, frozen meals
- Fast foods (NO to any place with a drive-thru window)
- Refined oils (Vegetable, corn, canola, hydrogenated, margarine)
- Liquor & Alcohol

The Dirty Dozen:

The 12 foods most likely to be causing bloating, inflammation, illness, poor digestion, or fatigue. We all have a unique body chemistry, so you can systematically identify which ones to avoid.

- Refined Sugar
- Gluten (Wheat products- especially breads and pastas)
- Trans-fats & fried foods
- Dairy (especially ice cream and cheap yogurt)
- High-sodium preserved foods (canned soups, frozen meals, etc)
- Peanuts
- Soy
- Processed Foods (cheap meats, cheap chain-restaurant foods)
- Shellfish
- Liquor & Alcohol
- Hot peppers
- Citrus Fruits

Breakfast: Breakfast should be built around protein, with no gluten, dairy or sugar. '2 palms' is a good amount for breakfast.

- Fruit and a handful of nuts
- Protein smoothie with sugar-free almond milk and frozen berries.
- Bacon and sautéed greens
- Small bowl of sugar-free granola with almond milk, nuts and berries.
- Hard cheese, and 1/2 apple
- Leftover dinner

Lunch: Lunch should be light, more green than not. No sandwiches, unless you make them at home, and according to the Golden ratio.

- Big salad with lots of protein, small chips on side ok
- Canned sardines & apple
- Soup with raw vegetables and hummus
- Protein and 3 vegetable stir fry, with greens
- Lemongrass Chicken, quinoa and apple salad

Dinner: Should be larger, but limit carbs to cooked vegetables to lose weight.

- Burger with no bun, on a salad
- Herbed Lamb Chops with Bacon & Brussels Sprouts
- Beef Bourguignon
- Lamb, Fennel, & Yam soup
- Roasted Tomato & Bacon soup w Jerk chicken

- Spiced Pork Shoulder with Sautéed Garlic Spinach
- Pan-roasted shrimp and/or scallops, vegetable medley, with cauliflower purée
- Beef curry with butternut squash

Snacks:

- Raw, roasted, or salted nuts
- Carrots and hummus
- Epic protein bar with 1/2 apple
- 1/2 pear with sunflower seeds
- Celery and almond butter
- Avocado and canned tuna
- Sun Warrior Protein or Meal replacements
- Sardines in olive oil with cherry tomatoes, basil and Kerrygold cheddar

Desserts:

- 85%+ dark chocolate with strawberries
- Coconut or almond ice cream with no-sugar

2 healthy, tasty, easy, fast, cheap meals:

Matthew's 'Paleo' Stir-fry: (12 mins)

1. Heat skillet on Medium high. (2 mins)

2. Melt a heap of Kerrygold butter (1 min)
3. Add 1 lb Meat, brown and sizzle (3 mins)
4. Add 1 sliced onion, reduce heat to medium and cover (2 mins)
5. Add 3-6 colored vegetables to make a rainbow of veg. Cover. (2 mins)
6. Add a big ol' handful of greens. Turn off heat and cover. (2 mins)

* Supplement with hummus & sweet potato chips, apple, or baby carrots

* 12 mins and \$12 makes enough high-quality food for 2 days.

Sunwarrior Smoothie

1. Add 2 cups water or unsweetened almond milk in a blender
2. Add 1 scoop Sun Warrior, Vega, Whole Foods or Garden of Life Protein.
3. Add 3 frozen strawberries or 6 cherries.

Blend and enjoy!

VBodies Dining Out:

When eating out, I created a few easy guidelines to turn formerly unhealthy meals into pretty good choices.

1. **General:** No sandwiches, no pizza, no fried foods.
2. **BBQ—** OK: Meat, pickles, onions, green beans and salad. Side of beans is ok. No: Cole slaw, potato salad, bread, mac, sweet tea, pie are not. Nearly all sauces have sugar so they are out.
3. **Mexican food—** Take a handful of chips and send the basket away. Fajitas are very healthy. Request no tortillas, rice or sour cream. Beer is much better than margarita.

4. **Hamburgers** - No bun. Ask for the burger on a big salad, or double vegetables.

5. Many restaurants will skew towards a high percentage of starchy carbs. Choose plates that have more meats and vegetables.

Travel Diet:

Don't depend on any airline, convenience store, or restaurant to sell you healthy foods.

* **Shop at local grocery stores and farmer's markets** instead of eating out, and keep your own foods in a nice bag or cooler.

* **Glove-Box proteins** are nuts, sunflower seeds, canned tuna, sardines, or Epic protein bars.

* **Texas truck-stop foods** are jerky, nuts, sauerkraut, pickles, canned fish, unsweet tea, mineral water, popcorn, bananas, coffee.

* **Airport foods** are 80%+ dark chocolate, gluten free chips, salads w/meat, fruit, Kind bars, nuts, coffee.

You can bring any food containers on an airplane, as long as you scan them through the X-ray with your carry-on luggage. In 10 years of international travel I have never had any food taken up at an airport, including Tupperware, cooked meats, bags of vegetables, chips, and salads.

1-lb pre washed spinach cartons make for great airplane kits. Load one up with everything you like for the ultimate meal. Everyone else can be constipated, but you can be hydrated and snacking the whole flight on your favorite foods.

Be prepared as TSA officers, flight attendants, pilots, and your seat neighbors will ask you lots of questions about your diet, and try to buy your food!

Home Healthy Tips:

- Keep healthy food with you at all times.
- Try to shop for food 2 times per week. HEB, Whole Foods, and local Farmer's markets are excellent sources for quality foods and lower prices.
- <http://texasfarmersmarket.org>
- Cook in bulk to save time. Most dinners make for amazing breakfast and leftovers.
- Intermittent fasting or skipping meals can be healthy, depending your body chemistry.

In Heath,
Matthew

Please email me for any questions or to get going at VBodies!
info@vbodiesfitness.com

Matthew Ryan Carney, Founder,
VBodies Pilates and Fitness Studio,
4600 Mueller Blvd, Austin, TX 78723, Ste 1005
512.585.4975