

# Week 5

## *Tune Up*

### **At this point, you want to know:**

1. Is the client on the program? (ATTITUDE)
2. OBSTACLES the client is facing.
3. Help the client gain some WINS!

### **Meal Planning**

Be efficient in the kitchen, create a system

Plan salads for every day and place in containers for later use

Have a meal prep day

When preparing bread, gather and line up all ingredients, take a break, then make your bread efficiently

Prepare your bread every 1-2 weeks, freeze then toast

Make a large batch of a meal, freeze in smaller meal-sized portions

### **Freeze:**

- Cooked pseudograins
- Bread
- Waffle
- Legumes
- Sunflower and Pumpkin Seed Butter
- Sweet Potato
- Yucca

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1

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### **Tips for Containers**

When using glass for storage in freezer, choose one without shoulders (the diameter of the opening equals the diameter of the container)

Do not store liquid meals (ex legumes) in plastic, use glass due to leaching

You can use plastic for dried goods

### **Rule for Cassava**

Use 1/2 the amount of arrowroot flour that is called for.

## **Common Scenarios:**

### **When your client is doing GREAT:**

Consider cutting down coaching time from hourly per session to half an hour.

### **Client is on program but is continuing to have symptoms:**

After 1 week remove:

1. Nightshades
2. May need to remove foods with protein/fat, i.e. fatty seeds  
—Use Avocado, Coconut, Chia, Flax, Olives
3. Cruciferous
4. Client might be unable to tolerate some pseudograins or some legumes

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### **Client is underweight and not able to gain weight:**

Eat three meals a day:

- 7:00AM ● 12:30 PM ● 5:30PM

For the 3<sup>rd</sup> meal: cereal or bread and fruits

Blend food, separate per dish. Restart regular food when client is starting to gain weight.

### **Client is overweight:**

Eat two meals a day:

- 9:00AM ● 3:00 PM

### **What to do with high blood sugar:**

- Different pseudograins may work better than others, evaluate client's blood sugar response
- Low sugar fruits (kiwi, berries, grapefruit)
- Coconuts and avocados are helpful (fat)
- Pumpkin seeds are better tolerated than sunflower seeds
- Don't bake yucca or sweet potatoes —steam/cook instead
- Our bread recipe works for good blood sugar control
- Legumes are helpful
- Recipes with high fiber (bread recipe and legumes)

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### **Client has severe symptoms:**

Have them use the 4-Day Therapeutic Menu faithfully

### **Client can't tolerate pseudograins:**

Ensure that client is soaking and sprouting.

Cook to boil 2-3 times, changing water each time.

### **Reintroduction of foods after 2 - 4 Months:**

Every 4 days try adding one of these (if previously eliminated from the diet):

- Nightshades
- Fatty acid seeds
- Cruciferous
- Nuts
- Legumes
- Grains (Teff, Sorghum, Rice, Wild Rice)

### **How to Modify the Plan for Heart Disease:**

Remove coconut

Use half the salt in the recipes, choose Celtic salt

If unable to sprout at least soak the seeds

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**Client concerned about taking vitamin supplements:**

The 4 Day Therapeutic Menu provides adequate vitamins

Recommend only liquid, organic, and plant-based supplements, only if needed as evidenced by lab measurements

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