

Molo Eats

Low Carb, Liver Loving, Mediterranean Style

Meal Plan:

- 4-5 protein and vegetables mini meals per day
- At least 20-30 grams of protein per meal/snack
- Drink lots of water between meals and not with meals to ensure food breakdown. You're retaining your hydrochloric acids and enzymes to break down your meal.

Focus On:

- Proteins and non-starchy vegetables
- Eat a large variety of veggies-it **builds multi strains of good bacteria** which boosts immunity. It also helps to build enzymes to break down your meal
- Use natural products like Monk fruit, liquid stevia, xylitol, and chocolate stevia powder
Grow your own stevia- it's fun and easy!
- Enjoy Paleo/low carb desserts without added sugar

Proteins:

- **Meats, Seafood, Fish:** All types
- **Dairy:** Full fat, low carb, high protein
- **Eggs:** High-quality
- **Nuts/Seeds:** Clean as possible, including nut butters-may need to ozonate nuts.
- **Low Carb Protein Shakes/Smoothies:** Under 5g carbs and 20+grams of protein

Vegetables:

- **Low Starch/large variety:** Green veggies (peppers, radish, asparagus, cabbage, lettuce, summer squash, cucumbers, etc.)
- **Extras:** Avocado, raw tomatoes, onions.
- **Fermented Veggies:** Beneficial for some, use with caution.

Fruits:

- **Enjoy:** Berries, grapefruit, avocado, tart apples, citrus (not orange).

Beverages:

Drink before or after but don't drink with your meals. It dilutes your digestive enzymes

- **Coffee/Teas**-Organic or ozonate if needed
- **Good Water**: Filtered, ozonated or sparkling-use flavored stevia drops
- Try low carb mocktails/cocktails or hops water

Condiments

- **Mayo/Mustard**: As clean and organic as possible or make your own
- **Dressings**-low carb, no sugar, organic or make your own
- **Hot sauces**-clean/organic no citric acid or msg
- **Herbs/spices**
- **Salt/pepper**

Additional Tips:

- **Fiber**: Add psyllium to food or water (helps with mycotoxins).
- **Freshness**: Eat fresh foods as much as possible daily.
- **Avoid Citric Acid**: Most made from black mold.
- **Ozonate Questionable Foods**: Coffee, nuts and foods known to mold.
- **Potatoes**: Use radish, turnips, or rutabagas instead of potatoes.
- **Rice**: Use cauliflower rice or finely shredded/chopped cabbage instead of rice.
- **Fermented Foods**: Adds live enzymes when you have a little bit with your meal; builds good belly bugs
- **Create a balanced pH and a balanced microbiome**: better digestion and elimination

Foods to Limit (Med-High Carb):

- **Sprinkled in** : Beets, carrots, parsnips, peas, beans, grains, honey, melons, cherries, pineapple, grapes, oranges, peaches, non-tart apples, blue corn chips, winter squash, potatoes, quinoa, cooked tomato products, corn, white rice, dried fruit.

Foods to Avoid:

- **Sugary Foods**: Candy, jams, jellies, dates, figs, bananas, grapes.
- **Mold-Prone Foods**: Citric acid, yeast, blue cheese (if allergic), cured meats, wine, MSG.

It's time for us to get back to growing our own food. Start by growing your own herbs to cook with.

Sample Meals

1. Starter Meal

2 eggs any style

$\frac{3}{4}$ cup of greek yogurt-sweetened or savory

2. Protein Shake

3. Lunch

1 cup of Chicken topped on any style salad with homemade dressing

4. Protein bites: cheese and veg or yogurt; or do nut butter and green apples

5. Dinnerish

Grilled veg and steak or fish