

MENU DEVELOPMENT

THINGS TO CONSIDER

- What do you enjoy?
- How much time are you willing to put into cooking?
- How many recipes can you commit to preparing during that time?
- What day(s) can be designated to more preparing and cooking?
- When do you plan on eating?
- Do you have specific dietary needs that must be addressed or changed?
- How can you create a plan that works for everyone in the household?
- What can you change about your food environment?

PROCESS

- Create the plan (protein – vegetables – healthy fat – other plant sources)
- Shop and purchase for the week – develop a grocery list
- Prepare and cook as much as willing and possible
- Enjoy!! Evaluate what works well, what didn't work well, etc.

NOURISHMENT PLAN

At Skyterra we believe in providing whole, relatable foods that nourish your physical body and emotional mind. We believe in delicious foods that will impact you in a way to promote long-lasting and sustainable health. Fostering independence from inflammatory foods, refined sugars and processed ingredients will lead you to a life of vitality, longevity and balance. Through high quality foods, house-made sauces, dressings and fresh, seasonal ingredients you will learn the keys to sustainable weight management and nourishment.

At Skyterra other relatable elements hope to inspire long-lasting healthy adherence. Our meals are served family style, as sitting together at a table helps to promote community and conversation. This is important in overall health and proper digestion. In efforts to re-inspire a healthy relationship with food, the Skyterra Nourishment Plan has been created. This plan will allow your body to heal and recover, physically and psychologically. The Skyterra Nourishment Plan will help change the way you think of food, your habits surrounding food, your tastes and cravings, and it is the opportunity to change the way you eat for the rest of your life!

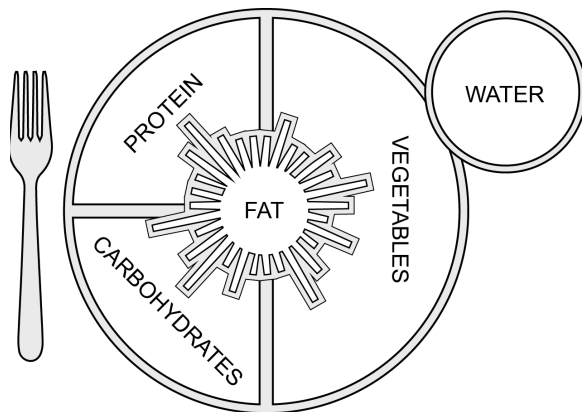
*NOTE: Please remember that each individual has different needs and limitations. It is important to reference the Personalized Nutrition Documents and adhere to your personalized changes from your stay at Skyterra.

GUIDELINES

- **Mindfulness**
 - Honor the Nutrients vs. Calories.
 - Eat Slow.
 - Honor Your Hunger.
- **Foods**
 - Eat Real Food - Whole, Quality, Nourishing Choices.
 - Wise Portions (2/3 plate or meal = plant food; 1/3 plate or meal = high quality protein)
 - Hydrate - 1/2 body weight in ounces each day.
- **Choose To Leave Out**
 - Refined Sugar and Artificial Sweeteners
 - Poor Quality Meat and Dairy Products
 - Farm Raised Fish
 - Heavily Processed Foods
- **Consume In Moderation:**
 - Natural Sweeteners like Honey, Blackstrap Molasses, Maple Syrup, Sorghum Syrup
 - 85 % or Higher Dark Chocolate
 - Set Personal Boundaries with Alcoholic Drinks (1 drink for women, 2 drinks for men)
 - Best Options are 5 oz Dry Red Wine; 1.5 oz Clear Liquor with Soda Water and Bitters.

PORTIONS

MY SKYTERRA PLATE



½ of your plate should be non-starchy vegetables. Additionally, aim to rotate between grains (e.g., sorghum) and starchy vegetables (e.g., sweet potato). Protein, healthy fats and vegetables should be present at every meal.

RULE OF THUMB

Use your hand to honor your portions:

- Your clenched fist= 1 cup.
- Your palm= 3-4 ounces
- Your thumb= 2 tablespoons or 1 ounce.
- Your thumb tip= 1 teaspoon
- A handful= 2 ounces / 1/4 Cup.

KNOW YOUR FOOD

In efforts to re-inspire a healthy relationship with food, utilize the following information when developing your personal menu. This information will allow you to aid your body to heal and provide necessary nutrients. We hope this information will assist in changing the way you think of food, by focusing on the options you have.

FOOD TYPE	PER MEAL PORTIONS	RECOMMENDATION
Non-Starchy Vegetables (e.g., leafy greens)	Serving= 1 cup cooked Serving = 2 cups raw Salad Greens= 2 Cups raw (starter size) Salad Greens= 4-5 Cups raw (entree size)	Enjoy as much as you want and/or can tolerate daily. Look for local, seasonal, and organic if desired.
Starchy Vegetables	Serving= 1/2 Cup cooked; Some individuals may need 1 to 1 1/2 cups cooked	Starchy vegetables are a great way to incorporate carbohydrates into your nourishment plan with added nutrients and fiber as opposed to turning to grain consumption. Look for local, seasonal, and organic if desired
Vegetable Based Soup/ Bone Broth	Serving= 6 - 8 oz.	Enjoy steamed vegetables in bone broth for a nutritious and healing meal or side dish. Bone broth has incredible benefits that support the health of our gut and immunity.
Grain	Serving= 1/2 Cup cooked Some individuals may need 1 to 1 1/2 cups cooked	Try sprouted grains or fermented grains (sourdough) throughout your week. Grains such as quinoa, amaranth, sorghum, buckwheat and more are nutrient dense options.
Fat (Oils)	Serving= 1/2 T.	Try making your own dressing with a serving of healthy fat, like olive/ walnut/ avocado or grapeseed oil, vinegar and fresh herbs for a tasty and additive-free dressing! Recommendations: Extra Virgin Olive Oil, Grapeseed, Walnut, Avocado, Coconut, Flaxseed Oil High Heat Cooking: Grapeseed, Avocado, Coconut Oil, Grass-Fed Ghee or Butter
Fat (Avocado)	Serving= 1/4 avocado	Avocados are another wonderful source of healthy fats, that can be incorporated into recipes or eaten as an accompaniment to any dish
Fat (Nuts and Seeds)	Snack Serving: 1-2 oz. With Salads: 2 T. As Garnish: 1 T. Nut or Seed Butters: 1 T.	Nuts and seeds are a great addition to meals or a snack. Add variety throughout your day for different nutrients. Nuts and Seeds provide monounsaturated fats, vitamin E, magnesium, selenium and more.
Protein (animal based)	Standard Serving= 4 oz. Power Up Serving= 5-7 oz.	The amount will vary with individual. Include a high quality protein source at every meal. Hormone-Free & Antibiotic-Free Poultry (Chicken and Turkey) Grass-Fed & Grass-Finished Red Meat. (Pork, Lamb, Beef, Bison) Wild Caught, Sustainable Seafood (Wild Caught Alaskan Salmon, Pacific Sardines, Atlantic Mackerel, Albacore Tuna, Sablefish/ Black Cod.)

Protein (chicken or duck eggs)	Serving= 2 Whole eggs Hard Boiled= 2 Whole or 1 Whole with meal/salad	Remember to eat the egg yolk! There are important nutrients such as Vitamin A, Vitamin D and Choline. Choline is essential for delivering nutrient to your cells, to keep you energized and able to function! Duck eggs offer twice the amount of nutrients
--------------------------------	--	---

		<p>as chicken eggs.</p> <p>Free-Range, Cage-Free, Local Eggs if possible</p>
Protein (plant based)	<p>Serving= 1/2 Cup beans, lentils.</p> <p>Serving= 3 oz. Tofu/Tempeh .</p>	Enjoy plant-based proteins like tofu and tempeh.
Fruit	<p>Serving= 1/2 Cup or 1 small fruit</p> <p>Salad= 2 T or 1/4 Cup</p> <p>Smoothies = 1/2 cup to 1 1/2 cups depending on purpose</p>	<p>Aim for 1-3 servings of fruit per day.</p> <p>Look for local, seasonal, and organic if desired.</p>
Dairy	<p>Cheese: 1-2 T. / 1 oz.</p> <p>Yogurt, Kefir = 1/2 cup</p>	<p>Enjoy high quality and tasty options.</p> <p>Use in moderation.</p>
Sauces, Dressings, Spreads, Etc.	<p>Serving= 1 T. / 1 oz.</p> <p>Marinara or Vegetable Broths= 3-4 oz.</p>	<p>Be sure that all sauces and spreads have zero to minimal added sugar.</p> <p>Opt for lower sodium choices (~150- 300 mg/ serving)</p>

SUPPLEMENTATION

DESIRED IMPROVEMENT	RECOMMENDATION
<p>Gut Health</p> <p>Adding in gut healing foods will enhance the process of decreasing inflammation within the body. Much of the dis-ease we encounter within the physical and emotional body begins in the gut or greatly affects the gut. Try adding in these gut nourishing foods to further nourish your entire body. This variety of food will enhance the diversity of species in the gut microbiome, strengthen the gut lining and reduce irritation or increased inflammation. Try adding these foods in daily to your diet, variety is key! Continue to experience new flavors by rotating these foods often.</p>	<p>A variety of leafy green vegetables (raw: 2 cups, cooked: 1 cup, 2-3 times daily) Bone Broth (8 oz) Grass-Fed Beef Free-Range, High Quality Poultry</p> <p>Prebiotic Rich Foods - Fiber-rich foods Kiwi (1) Chilled, Cooked, Lentils & Sweet Potatoes, SunChoke/ Jerusalem Artichoke, Celeriac Root & other roots vegetables. (½ cup) Garlic (1 clove) Raw Yellow Onion & Raw Leeks (¼ cup) Greener Banana (6 inch) Serving= 1/2 cup plantain</p> <p>Probiotic Foods- Sauerkraut, Kimchi, No Sugar Added Kombucha Raw Apple Cider Vinegar (2 T.) Brine Cured Olives (¼ cup) Kefir and Yogurt (½ cup) Fermented Foods / Cultured Foods</p>
<p>Reduce Inflammation</p> <p>Ingredients work synergistically to produce the anti-inflammatory effect of turmeric on the body.</p>	<p>Turmeric (1 tsp) Black Pepper (½ tsp) Healthy Oil (1 T.)</p>
<p>Support Adrenals and the Stress Response</p> <p>We all endure stress on a daily basis, however many of us also face mild to strong adrenal fatigue. When we have been stressed for long periods of time we often end up in "burn out." Now, we deal with exhaustion, impaired concentration, hormonal disruption and many other ailment. Try supporting your stress response and improving the function of your adrenal glands.</p>	<p>Herbal Tea (1 cup)</p> <p>Holy Basil/ Tulsi</p> <p>Suggestion: 3 minutes meditation daily or mindful practice. 5 deep breaths before and after each meal. Protein and healthy fat at each meal.</p>
<p>Support Detoxification</p> <p>Detoxification is an important process we need to support daily. Many factors affect our ability to properly detox: Living in a city, high stress levels, processed foods and alcohol consumption, conventional meats, fruits, vegetable and dairy intake, cosmetics & hair care products, and cleaning products</p>	<p>Milk Thistle Tea (1 cup, daily) Apple Cider Vinegar in glass of water(1 T., daily) Warm Lemon Water (1 cup, daily) Roasted Dandelion Root Tea Daily (1 cup, daily)</p> <p>Suggestion: Drink at least 8 cups of water daily Consume at least 7 vegetables and fruits daily Integrate teas and aromatic foods daily</p>