

7 DAILY FOODS CHEAT SHEET



NO MEAT
ATHLETE



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1 LEAFY GREENS & CRUCIFEROUS VEGETABLES

The most micronutrient dense of all foods (highest ANDI scores). They're the healthiest foods you can eat, but so easy to not eat. Eat them often, raw and cooked.



2 BERRIES & OTHER FRUITS

The most vibrantly colored fruits because of their strong anti-inflammatory, antioxidant, and anti-cancer properties. Buy them organic if possible.



3 FLAXSEEDS & OTHER NUTS / SEEDS

Just a quarter-cup of nuts each day can add two years to your life! Flaxseeds and walnuts in particular are high in Omega-3s; flaxseeds are also antiangiogenic.



4 ONIONS AND GARLIC

A half cup of onions per day can produce 50-88% reductions in the risk for certain cancers. For maximum benefits, chop onions & garlic 15 minutes ahead of cooking them!



5 BEANS

A 2007 American Institute for Cancer Research study concluded that we should eat beans in every meal (really)! They're a food common to the world's longest-lived cultures too.



6 TURMERIC

Thanks largely to its pigment, curcumin, turmeric protects against heart disease & cancer, and may even help to reverse their progress. Eat it fresh or ground!



7 GREEN OR WHITE TEA

Tea is incredibly high in antioxidants, and some beneficial phytochemicals like ECGC are exclusive to the tea bush. Not a caffeine fan? Herbal teas are great too.



NEXT:
**HOW TO INCORPORATE EACH FOOD
INTO YOUR DAY**

3 MEALS

THAT MAKE IT EASY

Now that you know the seven foods worth eating every single day, let's talk about how to incorporate all those ingredients into your day.

BECAUSE LET'S BE HONEST, THAT'S THE HARDEST PART. IT'S EASY TO LEARN WHAT YOU SHOULD EAT, BUT A LOT MORE COMPLICATED TO ACTUALLY MAKE IT WORK.

Which is why we came up with three adaptable meals that make it easy to include a bunch of these seven foods at once.

Best of all, they're probably meals you already make, so all you've got to do is learn to use the 7 foods within each.

SMOOTHIE

A simple morning smoothie will knock out several of the foods before your day gets going. With a smoothie you can easily get:

- **Berries and Other Fruits.**
- **Flaxseeds and Other Nuts.**
- **Greens** (optionally cruciferous).
- **Green/White Tea Leaves or Matcha Powder.**
- **Turmeric.**
- **Beans!?** (People do it! White beans and silken tofu don't add much bean flavor.)





GIANT SALAD

WITH BEANS & NUT-BASED DRESSING

For lunch, start with a big bowl of greens, throw on beans, mix in a bunch of other veggies, and top it off with a nutbased dressing like cashew ranch or tahini-garlic. In a salad you can include:

- **Greens.**
- **Cruciferous Vegetables.**
- **Onions** (pickled, scallions, etc.)
- **Beans.**
- **Nuts & Seeds.**
- **Turmeric.**
- **Fruits.**
- **Whole Grains.**



A GRAIN, A GREEN & A BEAN

When you structure your dinner around a grain, a green, and a bean, the options are endless. Think burritos and tacos, soups, pastas, and curries, and try to always work in onions or garlic. Here are just a few of the foods you can get in this meal:

- **Whole grains.**
- **Greens.**
- **Beans.**
- **Onions & Garlic.**
- **Mushrooms.**
- **Turmeric.**
- **Cruciferous & Other Vegetables.**
- **Nuts & Seeds** (topping or dressing)



THE “PERFECT” DAY

Let’s put it all together. Here’s a peek at my ideal food day, which incorporates all seven of the foods at least once, along with a few servings of whole grains and, many days, mushrooms (both strong runners-up that one could argue should also be everyday foods).

BREAKFAST: Smoothie (plus water, coffee, or tea).

MORNING SNACK: Fruit (with nut butter, optionally), tea

LUNCH: Giant Salad with Beans & Nut-Based Dressing (with optional whole grain side: rice, quinoa, whole wheat bread)

AFTERNOON SNACK: Hummus with veggies or whole grains (crackers, bread), tea

DINNER: A Grain, a Green, & a Bean (started with a base of onion and garlic)

ONCE A DAY

Supplement with B12, D3, and DHA/EPA. Whole-food, plant-based diets, while very high in many micronutrients, typically don’t provide enough B12, D3, or DHA/EPA. To get just these three nutrients in a single source, we recommend Complement or Complement Plus- which No Meat Athlete founded and formulated.

https://lovecoconut.com/nutritional_sources/ You can learn more about Complement here.

(and save 10% with code **SAVE10NMA**)





DISCLAIMER

This ebook contains the opinions and ideas of the author. It is not in any way a substitute for the advice of the reader's physician or other medical professionals. Before making changes to your diet, consult your doctor or other qualified health care professional who understands your individual conditions, symptoms, and concerns. The author specifically disclaims all responsibility for injury, damage, or loss that the reader may incur as a direct or indirect consequence of following any directions or suggestions given in this cheat sheet.



REFERENCES

All of the following are highly recommended reads, and worthwhile for additional information they'll give you about these seven foods and others. For example, without reading them, you might not know that turmeric may cause pain for people with gall stones, or that if you're on blood thinning medication like warfarin, eating an abundance of greens could require that your doctor up your dosage to prevent blood clots.

How Not to Die by Michael Greger, M.D. and Gene Stone. New York: Flatiron Books, 2015.

Super Immunity by Joel Fuhrman, M.D. New York: HarperOne, 2011.

Authority Nutrition. "10 Proven Health Benefits of Turmeric and Curcumin."

<https://authoritynutrition.com/top-10-evidence-based-health-benefits-of-turmeric/>