Mastering Your Fat Switch

The Adrenal Reset Diet

Guidelines

Alan Christianson, NMD
The Reset Diet can be as simple or as gourmet as you wish. For simplicity, it can be as easy as shake, salad, and stir-fry. Here are some ideas to get you started:

**SIMPLE MENU IDEAS**

**BREAKFAST SHAKE**
Blend all ingredients in high-powered blender with 1/2 cup each ice and water (add more water if you prefer your shakes thinner)

- 1 serving (containing 20-30 grams of protein) sugar free, vegetable based protein powder (pea protein is best); or Hydrobeef protein powder
- 1/4 cup raspberries
- 1/2 cup unsweetened coconut milk beverage
- 1 tbsp Flax seeds
- 1/2 cup frozen spinach

A fast and easy alternative to this recipe is 1 serving of Dr. Christianson’s specially formulated Reset Shake.

**LUNCH SALAD**
Rinse beans and salmon. Mix all ingredients together. Keep chilled until serving.

- Romaine, red leaf, green leaf lettuce – 4 cups
- Black beans – 1/2 cup
- Canned salmon – 3 ounces
- Cherry tomatoes – 6
- Olive oil – 1 tbsp.
- Vinegar, red wine – 2 tbsps.
- Spike seasoning – 1/2 tsp.
DINNER STIR-FRY
Rice and chicken breast can be purchased pre-cooked or cooked in advance. Heat 1/2 of the oil in saucepan or wok. Heat garlic and onions 1 minute. Add vegetables and cook until lightly soft. Add chicken, rice, soy sauce and remainder of sesame oil until all ingredients are mixed and warm.

- Brown rice – 3/4 cup
- Chicken breast - 3 ounces
- Broccoli - 1 cup
- Mushrooms – 1/2 cup
- Onions – 1/2 cup
- Soy sauce – 1 tsp
- Toasted sesame oil – 1 tbsp

SUBSTITUTIONS
If you tire of the base mixes, here are some really easy ways to add variety.

BREAKFAST SHAKE SUBSTITUTION OPTIONS:
Instead of coconut, use unsweetened flax or almond milk.

Chia, hemp, salvia, or pumpkin seeds instead of flax seeds.

Kale, collards or other greens can replace spinach.

SALAD SUBSTITUTION OPTIONS
You can use any other greens instead of lettuce.

Try any other type of beans. Chick-peas and navy beans are great options. Chicken, shrimp, or other protein can be used in place of the salmon.
You can use any other vinegar with the exception of flavored or balsamic vinegar. If you are not sure if vinegar is flavored just check the label. If total carbs are over 1 gram per serving it is flavored. Other oils can be used instead of olive oil. Other seasoning blends can replace Spike. If you are not familiar with it, give Spike a try.

**STIR FRY SUBSTITUTION OPTIONS**
Any other unlimited vegetables can be used.

Try lean beef or pork instead of chicken. Other oils can replace toasted sesame seed oil. Macadamia oil works well in stir-fry’s.

Other seasonings for soy sauce. Although soy is avoided, natural soy sauce is fermented and fine in normal quantities. Ume plum vinegar is a great substitute.

---

**SHAKES & JUICES**

**PREMADE SHAKES**
Shakes with pre-measured, high quality ingredients can save time and help assure your success. Try 1 serving of the Reset Shake to substitute a meal for breakfast or breakfast and lunch.

**JUICES**
Juices are great for a quick boost or when you are hungry between meals. You can use any of the ingredients from the Unlimited Foods List, blend or juice them, and enjoy one to two times per day between meals. Here is my favorite midday juice boost!

- Beet - 2 medium, Peeled and quartered
- Cilantro - 1/2 bunch, rinsed and ends trimmed
- Green Apple - 1 whole fruit, washed, and quartered
- Kale - 1 cup frozed or 2 cups washed fresh leaves
- Lemon - 1/4 fruit, peeled
- Turmeric - 1/2 inch sliced fresh root or 1/4 teaspoon of dried powder
If you would like to venture away from the base recipes, here is the outline of the diet. Basically carbohydrates are cycled throughout the day. This trick can make weight loss much easier.

<table>
<thead>
<tr>
<th>MEALS</th>
<th>SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 serving protein</td>
</tr>
<tr>
<td></td>
<td>1 serving fat</td>
</tr>
<tr>
<td></td>
<td>1 servings carbs</td>
</tr>
<tr>
<td>Lunch</td>
<td>1 serving protein</td>
</tr>
<tr>
<td></td>
<td>1 serving fat</td>
</tr>
<tr>
<td></td>
<td>2 servings carbs</td>
</tr>
<tr>
<td>Dinner</td>
<td>1 serving protein</td>
</tr>
<tr>
<td></td>
<td>1 serving fat</td>
</tr>
<tr>
<td></td>
<td>3 servings carbs</td>
</tr>
<tr>
<td>Mid morning and mid afternoon snacks</td>
<td>Foods from unlimited list</td>
</tr>
</tbody>
</table>
What are the best sources of proteins, fats, carbs? Following are detailed lists of each. Any foods not on the lists are best avoided.

**HEALTHY PROTEINS**  
Serving Sizes all should equal 4-6 ounces  
pre-cooked unless otherwise specified

<table>
<thead>
<tr>
<th>Everyday</th>
<th>Several Time Per Week or Less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Lean grass fed</td>
<td>Crab</td>
</tr>
<tr>
<td>Beef, Lean ground</td>
<td>Turkey bacon – 3 pieces</td>
</tr>
<tr>
<td>Black cod / sablefish</td>
<td>Oysters</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>Canadian bacon – 3 pieces</td>
</tr>
<tr>
<td>Cod</td>
<td>Coconut yogurt, Nonfat unsweetened – 1 cup</td>
</tr>
<tr>
<td>Protein Powder, Vegetable</td>
<td>Ham, lean</td>
</tr>
<tr>
<td>based- 1 serving</td>
<td>Lamb</td>
</tr>
<tr>
<td>Sardines</td>
<td>Pork chop</td>
</tr>
<tr>
<td>Shrimp</td>
<td>Pork loin, lean</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>Lobster</td>
</tr>
<tr>
<td>Turkey, Lean ground</td>
<td></td>
</tr>
<tr>
<td>Wild Alaskan salmon</td>
<td></td>
</tr>
<tr>
<td>Rainbow trout</td>
<td></td>
</tr>
</tbody>
</table>
# HEALTHY FATS

## Serving Sizes

### EVERYDAY

- Almonds – 21 almonds = 1/4 cup = 3/4 ounce
- Almond butter – 2 tbsp
- Avocado – 1/3 medium
- Chia seeds – 2 tbsp or 3/4 ounce
- Coconut milk beverage, unsweetened – 1 cup
- Extra Virgin Olive Oil – 1 tbsp
- EVOO – 1 tbsp
- Flax seeds – 2 tbsp or 3/4 ounce
- Grape seed oil – 1 tbsp
- Guacamole – 3 tbsp
- Hemp seeds – 2 tbsp or 3/4 ounce
- Macadamia oil – 1 tbsp
- Macadamia nuts – 1/4 cup or 3/4 ounce
- Olives – 1/2 cup
- Pistachios, unsalted and shelled – 1/4 cup or 3/4 ounce
- Pumpkin seeds – 2 tbsp or 3/4 ounce
- Sunflower seeds – 2 tbsp or 3/4 ounce
- Walnuts – 1/4 cup or 3/4 ounce

### FEW TIMES PER WEEK OR LESS

- Brazil nuts- 1/4 cup or 3/4 ounce
- Butter – 1 tbsp
- Canola oil – 1 tbsp
- Coconut, shredded unsweetened – 2 tbsp
- Coconut oil – 1 tbsp
- Ghee (clarified butter) – 1 tbsp
- Sesame oil, toasted – 1 tbsp
HEALTHY CARBS – SERVING SIZES

EVERYDAY

Acorn squash – 1/4 cup
Adzuki beans - 1/4 cup
Barley, cooked – 1/4 cup
Beets – 1/4 cup
Black beans – 1/4 cup
Blackberries – 1/4 cup
Blueberries – 1/4 cup
Brown rice, cooked – 1/4 cup
Butternut squash – 1/4 cup
Cannellini beans – 1/4 cup
Garbanzo beans (chickpeas) – 1/4 cup
Grapefruit – 1/4 fruit
Hummus – 2 tbsp
Kidney beans – 1/4 cup
Kabocha squash – 1/4 cup
Lentils – 1/4 cup
Navy beans 1/4 cup
Northern beans 1/4 cup
Raspberries – 1/4 cup
Steel cut oats, cooked – 1/4 cup
Strawberries – 1/4 cup
Sweet potato – 1/4 cup
Turnips, boiled – 1/4 cup
Pinto beans – 1/4 cup
Potato, boiled – 1/4 cup
Quinoa, cooked – 1/4 cup
Peas – 1/4 cup
Peach – 1/2 fruit
Parsnips boiled – 1/4 cup

FEW TIMES PER WEEK OR LESS

Apple – 1/2 fruit
Banana – 1/2 fruit
Beer – 3 ounces or 1/4 bottle/can
Cantaloupe melon – 1/2 cup
Honeydew melon – 1/2 cup
Pear – 1/2 fruit
Plum – 1 fruits
Kiwi – 1/2 fruit
Mango – 1/4 cup
Orange – 1/2 fruit
Pasta, gluten free, cooked – 1/4 cup
Pineapple – 1/4 cup
Plantain, cooked – 1/4 cup
Nectarine – 1/2 fruit
Watermelon – 1/2 cup
Wine – 2 ounces
UNLIMITED FOODS
Have as much as you want whenever you want for meals or snacks. Plan to get 1/2 of a plate of vegetables with your lunch and dinner. Be sure to have some dark leafy greens for at least one of these.

| Alfalfa sprouts | Green onions |
| Arugula         | Green peppers |
| Artichoke       | Jicama        |
| Artichoke hearts| Kale          |
| Asparagus       | Kohlrabi      |
| Baby bok choy   | Leeks         |
| Baby corn       | Lemon juice   |
| Bamboo shoots   | Lime juice    |
| Bean sprouts    | Mushrooms     |
| Bok choy        | Okra          |
| Broccoli        | Onions        |
| Brussels sprouts| Pea pods      |
| Butter lettuce  | Pumpkin       |
| Cabbage         | Radicchio     |
| Carrots         | Radishes      |
| Cauliflower     | Red leaf lettuce |
| Celery          | Red peppers   |
| Celery root     | Romaine lettuce |
| Chicory greens  | Rutabaga      |
| Collard greens  | Scallions     |
| Crookneck squash| Snow peas     |
| Cucumber        | Spaghetti squash |
| Daikon          | Spinach       |
| Eggplant        | Summer squash |
| Endive          | Swiss chard   |
| Escarole        | Tomato        |
| Fennel          | Tomatillos    |
| Garlic          | Turnip greens |
| Ginger          | Water chestnuts |
| Green beans     | Watercress    |
| Green leaf lettuce | Zucchini  |
FOODS TO AVOID

- Albumen
- Casein
- Cheese
- Corn flour
- Corn starch
- Corn syrup
- Corn syrup solids
- Dextrose
- Egg
- Egg white
- Egg yolk
- Fructose
- Gluten
- High fructose corn syrup
- Maltodextrin
- Milk
- Modified vegetable protein
- MSG
- Natural flavors
- Sodium caseinate
- Soy protein
- Soy protein isolate
- Sugar
- Wheat
- Whey protein
- Whey protein isolate
- Whole wheat
GENERAL FOOD IDEAS

BEANS AND LEGUMES

Beans and legumes are among the richest source of fiber available. Additionally, they are high in crucial nutrients like folate and magnesium. For some people they can be hard to digest without getting lots of gas. What happens is the fibers in beans encourage the growth of certain strains of bacteria called bifidobacter. If you are low in these bacteria, the sudden growth will mean lots of methane formation leading to uncomfortable gas. If you know you are sensitive, the solution is not to avoid beans but to introduce them more slowly into your diet. Try just 1-2 tablespoons of black beans each day for two weeks. In most cases, this will cause a gentle shift in the bacteria, mild enough to not cause the pain and bloating, but strong enough to allow you to tolerate the healthy beans and legumes you like.

Another consideration about beans is cooking time and storage. Dry beans cook best when sorted, rinse, soaked overnight, rinsed again, boiled for a few hours or slow cooked in a crock-pot. One small bag of beans goes a long way and once cooked they have a short shelf life. In general it is good to avoid canned foods, but with beans and legumes I make an exception. Canned beans do not lose much in the way of nutrients, and the variety and convenience is a huge plus. When choosing a brand, look for labels that have only beans and water as their ingredients. A little salt won’t hurt most of us, but try to buy salt free or low salt varieties, keep it under 150 milligrams of sodium per serving.
SWEETENERS

Sugar is unhealthy. Period. But are artificial sweeteners any better? Evidence is growing that artificially sweetened foods lead to weight gain as well as other health problems. Which sweeteners can you use? The main issues are whether a product is toxic, how many calories it has, how much fructose, how much it affects our blood sugar and whether it suppresses the immune system. Once we apply all of these filters, not too many sweeteners are left. Sugar, brown sugar, molasses, raw sugar and turbinado sugar do badly on all counts. Sucralose (Splenda) and aspartame (Nutrasweet) can be toxic and disrupt our blood sugar levels. Agave nectar, honey and coconut sugar are high in fructose, which is hard on our liver and causes weight gain.

Stevia and Monk Fruit (AKA: Lo-Han) are plant extracts that have a sweet taste but no calories. Both have been thoroughly studied and shown to be safe. They may even have some antioxidants and help blood sugar. The one drawback is they can have a bitter after taste. Your best option is to buy a few different brands of pure stevia and monk fruit and see which one tastes the best to you. Use them sparingly to wean yourself from desiring a sweet taste.