

## **Nutrition – The Missing Link in Your Depression**

### Troubleshooting and Keeping it Simple

#### **Keep it Simple**

- Fish 3 times a week: can of albacore tuna, can of sardines, wild caught salmon
- Protein: eat healthy amount of beans, chicken, turkey, eggs, with each meal
- Vegetables: Eat salads with variety of greens to get your veggies
- Snacks: Fruits: Eat an apple and handful of berries every now and then, fruit with a little cottage cheese, nuts like cashews or almonds
- Make a smoothie everyday to get it all in

#### *Protein*

- 20-30 grams *per meal* from fish, chicken, turkey, other healthy meats, eggs, cottage cheese, beans, grains, nuts, or seeds.

#### *Carbohydrates*

- 4-5 cups per day of celery, asparagus, broccoli, green beans, cabbage, zucchini, spinach, tomatoes, lettuce, etc.
- 2-4 servings of fruit per day
- If need more energy or calories: high carbohydrate choices such as sweet potatoes/yams, carrots, winter squash, rice, corn, etc.
  - Vegetarian or if Handle Beans/Legumes Well: beans, lentils, split peas, etc.
  - If not Gluten Intolerant: other grains such as bread, tortillas

#### *Fats*

- If you eat enough of the full-fat protein sources you'll get plenty of essential/saturated fats.
- Only use coconut oil, butter, ghee, or extra-virgin olive oil for cooking/salads
- Coconut milk, avocados, nuts, etc.

#### Sample Menus

- *Breakfast Choices*
  - 1: Omelet with herbs, spinach, non processed cheese (if can tolerate dairy), ½ cup of fruit
  - 2: Scrambled eggs with turkey, a couple of apricots, celery and an apple
  - 3: Full fat yogurt with raw almonds, side salad, handful of blueberries
- *Lunch choices*
  - 1: Chefs salad with sliced tomato, cooked turkey, chicken strips, feta cheese with 1 cup vegetable beef soup
  - 2: Tuna/Chicken salad with half an avocado, handful of strawberries
  - 3: Hamburger patty with salad of mushrooms, tomatoes, peppers, sprouts with lime
  - 4: Shrimp/Fish salad with hard boiled eggs
- *Dinner choices*
  - 1: Broiled wild caught salmon, buttered broccoli, mixed greens, tomato and cucumber with ½ cup of boysenberries
  - 2: Meatloaf (hamburger, onion, mushrooms, tomato paste), asparagus, vegetables, grapes, chunk of cheese
  - 3: Roasted beef or chicken with steamed cauliflower/broccoli, carrots and cabbage salad, onion and one peach
- *Snacks*
  - Raw nuts such as almonds, cashews, handful of fruit, can of sardines, apple, coconut milk

## Troubleshooting

- Not eating enough calories
  - Make sure when you change to lots of vegetables and healthy protein that you are eating enough food
  - Sometimes I will start to feel down and I go eat a massive chicken salad and immediately feel relief
  - Make sure you eat meals regularly throughout the day
  - Not enough calories can make you anxious, make you feel tired, slow down your metabolism, and shut off your hormones. Trust that when you are eating a lot of vegetables and protein that those foods take longer to digest, don't spike your blood sugar as much, and don't convert to fat like the high starch and sugary foods you might be used to eating.
- You Hate Vegetables
  - If you hate vegetables or only like sweet or spicy foods, you could be deficient in zinc. Julia Ross, author of [The Mood Cure](#), says to try taking 50mg of zinc every day for a month.
- You Hate Washing Vegetables and Preparation
  - Raw carrots, celery, cherry tomatoes, snap peas, handful of spinach are instant veggies. You can even eat stuff like cucumbers as if they were apples.
- Friends/Family Give You a Hard Time When You Don't Want to Eat McDeath
  - Don't have to explain anything, once people see you are serious and just keep eating how you want to without being argumentative, they will slowly accept it. I was known as the "lentil guy" at work, but eventually people stopped taking notice.
  - After a while, they'll start to ask you how you look so good and have so much energy.
- You Slip While Eating Out
  - Eat sandwiches without the bread.
  - Order side orders of soups and salads.
  - Always ask how the food was prepared to make sure they aren't using a bunch of sugar, MSG, or vegetable oils.
  - Ask to "Triple the vegetables, please." Often a side of veggies that restaurants brings is just a couple of carrots. As for 3-4x the amount of vegetables. Usually they don't even charge you.
  - Cut hamburger patties or chicken up and put into side orders of salad.
  - Eat plenty of eggs. Every restaurant has eggs.
- Healthy Food Doesn't Taste As Good
  - Use spices like turmeric, cumin, and pepper
  - Instead of regular salt, use himalayan salt
  - Instead of sugar, use xylitol or stevia
- Other Resources
  - Johnny Bowden's [Book](#) and [Blog](#)
  - [The Diet Cure](#) by Julia Ross
  - Mark Sisson's [Blog](#)