

# ***NUTRITION JUMPSTART MANUAL***



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# ***DISCLAIMER***

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This document is for educational and informational purposes only.

It is intended to guide you through my step-by-step approach to an elimination diet. This by no means everything you will learn or need to know about nutrition. It is designed to help you re-think your nutrition and LEARN which foods your body responds best to.

Downloading this document will not guarantee results. You need to put in the work, be disciplined and stay consistent to achieve your goals.

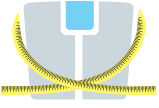
**Make sure to consult your medical professional prior to starting a new dietary routine.**

# ***NUTRITION JUMPSTART MANUAL***

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# INTRO



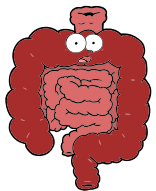
Are you trying to lose weight? Don't know where to start? Maybe you're struggling to break through a plateau.



Have you been counting calories, doing intermittent fasting, or following a keto diet and are still not seeing the results you want?



How is your quality of sleep? What about your energy levels throughout the day?



Do you have digestive issues like bloating, gas, or constipation? Do you suffer from Irritable Bowel Syndrome (IBS) or have a leaky gut?



Some of the foods you're eating might be causing you bloating, inflammation, fatigue, migraines, mood swings, joint pain, or autoimmune diseases and are stopping you from achieving your fitness goals.

You've heard me mention it before on **The Daily Swole Podcast:**

**ELIMINATE INFLAMMATORY FOODS  
TO IMPROVE YOUR HEALTH!**



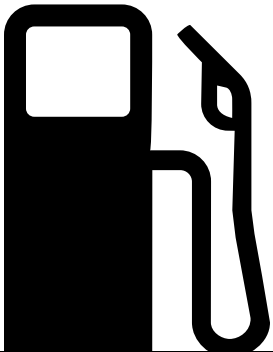
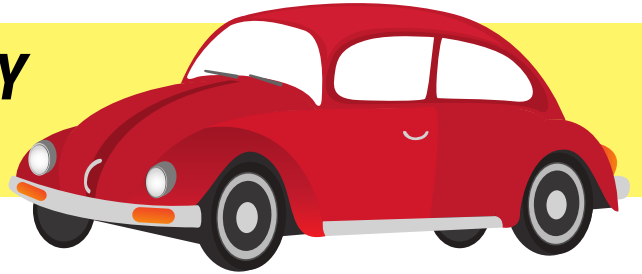
Whether you're taking control of your health for the first time or have been dieting and training for years, **this is where you need to start.**

There is no one-size-fits-all approach to nutrition. This is why you need to go through an elimination process to figure out which foods are the most optimal for YOUR body.

# FUEL FOR YOU

Imagine a luxury car. Now, think about the gas that you're putting in this car. You wouldn't put cheap gas in a premium engine. It could damage it. The same thing goes for your body. In order for it to run at it's best, you need quality fuel.

**YOU NEED TO TREAT YOUR BODY  
LIKE YOU TREAT YOUR CAR.**



Our bodies take a certain type of gasoline yet we continue to eat whatever we want. We make sure to put the right fuel in our cars, read the owner's manual, and take them in for regular tune-ups. But when it comes to our bodies, we don't think twice about the food we're consuming.

Your body is your engine. The only way you're getting energy, nutrients, and sustenance is through the foods you're eating. so if you're giving your body the wrong things, think twice about it.

Your body is trying to live, work, and maybe even exercise. If you're giving your body, the only thing that you truly own, the wrong fuel, it can't function properly.



If you want to get better performance from your engine, you need to fill it up with quality foods.



When you think about food from now on, I want you to think about things differently. Not, "Is this a bad food?" Or, "How is this hurting me?" But **"How is this helping me?"**

Every time you eat, it should be something that you're eating for a purpose.

When your cars has a problem, the engine light comes on to signal you to go get it fixed. If you don't fix a minor problem, it might lead to costly repairs.

The same goes for your body. Inflammation, bloating, and migraines are some of the signals your body sends to alert you that something is wrong. If you ignore these signals or mask them with medication, it can lead to major problems such as autoimmune diseases and costly repairs from hospitalization and surgeries.

Bottom line - You need to start listening to your body and address the underlying cause of these symptoms - **your nutrition.**

# THE APPROACH

**Think of your nutrition as pyramid.**

You need to start from the ground up and do the right things first.



**The Base:** Your pyramid needs to have a strong base for it to be stable. An elimination diet will help you identify which foods are good for you, and which ones are causing you the most damage. By going through this process, you will be able to make better decisions because you will be educated about your body.

**What's next?** As you go toward the peak of your pyramid, you can start working on the details that will get you those extra results, maybe a keto or a paleo lifestyle, but if you don't have a strong foundation, your pyramid is going to crumble to the ground.

If you build a strong base, take it one step at a time, are disciplined, and stay consistent, you can be very successful.

Now let's address the elephant in the room, the **calories**. Your caloric intake plays a role in achieving your fitness goals, but it's at the top of the pyramid for a reason. What comes first is the quality of the food you're eating. You need be paying closer attention to the types of food you're eating, rather than how many calories you're consuming. If you're eating nutrient dense foods, your body will tell you when it's full.

Once you figure out which foods are most optimal for your body and which nutrition lifestyle is best for you, you can start adjusting your caloric intake. Only then will it add value to the way you approach your nutrition.

Before we jump into my step-by-step approach to the elimination diet, remember that nutrition is a practice. You might fall off track and make mistakes along the way, but remember that this is a learning process, and it's important that you take a lifelong approach to your nutrition rather than a fad diet or a six-week shred.



# THE ELIMINATION DIET



This is a short term process that involves eliminating highly inflammatory foods from your diet to identify food sensitivities and intolerances.



This process takes 4-6 weeks since this is the amount of time it takes your body to “reset” and abandon its defense system against these inflammatory foods.



When you introduce these foods back in one at a time, you'll see how your body truly reacts.

## WHAT IS THE PURPOSE OF THE ELIMINATION DIET?



**IDENTIFY FOODS THAT ARE POTENTIALLY CAUSING THESE ISSUES:**



**LEARN WHICH FOODS YOUR BODY RESPONDS BEST TO.**

**PREVENT AUTOIMMUNE DISEASES**



# HOW DO I START?

## 1. CHOOSE YOUR ELIMINATION



### **SPECIFIC**

Elimination of one food/food group to determine personal sensitivity. Ideal for those that have already done a complete elimination in order to fine-tune their diet.

### **PARTIAL**

Elimination of more than one specific foods to determine personal sensitivity. This method is great for people that are hesitant or overwhelmed with the concept of a complete elimination diet. This gets your feet wet and in the rhythm of eating better right away.

### **COMPLETE**

Full elimination to maximize results and acquire as much information about your body as possible. Excellent for anyone and ideal for those that are fully committed to improving their nutrition as well as for those with more moderate to severe issues resulting from poor nutrition.

## 2. PLAN AHEAD OR PLAN TO FAIL



**Throw away all the bad stuff.** This includes processed foods and anything you should not be eating during the elimination.



**Prepare Your Food.** Plan your meals ahead of time, have food ready for on-the-go, and make a shopping list for the grocery store.



**Prepare Your Mind.** You will NOT be eating like this forever. Proceed one step at a time and keep an open mind to the possibility (and likelihood) that you have been eating one or more foods that cause your body complications.



**Set Yourself up for Success.** Don't put yourself in situations where you'll fall off track. If you know you won't be able to control your cravings if you go out for dinner with friends, don't go.



# ELIMINATION PHASE



**Cut out inflammatory foods from your diet** (general list provided below) for 4-6 weeks. This is the minimum recommended time frame for your body to “reset” and abandon its defense system against inflammatory foods.



**Stay Hydrated!** Start your day with 16 oz immediately upon waking, and drink a full glass of water before every meal.



You will not need to count calories, nor measure out your meals when doing the elimination. Eat until you're **75% full**.



Incorporate **lifting weights, mobility** and **yoga** into your daily routine.



This is not a RESTRICTION diet, but a process of learning how your body works. Make sure to take note of how you **FEEL** throughout this process. Are you in a better mood? Do you feel less pain? Are you sleeping better?

FOODS TO ELIMINATE		FOODS TO EAT	
Citrus fruits	<b>FRUITS</b>	Fresh (in season) fruits , focus on berries	
Potatoes (white, red), eggplant, tomatoes (nightshade family)	<b>VEGETABLES</b>	Sweet potato, yams, steamed/sautéed/raw veggies	
Soybeans, peas, lentils, beans, tofu	<b>LEGUMES</b>	-	
All	<b>NUTS &amp; SEEDS</b>	-	
Grain-fed, farmed and processed - Pork, cold cuts, beef, chicken, canned foods, any meat substitutes	<b>MEAT &amp; FISH</b>	<b>Grassfed Meat / Wild Fish</b> Turkey, fish, lamb, 100% grass-fed beef, wild game meats	
Milk, cottage cheese/cheese, yogurt, butter, ice creams, creamers, substitute dairy products from soy	<b>DAIRY</b>	The recommendation is to eliminate all dairy to test sensitivity however sometimes butter or ghee is tolerated, including A2 casein milk.	
Corn, wheat, gluten-containing foods, oats/oatmeal, barley	<b>WHEAT &amp; GRAINS</b>	-	
Canola, safflower, margarine, processed butter and hydrogenated oils, mayo	<b>FATS / OILS</b>	Extra virgin olive oil, coconut oil, MCT oil, avocado oil	
Ketchup, mustard, soy products, all sugar, all corn syrup, processed honey	<b>SEASONINGS</b>	Fresh herbs and spices, sea salt (Celtic sea salt recommended)	
Caffeine (coffee, black tea, green tea,) soda	<b>BEVERAGES</b>	Herbal teas	

# TESTING PHASE

This is essentially an experiment with trial and error that you are performing on yourself. If there is any food that is a **KNOWN** allergen, you should be avoiding them anyway. So long as you are medically cleared, follow through and observe your reactions.

## REINTRODUCE

Test foods **ONE at a time** so that you know which food is causing which reaction.



## ANALYZE

Overall, is this food helping or hurting you? Will you be including this in your diet moving forward?



## ELIMINATE

(4-6 weeks)

The more strict you are with your elimination (for example, no caffeine, no alcohol, no bread, etc) the better you will be able to learn which foods are optimal for you.



## OBSERVE

(24-48 hours)

Observe and note your body's reactions. How are your energy levels? Are you experiencing any of the following?

- Insomnia
- Fatigue
- Joint pain and/or inflammation
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Bloating
- Brain fog
- Sinus or other respiratory issues

## RESET & REPEAT

Wait 48 hours before testing the next food. This will give your body enough time to reset.

Use this process until you have determined which foods you react **BEST** and **WORST** to.



# SHOPPING GUIDE



## DO

- **Plan** your meals for the week.
- **Make a list** and stick to it.
- Go to your local market & buy **organic** when possible.
- **Eat before you go.**
- Invest in **QUALITY**.
- **Read the label!** Just because something is organic, it doesn't mean it's grass-fed, or good for you.
- **Shop online if needed.**

## DON'T

- **Go with your kids**
- **Buy junk for other people.** If they really want it, they can go buy it themselves.
- **Go to Costco at 11am on a Sunday.** Stay away from the samples!!
- **Be scared of "fatty" cuts of meats** (as long as they're organic & grass-fed)

## SAMPLE SHOPPING LIST



### FRUITS

- Strawberries
- Blueberries
- Raspberries
- Bananas
- Avocados
- Apples
- Lemons & Limes

### VEGETABLES

- Spinach
- Kale
- Sweet potatoes
- Broccoli
- Cauliflower
- Asparagus
- Brussel sprouts
- Mushrooms
- Red onions, chives
- Carrots
- Zucchini
- Garlic

### MEAT & FISH

- Grass-fed beef
- Wild salmon
- Albacore tuna
- Sardines
- Anchovies
- Lamb
- Turkey
- Bison
- Elk
- Deer
- Moose

### DAIRY

- Grassfed butter

### FATS / OILS

- Extra virgin olive oil
- Unrefined coconut oil
- Avocado oil
- MCT oil

### SEASONINGS

- Fresh herbs (Basil, rosemary & thyme)
- Ginger
- Celtic sea salt
- Pepper
- Apple cider vinegar

### OTHER FOODS YOU CAN INCLUDE DURING A PARTIAL ELIMINATION:

- Nitrate free bacon
- Free range eggs
- Organic coffee beans



# SAMPLE MEALS

## SALADS

- Mixed Green, salmon, avocado, cucumber, red onion, extra virgin olive oil & celtic sea salt
- Kale, grass-fed beef, roasted sweet potato, sauteed mushrooms, broccoli, extra virgin olive oil & balsamic vinegar
- Red cabbage, mint, shredded carrots, avocado, shrimp, peach, extra virgin olive oil & lime



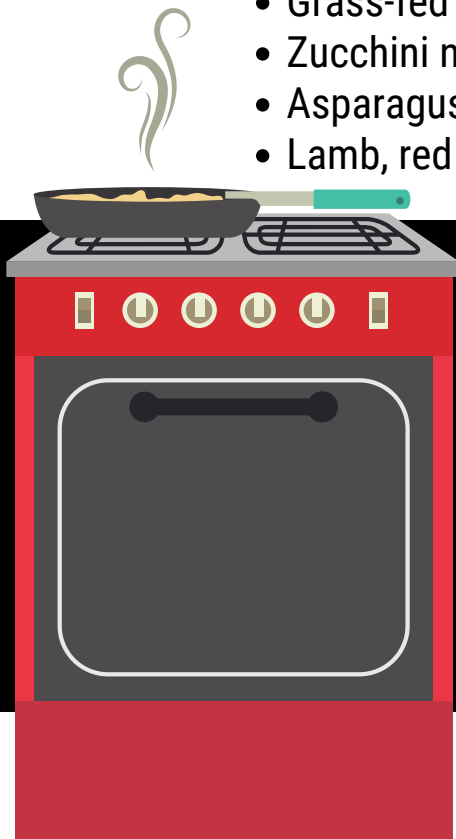
## SMOOTHIES



- 16-20 oz fresh / frozen kale
- 1 frozen banana
- 1/4 cup frozen mango
- 1/4 cup frozen pineapple
- 14-16 oz purified water
- 1/2 cup frozen blueberries
- 1 frozen banana
- 1/2 avocado
- 1 cup spinach
- 14-16 oz purified water

## SAUTÉED

- Grass-fed beef, mushrooms, red onion, garlic, cauliflower rice & spinach
- Zucchini noodles, basil & shrimp
- Asparagus, brussel sprouts, olive oil & lemon
- Lamb, red peppers, sweet potatoes & garlic



## ROASTED

- Sweet potatoes - 400°F 30-40 mins
- Asparagus - 400°F 10-12 mins
- Brussel sprouts - 400°F 25-30 mins
- Cauliflower - 400°F 15-18 mins
- Broccoli - 400°F 15-18 mins
- Grass-fed beef patties - 400°F 30 mins
- Wild salmon - 400°F 15-18 mins

Mix & match any of these options to create a meal. For example:

- Grass-fed beef patty, sweet potato & broccoli
- Wild Salmon, asparagus, avocado & spinach

## ON THE GRILL

- Grass-fed steak, bison, or lamb seasoned with grass-fed butter, garlic, fresh basil, rosemary & thyme
- Pepper, zucchini & pineapple kabob





# WINNING NUTRITION

Remember to proceed one step at a time, and to keep an open mind to the possibility (and likelihood) that you have been eating one or more foods that cause your body complications.

You need to undertake this for you and for you alone.  
No one else is going to do it for you. This is your life and your responsibility.

Nutrition is for life. It's what gives you life and keeps your body healthy.  
If you come at your nutrition in the sense of a practice and as a lifelong approach,  
you will win no matter what.

The simplicity is the beauty in my approach and it has helped thousands of members  
lose thousands of pounds. Here's what some of them have to say  
on their experiences with the elimination process.



Dash genuinely cares about your health and he comes at you with straight laced, no bullshit TRUTH. Not everyone likes what he says but everyone needs to hear it! He knows what he is talking about, he has lived what he is talking about and he is always there to support you. The Swolenormous X community is great and Dash is constantly adding more content and SPOT ON information in X!

JAY T ROBINSON

The yoga classes in Swolenormous X have been the biggest game changer for me. I NEVER thought I would be doing Yoga. To think, I almost didn't join when I saw the word Yoga. I've been doing it almost everyday since I joined. Now my body craves it!

MICHELLE CUELLO

If you are on the fence about joining Swolenormous X, just do it. This is the only fitness expert on the internet that I know that gives you this much access to not only himself but the truth. Dash is no bullshit, cut to the chase, in your face, tells it like it is, there for you to the end kinda guy. No time for touchy feel crap here. In Swolenation we are here for one reason...to hear the truth and to get real with ourselves.

THERESA KIRBY SMITH

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