

Potatoes, Rice, Pasta Plan

A delicious diet that assists you to bring your health back to balance. Follow this plan for 21 Days. Please ask if you have questions about it!

Choose from the following foods:

Think of having starches as the main part of your plate from now on. This was a tradition in American going back about 50 or so years. It was common to talk about Sunday dinner in terms of "what starches are being served?". These are truly the top foods need by the human body and they support the production of healthy energy in the body (something called ATP, which is made by the mitochondria). More starch-centered foods means more energy in the body! This, of course, means when you are eating to satiety and not beyond. The great thing about these whole foods is that they naturally fill you up. You can eat "Ad Libitum" - as much as you want - because your body will give you a natural cue about when to stop.

What to eat:

Potatoes - red, russet, white, purple as examples. Prepare potatoes in an Instant Pot or in an Air Fryer. What should I put on my potatoes? Try chopped tomatoes, salsa, nutritional yeast dressing (see recipe).

Rice - jasmine, brown, white, basmati, wild rice are just examples. Any rice is fine.

Pasta - any pasta you wish (egg free). Use sauces that are free of oil. Try chopped or pureed tomatoes.

Bread - any type of bread. Some favorites are Bob's Killer Bread, Ezekiel, Nature's Own Whole Wheat Bread, Silver Hills Sprouted Power

Corn - any type of corn, corn on the cob, popcorn, polenta, corn tortilla or other corn based meals

Sweet potatoes and yams

Other delicious grains - quinoa, amaranth, barley

Asian Noodles - Buckwheat soba, Udon, Rice noodles, Bean threads

These are starches that have higher protein. Beans and legumes are considered high protein starches and they are actually secondary needs. Enjoy these foods as much as you want, but you do not need to go out of your way to get protein-rich foods. Protein beyond 30-50g for women and about 50-60g for men may stress the kidneys. Americans lose about 2/3's of kidney function by age 70 and much of this may be attributed to diet and lifestyle.

Enjoy

Pinto beans

Lentils (think lentil soup), red lentils

Garbanzo beans (think hummus)

Black beans

Black eyed peas

Green peas

Edamame

Tofu, Tempeh

Miso

Any nuts

Any seeds

Soy milk

This is definitely a different way of thinking about your plate! Consider using an InstantPot to cook potatoes and sweet potatoes to have something to easily grab when you're hungry. You can also use an InstantPot to prepare rice, which is also great to have around as a staple. And any potatoes or sweet potatoes taste amazing when placed in the Air Fryer.

Veggies and Spices

Any veggie is fine! These are just some examples

Tomatoes

Carrots

Radishes

Artichokes

Lettuces (red, green leaf, romaine, arugula)

Collard Greens

Broccoli

Brussels Sprouts

Cabbages

Leeks

Bell Peppers

Onions

Cilantro
Parsley
Celery
Cucumbers

Fruit

Good fruit choices include apples, pears, bananas, papayas, mangoes. Really any

organic fresh fruit is great. If you are trying to lose weight, avoid dried fruit.

Otherwise, enjoy it or enjoy a few pieces as a treat. Avocados are good food but are best enjoyed in small amounts and no more than 1/2 avocado per day.

Remember that 1 avocado has about 30 grams of fat.

SWAG - Fun cooking accessories you may want

Neutral foods - OK to eat, just not too many:

Any type of nuts and seeds and nut butters.

Specifically to avoid:

Eggs, milk, dairy products, chicken, beef, fish, any meat products. Free oils, including olive, flax, avocado, coconut oil etc.

What about oils?

Learn to cook without butter or oil with some of the information in this document, like using an Instant Pot, a New Wave Stainless Steel Grill and an Air Fryer. You can still use small amounts of oil in this plan, but know that the highest state of health and weight for the body usually comes from lower amounts of oil. Basically free oils like olive oil can damage the endothelium of our vessels. This means it is more difficult to keep a healthy flow of blood through the body and up to the brain as well.

Cooking Appliances:

- **NuWave 31125-Inch Stainless Steel Grill** Incredible for making grilled potato or sweet potato fries!
- **Instant Pot** - Make potatoes, sweet potatoes and any kind of rice or grain. Make soups as well!

What to have for breakfast:

- Oatmeal with nuts/seeds/fruit and even a little brown sugar is OK! Try quick cook oats or steel cut, whichever you like.
- Pancakes made with Bob's Red Mill flour. See bobsredmill.com for recipes
- Avocado Toast (you can even use bagels for this!)
- Peanut Butter-Banana Cinnamon Toast
- Waffles with syrup is ok. Just avoid the butter on your waffles. Enjoy them with fruit!
- Potato Pancakes

Ideas for lunch:

- Minestrone soup
- Black bean soup
- Tortilla soup
- Tomato basil soup (dairy free)
- Red Lentil soup
- Gold potatoes cooked in the Instant Pot. Cover with salsa
- Split Pea Soup
- Sweet Potato Bisque

Recipes:

To start off with, obtain an Instant Pot if you do not have one. This makes cooking rice, potatoes and sweet potatoes very easy. It is also very easy to make soups in an Instant Pot.

Potatoes/Sweet Potatoes

To make potatoes or sweet potatoes, place 1 inch of water into the InstantPot, use the support insert or a steamer to hold the potatoes. Set the timer for 18-20 minutes. Keep your potatoes/sweet potatoes as a way to have a quick meal. When these foods are consumed without oil or butter, they are not that calorie dense. This means that you can eat these foods to satiety. You end up full, satisfied and naturally will consume fewer calories.

Potatoes and sweet potatoes can be combined with steamed vegetables. Here are some ideas.

- Mix in with broccoli, kale, or collard greens. Steam some carrots and mix in with vegetables.
- Create a salad with red leaf lettuce, chopped carrots, tomatoes, celery, cucumbers, red peppers and more. Now, chop your cooked potatoes and mix them into your salad. Add some nutritional yeast or make a nutritional yeast

dressing. This sound strange at first, but mixing in potatoes will make the salad more moist and palatable without adding oily dressing. Dressings add a very high calorie density with each 1 Tbsp of the dressing! Use fat free dressings made from fruits and/or vegetables and nutritional yeast.

Rice

For centuries, Asian populations in places like Japan and China had one solid food that supported people and kept them nourished - it is rice. Rice is a complex food with lots of nutrition. It does lack Vitamin A and Vitamin C, but these can easily be obtained by adding a little broccoli or most other vegetables to your food.

Ideas for dinner:

- Polenta with Black Beans
- Black beans and corn enchiladas
- Tex Mex Potatoes
- Yukon Stuffed Peppers

* All the above recipes can be found in the book Starch Solution, by John McDougall available on [amazon.com](https://www.amazon.com)