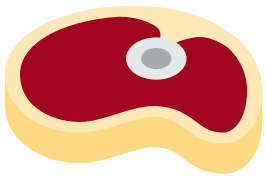


# PFC BALANCED TEMPLATE

## Step 1: Put PROTEIN on Your Plate



**Choose:** 3–6 oz of: Beef, chicken, turkey, pork (yes bacon!), WHOLE eggs, wild caught seafood, no sugar added chicken/pork/beef sausages, etc, canned seafood (no soy)  
\*Essentially any cut except super lean cuts of meat, 4% cottage cheese, full fat plain Greek yogurt

**Avoid:** Processed meats (other than quality brands listed on page 5), soy protein, beans or other non-meat protein sources (these have more carbs than protein and are accounted for in that category), meat substitutes, protein powders (often have too many extra ingredients)

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### Notes:

- Red meat and dietary cholesterol have been falsely shown to impact blood cholesterol and heart disease risk. Instead, lack of sleep, gluten, vegetable oils, lack of exercise/too much exercise (overtraining), low vegetable intake, excess sugar, and STRESS do impact cholesterol and heart health.
- Chicken thighs are a great cooking option. They contain extra healthy fat, do not dry out easily, and contain more micronutrients than plain chicken breasts.
- Protein powders typically contain added artificial sweeteners and colors, neither of which are great options. Your body responds best to real food, not protein supplements (no matter what the fitness industry tells you).
- Remember, meat (most of the time) should be a ONE ingredient item! It's a no brainer.

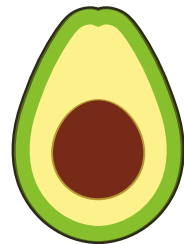
# PFC BALANCED TEMPLATE

## Step 2: Add a HEALTHY FAT

**Hot uses:** coconut oil, butter, ghee (clarified butter), lard, tallow

**Medium Heat uses:** (organic, extra-virgin, and cold-pressed is ideal)  
avocado oil, olive oil

**Other:** Olives, coconut milk, unsweetened coconut flakes, coconut butter, avocado, guacamole, raw or dry roasted nuts, seeds, and their butters (no added vegetable oils or sugar), organic full fat dairy (limited)



***Avoid: Canola oil, corn oil, soy oil, vegetable oil, grapeseed oil, rice bran oil, safflower oil, "buttery" spreads, "lite" butters, shortening, margarine, cottonseed oil, and any partially-hydrogenated oils or trans fats (check ingredient lists - they are EVERYWHERE)***

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## Notes:

- Nope, fat won't make you fat! We need healthy fats to keep us satiated and hormonally balanced.
- Vegetable oils are EVERYWHERE and are very inflammatory and toxic to the body via the way they are processed and made. Luckily, it's a simple swap: olive oil for canola oil, butter for margarine, and no one knows the difference!
- Check for vegetable oils in all your condiments, crackers, baked goods, etc.

# PFC BALANCED TEMPLATE

## Step 3: Finish with a Carbohydrate (preferably a VEGETABLE)



**Choose:** 1-3 cups of non-starchy vegetables: broccoli, cauliflower, eggplant, peppers, onions, garlic, asparagus, carrots, zucchini, green beans, yellow squash, spaghetti squash, tomatoes, jicama, kohlrabi, leafy greens, etc (these are MOST IMPORTANT)

**Add starchy vegetables or fruit on more active days (always with protein/healthy fat):** sweet potato, potato, plantains, butternut squash, acorn squash, parsnips, pumpkin, pears, apples, bananas, berries, etc

**Gluten free grains/legumes should be limited,** especially with blood sugar dysregulation, and always paired with protein/fat: rice, quinoa, oats, beans, lentils.

**Avoid:** Gluten-containing grains, pasta, candy, breads, cereal, granola, muffins, cakes, pastries, fried or breaded foods, cookies, added sugar or artificial sweeteners, or any other processed foods

**Names for sugar** (beyond the obvious): turbinado sugar, agave nectar, barley malt, brown rice syrup, corn syrup, dextran, dextrose, fructose, glucose, HFCS, invert sugar, lactose, malt syrup, maltodextrin, maltose, sucrose, swerve, treacle, etc

Sugar alcohols (can cause major digestive issues): erythritol, maltitol, xylitol, mannitol, sorbitol (anything ending in -ol) - these are very common in "keto" foods and must be watched out for!

**Names for artificial sweeteners: acesulfame K/acesulfame potassium, aspartame, saccharine, stevia (white/bleached), sucralose. ALWAYS AVOID ARTIFICIAL SWEETENERS AT ALL COSTS**

**Sugars okay in limited amounts:** dates, molasses, pure maple syrup, fruit as a sweetener, raw honey, green leaf extra stevia (limit - liquid is ideal), monk fruit (limit - watch out for added erythritol or xylitol alongside)

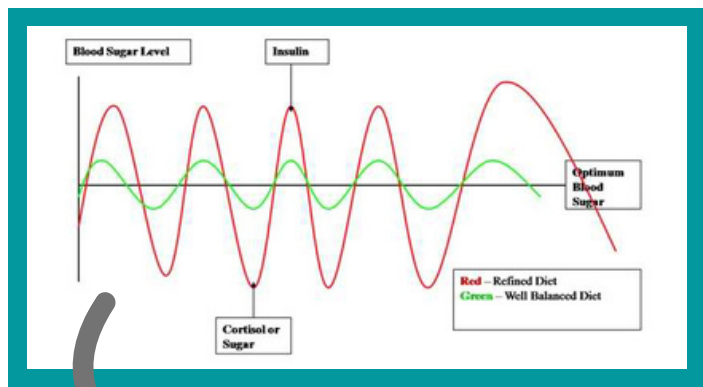
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## Notes:

- With the keto trend, carbs have been villainized. But not all carbs are "bad!" When we choose carbs from vegetables and fruit, we get micro and macronutrients our bodies need. This is especially important for females.
- Carbs get a bad reputation from the plethora of processed carbs on the grocery shelves: cereal, crackers, pastries, etc. These are usually loaded with gluten, sugar, and vegetable oils, making them a poor choice.
- Carbs have the most impact on our blood sugar and cravings. Choosing real food sources and pairing them with protein/fat is the best way to manage cravings.
- Choose lower carb sources at breakfast with more protein and fat for the most energy throughout the day.

# BLOOD SUGAR REGULATION

## The Blood Sugar Roller Coaster



### Dysregulated Blood Sugar

Caused by an unbalanced diet rich in **excess refined carbohydrates** and/or low in **quality OR quantity of** protein and healthy fats.

1. We eat a breakfast/lunch high in carbs and/or low in protein and fat (or **skip** it all together!)
2. But, several hours later, our blood sugar **crashes** back down (along with our energy and motivation) and we need a mid-afternoon pick-me-up (a donut or more coffee anyone?!)
3. By the time we get home, we are **exhausted, drained, and have no desire to cook**, so we grab something quick and easy and follow it up with a simply sweet dessert (which we are desperately craving)
4. In the middle of the night, we find ourselves **waking up between 1-4am**. We think it's to go to the bathroom, but actually, it's typically more so because our blood sugar is dropping!
5. Then, we wake up and begin the cycle again

## Balancing Blood Sugar: 1-2-3 with P-F-C

1

Fill up your plate with **PROTEIN:**

Beef, chicken, turkey, pork, eggs, wild-caught seafood, full fat cottage cheese, full fat plain Greek yogurt

*Avoid: heavily processed meats, soy protein, breaded or fried meats, highly processed protein shakes*

2

Fill up your plate with **HEALTHY FAT:**

Olive oil, avocado oil, butter, coconut oil, high-oleic sunflower oil, avocado, raw or dry roasted nuts and seeds, nut butter (no sugar or oils added), olives, full fat dairy

*Avoid: vegetable oil, canola oil, soy oil, peanut oil, safflower oil, rice bran oil, margarine, shortening*

3

Finish with **CARBOHYDRATES** from vegetables & fruits:

Non-starchy vegetables (onions, peppers, mushrooms, greens, green beans, etc)

Starchy vegetables & fruit( potatoes, sweet potatoes, butternut squash, various fruits)

Limited: gluten free grains & legumes (beans, oats, rice, lentils, quinoa)

*Avoid: gluten-containing foods (flour), bread, pasta, cookies, cakes, added SUGAR, artificial sweeteners etc*

# HOW TO READ FOOD LABELS

## Checklist for Reading an Ingredient List

How do you know if a food fits well into the PFC balanced template? Use these steps to help find "filler" foods to round out your whole food based meal template.

### 1. Check the list for vegetable oils/trans fats

- Canola, corn, soy(bean), grapeseed, cottonseed, rice bran, peanut oils
- Partially hydrogenated \_\_\_\_ oil/hydrogenated \_\_\_\_ oil (avoid at all costs)
- Sunflower oil - okay in limited amounts, best if it's high-oleic, but try to avoid

### 2. Look out for added sugar/artificial sweeteners

- Ask yourself - should this food have sugar added? (GF cookie vs salsa)
- Names for sugar: HFCS, turbinado sugar, agave nectar, barley malt, brown rice syrup, corn syrup, dextran, dextrose, fructose, glucose, invert sugar, lactose, malt syrup, ***maltodextrin***, maltose, mannitol, sorbitol, ***sucrose***, erythritol, maltitol, xylitol, swere, treacle, etc
- Artificial sweeteners: acesulfame K/acesulfame potassium, aspartame, saccharine, stevia (white/bleached), sucralose (always avoid whenever possible)
- Sugars okay in limited amounts: dates, molasses, pure maple syrup, fruit as a sweetener, raw honey, green leaf extra stevia, monk fruit

### 3. Check for added gluten/soy

- Underneath the ingredients list will be common allergens list in BOLD type; check for gluten/wheat and soy there (along with dairy, peanuts, tree nuts, eggs, etc as needed)
- This saves you time looking through the ingredient list

### 4. Check the overall number of ingredients/quality

- Is the list of ingredients a mile long? Can you pronounce half of them?
- Are there artificial colors or dyes added (red #40, yellow #6)?
- Could you trace the ingredients back to nature?

# NOURISH WITH OLIVIA

# CONVENIENCE FOODS

## My Favorite Convenience Foods

*This is not an exhaustive list, so feel free to hunt around your favorite grocery store for more items to help make your life easier. These foods do not replace real, whole foods as the base of our meals, but allow us to stay away from the Diet mentality with a balanced approach.*

### Protein:

**Pre-Cooked Chicken Sausage:** *Coleman Organic* NG WF NG, *Bilinski's* WF, *Trader Joe's* brand, *Brat Hans* WF, *Applegate Farms* WF H NG, *Costco* brands/varieties - most stores have some option that has little to no sugar added

**Pre-Cooked Hard Boiled Eggs:** WF HV CC (most stores)

**Epic Jerky Bars:** WF HV NG OH TJ RC (also online in bulk)

**Applegate Farms Frozen Chicken/Pork/Turkey Breakfast Sausages:** WF OH NG H RC

**Applegate Farms Deli Meat:** WF TJ OH NG H T RC

**Plain, Full Fat Greek Yogurt:** *Siggis* WF NG OH, *Fage* WF OH NG, *Trader Joe's* brand, *Stoneyfield Organic* WF NG

**Cottage Cheese (4% or higher):** *Good Culture* WF, *Stoneyfield Organic* WF H, *Kalona Super Natural* WF NG OH, *Daisy* 4% HV, *Organic Valley* H

**Canned Tuna/Salmon (soy/vegetable oil free!):** *Trader Joe's* brand (great price), *Wild Planet* WF NG H, *Safe Catch* WF NG H RC

**Frozen Pre-Cooked Shrimp:** most stores

**Pork Rinds:** *4505* WF NG H CC *Epic* WF NG H

### Fat:

**Mayo, Salad Dressing, Condiments:** *Primal Kitchen* WF NG H RC OH, *Sir Kensington's* WF NG H

**Raw or Dry Roasted Almonds, Cashews, Walnuts, Pistachios, etc:** WF NG (great selection!) H OH CC TJ (watch for added oils!)

**Peanut or Almond Butter (no sugar/vegetable oils added):** *Justin's* H OH NG WF, *Natural Grocer's* store-ground (good price), *Trader Joe's* brand, *365 Brand* WF; basically any brand with just nut + salt

**Nut Butter Packets (single servings):** *Justin's* WF OH NG H, *RXBar* WF NG

**Guacamole (large tub or individual servings):** WF NG HV TJ CC OH

**Cheese:** not Kraft singles, few ingredients, full fat options

**Coconut Products:** *Dang Coconut Chips (blue bag)* WF NG H, *Coconut butter* WF NG H OH

**Kite Hill Non-Dairy Products:** WF NG H OH

**Dark Chocolate (70%+):** *Theo* WF NG H OH RC, *Eating Evolved* WF H, *Alter Eco* WF NG RC H

### GROCERY GUIDE:

H - HyVee (usually most pricey)  
WF - Whole Foods (pricey)  
NG - Natural Grocers (cheaper)  
CC - Costco (decent)  
TJ - Trader Joe's  
RC - Red Clover  
OH - Open Harvest  
T - Target

\*Obviously I haven't checked ALL stores, so you may find items elsewhere

# NOURISH WITH OLIVIA

# CONVENIENCE FOODS

## My Favorite Convenience Foods

### Carbs:

**Raw Veggies (buy a veggie tray and toss the dip!):** baby carrots, cauliflower, broccoli, celery, cucumber, etc

#### Fresh Fruit

**Steamer Bags of Veggies (no corn/sauces):** WF NG H TJ OH CC + any store

**Pre-Cut Veggies:** best selection is Trader Joe's; most stores have some options

**Grain Free Tortillas/Chips:** Siete Foods (hard and soft shell) WF NG H T OH CC RC

**Gluten Free Bread:** *Canyon Bakehouse Mountain White GF Bread:* H WF NG RC (frozen section), *Base Culture* NG WF RC, *Legit Bread Mix* online/Amazon

**Bars:** Larabar, RXBars WF NG H OH RC T CC (okay, but real food is always preferred)

**Crackers:** *Simple Mills* WF NG H OH CC, *Mary's Crackers* WF NG, *Flackers* WF NG H

**Chips:** Trader Joe's brand plantain chips, *Jackson's Honest* WF NG, *Bubba's Honest Foods Nana Chips/Mixes* H NG WF, *Siete Foods potato/kettle cooked chips* WF NG H any chip with no vegetable oils

**Baking Mixes (sweet and bread):** *Simple Mills* WF NG H CC RC (highly recommend), *Legit Bread* (online only)

**Premade Cookies:** *Simple Mills* WF NG H, *Jack's Paleo Kitchen* NG RC, *Maxine's Heavenly Cookies* NG RC OH

**Waffles/Pancakes:** *Birch Benders Paleo* WF NG H, *Simple Mills* WF NG H OH

**Ice cream:** *Fronen* WF, *Nadamoo* WF NG OH, *Cado* WF NG, *Cocobliss* WF NG, *Arctic Zero* RC

**Caulipower:** Frozen sweet potato slices (for avocado "toast" and such) WF

### Tips & Ideas:

- Precooked chicken sausage + 1/2 avocado OR Primal Kitchen dressing of choice + steamer bag of veggies + sea salt
- Hard boiled eggs (2-3) + 4% cottage cheese + raw almonds + baby carrots OR berries
- Applegate Farms precooked chicken + guacamole cup + raw veggies of choice + Siete Foods tortilla chips
- Canned salmon/tuna + Primal Kitchen mayo + leafy greens
- Scrambled eggs + precooked chicken sausage (diced) + 1/2 avocado + stir fry steamer veggie blend + Siete Foods tortilla
- Plain, full fat Greek yogurt + peanut or almond butter + berries or fruit of choice (add a touch of honey if needed)
- Hard boiled eggs (2-3) + Applegate Farms deli meat + pistachios + berries + baby carrots
- Applegate Farms deli meat + Primal Kitchen mayo + lettuce, tomato, etc + Canyon Bakehouse bread

### GROCERY GUIDE:

H - HyVee (usually most pricey)  
WF - Whole Foods (pricey)  
NG - Natural Grocers (cheaper)  
CC - Costco (decent)  
TJ - Trader Joe's  
R - Russ's Market  
OH - Open Harvest  
T - Target

\*Obviously I haven't checked ALL stores, so you may find items elsewhere

# PERSONAL PREP MEAL PREPPING

## Personal Prep Meal Prepping

Personal Prep is my meal prepping service designed to help you get real, whole food based meals on the table with little to no work! Three steps to order:

1. Pick 3+ items
2. Email me at [oborer@hotmail.com](mailto:oborer@hotmail.com) with your order OR fill out the form at [oliviaborer.com/personal-prep](http://oliviaborer.com/personal-prep)
3. Pick a date and Lincoln location for delivery/pick-up

All meals are free from gluten/grains, dairy, soy, and sugar. More info at [oliviaborer.com/personal-prep](http://oliviaborer.com/personal-prep).

## Slow Cooker

\$15 - 2 servings  
\$25 - 4 servings

### Amazing Beef Stew

(carrots, onion, celery, tomato, garlic, beef stew meat, bacon)

### Beef Chili w/ Sweet Potatoes

(beef, sweet potatoes, onion, spices, garlic)

### Steak Italiano Marinara

(tip steak, tomatoes, onion, spinach, garlic, spices)

### Salsa Beef

(onion, green pepper, salsa, ground beef)

### Garden Beef

(onion, tomatoes, spinach, sweet potato, ground beef)

### Beef or Chicken Fajitas

(bell peppers, onion, garlic, lime, spices, beef or chicken)

### Balsamic Beef or Chicken

(tomatoes, garlic, balsamic vinegar, carrots, onion, beef or chicken)

### Cilantro Lime Chicken

(yellow pepper, lime, tomato, cilantro, spices, chicken)

### Chicken Chili Verde Stew w/ Potatoes

(chicken, potatoes, salsa verde, spices)

### Thai Chicken

(chicken, onion, green pepper, coconut milk, lime, ginger)

### Pineapple Salsa Verde Chicken

(salsa verde, crushed pineapple, onion, chicken)

### Sweet Potato Chicken Curry

(chicken, sweet potatoes, coconut milk, spices, garlic)

### Taco Chicken

(tomatoes, green chilis, onion, spices, chicken)

### Chicken w/ Sweet Potato & Green Beans

(chicken, sweet potatoes, green beans, spices, garlic)

### Green Chili Chicken

(salsa verde, onion, green chilis, chicken)

### Pork Carnitas

(pork, spices, lime, onion, optional jalapeno)

### Salsa Verde Shredded Pork

(pork, salsa verde, onion, garlic, spices)

### Herb and Mustard Pork Roast

(mustard, coconut aminos, carrots, onion, spices, pork)

## Breakfast Egg Bake

\$15 - 4 servings

### Bacon Egg Bake

(potatoes, bacon, spinach, eggs)

### Basic Egg Bake

(green pepper, onion, potatoes, ground pork, eggs)

### Custom Egg Bake

**Choose 1 protein:**

Ground pork, bacon, chicken sausage, ham

**Choose 1-3 vegetables:**

Sweet potato, potato, spinach, onion, red onion, pepper, jalapeno, broccoli, or vegetables of choice

### Spicy Egg Bake

(jalapeno, green pepper, onion, hot sauce, ground pork, eggs)

### Sweet Potato Egg Bake

(sweet potato, red pepper, spinach, onion, ground pork, eggs)