

NOURISHING THE SOUL

A MEAT LOVER'S JOURNEY TO EATING
IN SPIRITUAL ALIGNMENT



BRADLEY JARRYD

Nourishing the Soul: A Meat Lover's Journey to Eating in Spiritual Alignment.

By Bradley Jarryd ([@The Bradass](#))

I am not writing this to sell you on veganism. It's not that kind of book. In fact, I'm not fully vegan...just yet. I feel that anyone that pushes their beliefs on you is no better than the beliefs that you were already sold by your parents, friends, community, and society.

I am going to push one thing. For you to learn more, experiment more, and to start making up your own mind regarding what you want to believe, stand for, and live by that is in alignment with your body, mind, heart, and soul. I want you to find your own truth.

I will go over how I have started living in my truth and the liberating experience it has been and continues to be, in ways far greater than just my diet.

Who this book is for...

It's for people like myself, curious carnivores; people that have started learning about alternative ways of eating and living, but aren't sure it's right for them. It's for compassionate carnivores, those who say they "love and respect animals" but feel conflicted because they know they pick and choose which ones are worthy of their love while support the rape, abuse, and execution of others which resemble nothing short of a concentration camp. It's for people with good hearts, that mean well and to do well, but feel a lifestyle without cheese, bacon, meat, and leather is impossible!

What's in it for you...

"Oh great, another book!" you're probably thinking. I get you. Information is everywhere and time is our most precious commodity. Why the hell should you take the time to read this?

This book is written to change your life for the better, nothing less and I did my best to exclude any worthless fluff. In a 30 minute to 1 hour sitting, you'll learn about:

- My year long journey from eating 1lb+ of meat, 5-6 eggs, and 1lb+ of dairy per day to consuming an ounce or so of animal products per week.
- Redefining what food really is.
- The physical, mental, and emotional responses I honestly found...(and here's a spoiler, I DIDN'T FEEL ANY DIFFERENT PHYSICALLY!)
- How this new lifestyle has boosted my confidence and furthered my career.
- Why veganism is NOT for everyone!
- How to discover your own moral truth.
- Why it's critical to clearly define and write down your moral code.
- How to start living in alignment with your true self and overcoming the numerous challenges that will arise.
- Tips and advice going forward, including dealing with judgmental people, spreading the truth, and using this information to enhance other areas of your life.

In addition, I provide accounts, resources, and tips to help you on your journey and will do this (*try to do this) as efficiently as possible so you can get the good stuff and get back to living your life again.

My Journey

So who the hell am I? Here's a little background. I'm Brad. I grew up in Tampa, Florida after moving to the US from South Africa at the tender age of 4. I had a normal childhood for the most part, but as an only child of immigrant parents, I relied on my friends to teach me about the American culture.

Turns out, much of the American culture revolved around food...and not fruits and veggies. From as far back as I could remember, I would consume anything and everything that tasted great. Pop tarts for breakfast, mac n' cheese for lunch, Dr. Pepper to wash it down, and brownies for dessert. It's crazy looking back because I never even drank water until the age of 12-13. Why would you when you have Gatorade, Caprisun, chocolate milk, soda, and orange juice at your disposal?



Needless to say, I was chubby. Fortunately, I was a tall kid so the weight distributed much better than if I were short. The insecurity still remained. Remember, I didn't have parents to look up to. They loved me but couldn't teach me how to fit in to American society. I didn't have brothers and sisters either to show me the ropes.

Whatever I saw on television, heard on the radio, or what my friends told me became my only form of

education...on everything! I give so much credit to my amazing group of loyal friends for helping me get through school. Don't get me wrong. I wasn't a nerd or "loser" in school; I just wasn't popular. I was shy, insecure, lacked style, lacked a physique to be proud of, and most importantly, lacked confidence.

I wanted more. I wanted better. I knew it was attainable but just didn't know how to get there without a role model.

Enter the internet.

Thank God for Google...aka my 3rd parent. Long story short, Google gave me the knowledge I needed to start transforming my body and my life all throughout high school and college. I learned how to eat better, lift weights, dress, and develop people skills. Little did I know, my passion for personal development would be born from this time. I discovered that anyone has the accessibility to learn whatever it is they want to change their life.

I was even scouted by a fashion model agent while working at a nightclub in Downtown Tampa, which ended up launching my modeling career. That was the ultimate validation of my transformation. I went from a chubby insecure kid looking for validation from "the cool kids" in school to an internationally signed model. How sweet is that?

So where does the meat and animal products play in, you may be wondering? Well as I was learning about fitness and nutrition, a common theme that came up in the bodybuilding space was the use of lean meat, eggs, and dairy as the strongest protein sources to achieve muscle growth and fat loss.

It's important to emulate those that are where you want to be, so of course I listened. I swapped out sour cream for fat free cottage cheese, fried chicken turned to grilled chicken, and lean cuts of steak replaced fatty sausage. I also supplemented with whey protein after working at Smoothie King and falling in love with smoothies at age 16. (That's a whole other story and something I highly credit my transformation to as well.)

As a model, I knew I had to keep my body in pretty good shape. Now, I wish I was one of these kid athletes or genetic freaks that formed abs simply by getting out of bed in the morning, but that wasn't the case and still isn't, which is why I had to pay special attention to my diet.



From 22-30 years old, my diet remained quite consistent. An omelet with 6-8 egg whites with 1-2 yolks and

veggies would be one meal. Another meal would be a giant smoothie packed with whey protein and cottage cheese with an array of flavors from peanut butter and chocolate to strawberry and banana to pina colada would be another meal. Finally, I would have an 8-10oz chicken breast per day with rice and veggies. Damn how my taste buds love chicken! Of course this wouldn't be every day, but 9/10 days my meals would look very much like this with protein bars, beef jerky, and Greek yogurt as snacks in the middle. My goal was to hit at least 1g of protein per pound of body weight per day. Since I always weighed 185-200lbs, my protein goal would be 185g -250g per day. Gotta get that protein! I'll touch on this more later.

So why change? Why experiment with a meat free diet?

I know you've seen how big the vegan movement has become. Documentaries like *What the Health*, *Cowspiracy*, *Supersize Me*, *Earthlings*, etc have really opened the eyes to millions of Americans about the lies we've been told and truth that has been hidden for decades. Cameras on smart phones have revealed disturbing accounts of what goes on behind the scenes in factory farms and the truth is scary.

But guess what? I wouldn't watch the documentaries. I wouldn't click on the Facebook link to see the gruesome video of animal abuse. I knew that I couldn't handle the truth. I knew that if I saw this truth, it would affect me. I would either continue my ways with internal conflict and guilt or I would have to start going down a much tougher road, living and eating in accordance with my beliefs.

So I took the cowardly route. I refused to fill my mind with images and testimonials of truth, validating my actions with the excuse of:

"I wouldn't be able to get enough protein on a vegan diet thus getting out of shape and damaging my career."

Looking back, I am ashamed of my mindset and actions.

Remember when I said I have amazing friends? Enter my best friend, Stephen, ([@meatfreemafia](#) on IG). Besides being one of those people with incredible standards and morals across the board, Stephen was the first vegan I knew. As of writing this in 2018, Stephen has been a full vegan for almost 4 years and a devout animal activist. He was also the influence I needed to start opening my mind and heart to a more compassionate way of living.

A lot of vegans are assholes. It's true. Then again, a lot of people are assholes. Maybe the ratio is less, maybe the same, maybe more. I don't know. I just know there are nice people and mean people in every demographic in the world. To me, Stephen was a positive influence. The kind of influence that

made me WANT to learn more.

Over a few years of conversations in my late 20's about veganism, health and fitness and following his Instagram account which displayed an array of charts, funny and serious memes, and heartwarming and heartbreaking stories, I knew I was getting pulled in that direction.

Personal development was something dear to me and I started feeling more and more conflicted with what my heart and soul yearned for and the contradicting actions I would take on a daily basis.

So I started small. I decided in 2016 to substitute my whey and casein protein powders for plant based protein. If you don't know me, I'll tell you that's approximately 50lbs less dairy per year for me right there. It definitely took an adjustment period for my taste buds, but my body was much happier so it was easy to stick with.

In 2017, I decided I would take a giant leap forward. I would not eat red meat, chicken, dairy, or pork for the entire year; a super lofty goal for a meat loving carnivore like myself.

Was it tough? Oh hell yeah...but I learned to be resourceful. I ate more fish and eggs and started implementing veggie patties to satisfy my taste buds. Much tougher transition. I also cheated 25-30 times throughout the year, mostly when traveling and around the holidays.

December 2017 came the final goal. Go vegan for 30 days straight. I wondered "How would I ever hit my protein goals?" "How can I ever do this on the road when in the Midwest where they don't even know what veganism is?" "Will all of my muscle disappear?"

I approached this experiment with equal parts nervousness and excitement. "Will I see the light? Will my life be changed forever or not?"

What is food?

One of the biggest misconceptions in the world is the definition of food. At it's core, food is a combination of micro and macronutrients that our body uses as fuel to create new cells and allow us to move, breathe, think, be human, and be alive.

Over the past few thousand years, food has become far more than that. To many, food is tied to culture and their ancestors. Food is also a form of bonding and connection. Some see food as just a pleasurable experience. Food is an activity. Food is art to foodies. Food is performance enhancers to athletes. Food is a method to connect spiritually for others. Food is a waste of time for some; a necessary evil. Food is also a drug; a coping mechanism. Food is a best friend. Food is a sport for competitive eaters. Food is an economic driver. Food is an expression of who we are.

The bottom line is that food can mean so many different things to different people or at different times. When I was a kid, food was a best friend, a pleasurable experience, and a coping mechanism for loneliness. When I started viewing food as its core purpose, fuel, I started to eat healthier. When I started viewing food as a performance enhancer, I ate even healthier.

In 2017, I started to understand that food was way more than something simple for me. It was something that affected people, animals, and the environment all over the world. Food was a way of voting for what I wanted for my body, mind, soul, and for the planet. Food was an ethical indicator. By not eating a few burgers here or there, I could impact a quarter of an acre of land somewhere in the world. A few less chicken breasts per year meant a smaller order from my local grocery store to their chicken supplier, which meant a few less chickens inhumanely raised and slaughtered, which meant a few less resources needed on that chicken farm...and a few more needed on the lentil farm...or whatever they call it.

So do something right now. Don't skip ahead! Take your time to answer these questions and be honest.

How do I currently look at food?

Is there an alternative way of looking at food that I should consider to enrich my life? If so, what

perspective should I start exploring?

How I felt when I went full vegan in January 2018

Thousands of people feel a world of difference physically after adopting a vegan diet. We've heard stories of cancers being cured and diseases disappearing. Hallelujah! Praise the lord! She can walk-ah. Do you believe-ah!? Ok, I'll stop.

I've also heard numerous accounts of people feeling worse on a vegan diet. Perhaps it's due to a deficiency in a few vitamins and minerals. Perhaps it's going from leaner cuts of meat to processed vegan foods. I don't know. If I'm sure of one thing, it's that 99% of the health and nutrition industry is a crap shoot with natural or steroid injected physique models and bodybuilders selling whatever product or diet that may or may not have worked for them but probably won't work for you.

Digressing....I don't know how you will feel. I can only speak about my own experience. When I first decided to experiment with a 100% vegan diet for January 2018, I was extremely curious about my physical response. After hearing these countless stories, I had high hopes that I would feel like a 15 year old bursting with youthful energy and optimism.

Unfortunately that wasn't the case. January 31 rolled by just like another day. I sat down for breakfast, checked the date, and took a few minutes of introspection to ask myself what I felt was different.

When it came to my body, I looked the same. I still had blackheads on my nose and a few pimples from my hats that I wear and whatever other factors. My skin was the same. I was on a lean bulk program (basically eating 500 extra calories of carbohydrates per day along with 1g of protein per pound of body weight and high intensity weight lifting workouts) and was gaining muscle at the same pace as before when I was including fish and eggs, which was great news.

There was nothing else. My skin, my eyes, my energy levels, everything else physically was the same.

Then I had a revelation. I was eating a high fruit, vegetable, and grain diet with only eggs (mostly egg whites) and fish 3x per week the prior year. How much change should I expect? If I were eating Five Guys burgers and fries everyday and then switched to this nutrient dense vegan diet, I truly believe there would be a night and day difference. In actuality, I was 90% there already and just went the final 10%.

All of a sudden I had a flashback to January 2017 when I had just stopped meat as my resolution. I remembered traveling to Philadelphia for a work assignment and our team was staying in a hotel right next door to Philly's famous Reading Terminal, a gigantic market of food vendors. A little sandwich shop called *Tommy Dinic's* housed "The Best Sandwich in America" by Travel Channel host Adam Richman from the television show sharing the same title. I knew I had to try "The Best Sandwich in America." Even though I was breaking my resolution, I was ok with it, knowing it may be the last time I ever go there.

So on one lunch break, I head over to get their award winning pulled pork and broccoli rabe sandwich on a French baguette.



I sat down and dove face first into this juicy, meat stuffed sandwich. It was delicious! The combination of flavors was a masterpiece in my mouth. Every taste bud stood up to applaud. The crunchiness of

the baguette, the succulent juiciness of the pork, and the silky smooth garlic buttery broccoli all complemented each other like sitting front row at a world-class symphony.

I sat there for the next few minutes savoring the last bit of porky flavor as it was making its way around my mouth and into my digestive tract. My taste buds thanked me profusely. It was the first bit of meat I had eaten in several weeks, the largest gap of time between eating meat in my life.

My hour lunch break was nearly up and it was time to get back to work. I slowly stoop up to fix my jacket and place my name tag back on my flawless jacket that had miraculously avoided all debris.

AND THEN IT HIT ME! I FELT LIKE I WAS DRUNK.

I could see everything in front of me, but it was like looking into an oil painting of reality. My mind felt funny....slow. Processing basic information became a task I had to really focus on. The next three hours were perhaps the longest of any work shift I ever had.

I don't know what happened. I'm not a scientist and I hate biology and anatomy. All I know is that I did not feel good and no amount of ecstasy for my taste buds was worth that level of discomfort for the rest of my body. To be fair, I don't remember my stomach feeling sore. I had always compared my stomach to a wood chipper. Whatever goes in, it can handle, but that wasn't the case for the rest of my body. Maybe it was the fact that I hadn't eaten meat in so long. Maybe it was the fattiness of the meat. Maybe it was the quality of the meat. Probably all three.

I just knew after that, I had the conviction to continue down a meat free path.

Back to January 31, 2018.

The mental and emotional results

I felt better at the end of January 2018 than I did in December 2017 when I was eating meat but it was tough to pinpoint how I felt better. My body seemed to react just the same. It sure as hell wasn't easier being plant based, it was much tougher. So what else is there? Over the next few days I would contemplate what it is that was giving me a deep feeling of pride and joy and this is what I came up with.

- 1) Confidence was 20%+ higher. Three years ago, the idea of not eating meat or dairy or eggs would have depressed me. I looked at it like climbing Mount Everest without a guide, next to impossible. Even leading up to January, it appeared as a daunting task. Eggs were my last crutch. Accomplishing a goal of that magnitude instantly boosted my confidence.
- 2) I felt more selfless than ever before. I'm a selfish guy. I'm an only child and a Virgo. That equates to one selfish-ass guy by default. I always got what I wanted, never had to share, and lived by my own rules and on my own schedule. It has always been all about me, myself, and I.

After a month of sacrificing comfort, taste (in many scenarios), convenience, and cost for the lives of animals who I would never be forced to see face to face and for a tiny parcel of future land that would be bulldozed for more livestock to be raised on, I felt pretty damn charitable. In fact, after doing the math, I realized I had been eating 2+ pounds of animal products per day before that. In one month, I had eliminated the need for 15lbs+ of chicken and beef, 15lbs+ of dairy, and 7-10lbs+ of eggs and seafood.

It was one of the first times in my life I felt the natural high of caring about others over myself.

- 3) There was this new found sense of purpose in me. Instead of being a bystander in life talking about how messed up things were, I was "taking it to the man" 3-5x per day with every meal I would consume. I was creating the change I wanted in my life and in the world as a whole. I was like a mini activist without having to attend marches.
- 4) I felt like I was on a higher frequency in the world. I'll touch on this more below but I believe I was putting out so much compassion and selflessness that I was manifesting the same.
- 5) This may sound crazy but I felt 3x more spiritual than I ever had before. Perhaps from a combination of the first three points, I felt more connected to the planet, animals, other people, and the universe as a whole. A few weeks ago, a vegetarian friend of mine told me that many animal products calcify your pineal gland, basically your third eye or connection to source. I would have to look into this further so don't take my word for it. Nonetheless, I felt in sync

with my creator and the universe.

How my career benefited

This may sound like an odd thing to correlate, but there were a few distinct professional benefits I've noticed since making my lifestyle switch. Firstly, you are identifying your moral standards. Think about it this way...

You're going to invest \$50,000 with a financial planner and decide to meet with two planners. You're very hesitant to put your life savings in the hands of someone else but decide to sit down with each of them. Let's say their names are Jill and Jackie. For simplicity sake, both Jill and Jackie are the same age, look the same, have the same credentials, experience, and offer the same products and services.

You first meet with Jill and are impressed by her background and resume but decide to meet with Jackie since you already committed to do so. You sit down with Jackie and have an equally good meeting. As you're about to part ways, you discover that Jackie has been vegan for 3 years and you ask her about it. In a firm and judge free way, Jackie says..."I just didn't feel it was within my moral code to support the exploitation of animals to the detriment of my body and planet."

Now based on this scenario, I know who I would lean towards in trusting with my money. It would be Jackie. Not because she is vegan, but because she is living by ethical standards elevated beyond that of everyday society.

I've noticed people respecting me more because I have put my foot in the ground of what I feel is right and wrong, and not apologizing for it. It doesn't mean I can be a dick. It means I do what meets my standards, instead of lowering my standards to meet my surroundings.

Now describe a leader. It's the same exact philosophy. Great leaders lead the way by living everyday by a higher standard and raising the standards of everyone else around them.

Next is my confidence. Being vegan doesn't make you confident. It again goes back to putting your foot in your sand about what you believe and acting in accordance, rather than faltering. Believing in one thing and acting another way creates inner conflict and destroys confidence because you know

you're acting in fear of what others will say or think. You're essentially breaking promises to your heart and soul with every action that defies your belief system.

That's when justification comes in. You don't want to feel this inner torment, so you lie to yourself about why you're doing it to feel better. Imagine the confidence you will feel when you own your deepest and truest beliefs, and act exactly in accordance to that. Only then will your body, mind, heart, and soul all be running on the same track and the confidence within you will grow exponentially.

Why veganism is NOT for everyone

I told you at the beginning that I wasn't here to sell veganism and I do believe it's not for everyone. In fact, on occasion, I am not 100% vegan and my goal isn't to be. The definition of vegan according to Google is *"a person who does not eat or use animal products."*

My goal is to be living 100% in accordance with my deepest beliefs, my true self, my soul.

Your deepest beliefs may include personally hunting and fishing as ethical ways to operate. It may include riding horses (which to my knowledge is against the vegan movement). You may truly believe there are times and situations where animal products are alright to consume or utilize. You may find red meat is a no-no but honey is fine.

The goal shouldn't be to "go vegan," unless being vegan is the answer to your ultimate beliefs.

As of writing this, I am 100% vegan many days but also consume trace amounts of dairy and egg a few times per week found in processed foods I sometimes eat such as granola or the bran muffin at the hotel's breakfast buffet. At this point of my journey, I feel fine with incidental animal sources if there is no suitable substitute easily obtainable. I may feel differently a few months from now, who knows?

My point is that it doesn't have to be all or nothing. I hear people say..."I would go vegan, but then I would just cave when visiting my family around the holidays." My response is always the same. "Then go vegan the other 10 months of the year and cave around the holidays."

If you see a piece of trash on the ground, pick it up. You won't be solving the world's pollution problem and you won't always be able to pick up other people's trash, but it doesn't mean you should give up on doing good when you can. Same thing with your diet. Be a flexitarian (a person who mostly eats vegan), a vegetarian (doesn't eat animal flesh but does eat eggs and dairy), a reducetarian (someone that is committed to reducing their animal products consumption).

Discovering your truth

Now we get to the fun part. The chapter where you start unraveling the layers of garbage that society has draped over your soul.

Let's start from the beginning. Do you remember when you were a little kid? You were probably much different mentally than you are now. Society has a way of molding you. Very few people are able to escape their childhood with that creative and ambitious spirit. So what happened?

From the moment you were born, your brain has been processing information to keep you alive and hopefully thrive. We learn from our family, friends, teachers, and the rest of our society what is acceptable in terms of beliefs, actions, and dreams.

Every commercial, billboard, radio ad, and other form of advertisement you have ever seen has been information sent to your brain, with you consciously knowing or not. Same with every television show, movie, or magazine you have ever consumed. All of this shapes our beliefs of what is normal and acceptable.

Advertising is a very fascinating subject. Most people don't realize how psychological it is. Every inch of every print ad tells a story....and it's the story that company wants you to know. Remember the "Got Milk" campaign? Top American athletes posing with a milk mustache promoting the muscle building properties dairy offers. Nowhere in the ad did it mention the amount of pain and suffering involved for the animals, the resources needed to produce a single gallon of milk, or the puss, blood, and other consequential particles that you end up drinking.

My goal isn't to disgust you. And neither is theirs. The dairy council's job is to sell you dairy. The ad

agency's job is to please the client. That's the way it has been for a long time.

Enter the internet!

It's 2018. Every answer to every question ever asked is floating in a digital space that you have the access to reach within seconds. Almost every operable phone in the country includes a camera and a microphone with the ability to share whatever is captured to the entire world. Pretty crazy when you think about it!

The internet has flipped advertising on its head, not only in the manner in which companies market to potential customers, but the way customers have a platform to rate, respond, and fight back. Why is veganism so big right now? Because everyday people that had no platform before can now show the world what they see at factory farms and share their experience from going without animal products.

This new wave of absorbing information is quickly chipping away at the old fashioned methods such as television shows, movies, radio, and paper books. I don't know about you, but school taught me that the library was a horrible place where fun was nowhere to be found. It's especially a shame because of all the sources to get information; authors of books typically write from the heart without much of an ulterior motive.

Wait....I'm writing this book right now. Ok, I'll spill the beans (pun intended). My motive is to get you to receive great value from this, spread it with everyone you know because you're so legitimately enthused about this information, thus creating a stronger following for me which will fund more content and bring me opportunities to make a solid living helping people, animals, and the planet. Boom! There you go.

Back to the story. Basically what I'm saying is that the truth of everything is finally coming to surface. Yes there are a lot of half-truths, biased articles, and just flat out wrong information online, but the truth is also there.

The first part of finding your moral truth is to take in more information; factual truth. I thought I was living my truth as a kid when I drank a glass of milk, because I didn't know any better. I thought cows happily gave milk in exchange for water and grass. I didn't know they were artificially inseminated,

pumped with hormones, drained of milk while pregnant, and then separated from their newborn (future veal) immediately and forever upon delivery only for the process to repeat again and again.

If I had that bit of information as a 10 year old, there's no way I could gulp down a gallon of chocolate milk.

Now, I'm perhaps the worst person to ask about facts on this. Even though I have seen a lot of information thrown at me from vegan friends, carnivore friends, and of course strangers on social media, I have not gone multiple steps further to check the validity of the information. Studies are the worst. A company or industry with an agenda of making money conducts the majority of studies out there. They make it look unbiased but it rarely is.

I suggest doing your own research. I can give you random websites referred to me with loads of facts but you shouldn't trust my sources. Look up multiple sources that appear reputable, read all the information, and come up with your own conclusion. You're a big boy...or big girl.

The other reason I don't care too much about the facts is because I made the decision to switch to a plant based diet for ethical reasons. Without looking up the facts, I can come up with some common sense conclusions.

1. Animals don't want to be confined to small living quarters.
2. Animals don't want to be raped (forced pregnancy to produce milk or offspring).
3. Animals don't want to be killed.
4. If an animal eats food and drinks water for much of the day, it takes far more resources for that animal to reach full growth and be slaughtered than it would be just to eat that food. As an example, if an average cow equates to 500lbs of beef for human consumption, then how many pounds of food and water does it take for a cow to reach that size? 5,000lbs? 10,000Lbs? 2,000lbs? I don't know exactly but common sense says way more.
5. It takes a lot of space to have a farm, which means bulldozing forests. I don't believe they do farms in deserts.

With all this being said, I know many people ditch meat for health reasons. This opens up another can of worms (pun?). Paleo enthusiasts and other carnivore dieters will argue endlessly against vegans

regarding protein intake and vitamin deficiencies. There are numerous studies being published every year that contradict each other. One side will quote one study, while the other side will quote the other study.

I'm not here to take a side. Remember, I've been a meat eater for 30 years.

I will tell you that if I've learned one thing from studying fitness and nutrition off and on for the last 15 years....IT'S A CRAPSHOOT.

Everyone is different. Everyone responds differently to specific food. Some people operate and perform wonderfully on carbohydrates, others do so on fat. Some genetically gifted people don't count calories, carbs, fat, or protein intake and achieve outstanding fat loss and muscle gain. People like myself calculate and track every macronutrient precisely and only see marginal results. We all come from different ethnicities and possess different inherent strengths, weaknesses, and food intolerances.

Without diving into the deep end of nutrition, let's go over some basic conclusions.

1. Fruits and vegetables offer an array of nutrients and minerals.
2. The quality of whatever you eat matters. Organic will always be better for you because organic essentially means "not tampered with." Any food laden with pesticides or injected with hormones aren't something that will benefit you.
3. Meat products, dairy, and eggs contain high amounts of protein, zero or minimal carbohydrates, and a varying range of fat, depending on the cut of meat.
4. Cows' milk is created by mother cows to feed their newborn calves.
5. Dietary fiber originates from fruits, veggies, legumes and grains.
6. Whole foods have more nutrients than processed food.
7. There is a lot of unhealthy vegan food.
8. Consuming animal flesh also entails consuming whatever the animal has consumed.
9. A diet lacking animal products has not increased rates of cancer or disease.
10. Eating a variety of food will provide you with many different nutrients.

Pretty basic stuff. I encourage you to dive in to your own research. Don't believe one source; check

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