

GOD, our Great Original Designer, and **GOP** - no, not the political party; these acronyms are my favorites to describe the basics of *My Daily Routine*. **GOD FOOD**, real food, as found in nature, as eaten by our ancestors for millions of years, as found in the soil, or running through the forest & jungle, or better yet, living abundantly oceanside...as in **GOP**, Grass-fed, Organic, Pastured; these are the essentials we look for in **GOD FOOD**.

*The lord of hosts will provide
for all peoples the best of
meats, and the finest of
wines; juicy, rich food and
pure, choice wines.
Isaiah 25-6*

Let's jump right into my personal "top 10" sustainable foods:
Grass-fed (Meats & wild-caught fish, milk, butter & cheese)
Organic (Vegetables, grain -- esp. bread & beer)
Pastured (Chicken, eggs, pork)



Yeah, it's been called an "outrageous diet" with beer & bread included in my top 10 favorite foods. Now that doesn't mean you need to start drinking beer on this daily regimen; not at all, it just means that I've always consumed a liberal amount of beer, and it remains just amazing to me - yeah, it really still blows my mind that I can drink beer and eat a lot of bread and still maintain a body weight of less than my teenage years. There's some good logical reasons for this, as you will soon see. Also, this consumption is part of "my" daily regimen, it doesn't have to be part of "your" daily regimen... that's the beauty of it, take the parts that work for you - that you will stick with & enjoy.

I turned age 68 in March, having started my program (my daily routine) in 2010 weighing at least 255 pounds (I am 6'0"). I lost 30 pounds the first year and 30 LBS again the second year and so I was 195 lbs. at age 62 and I'm thinking to myself "if I can maintain this weight the rest of my life, eating to my heart's content and no hunger pains, I'll be ecstatic"... a 40" waistline down to 34" and feeling very comfortable in my own skin... **a total loss of 60 LBS without excluding a single food group or item**, but, totally paying attention to the source of the food as described in GOP and the new acronym we'll learn below (STP). Back to the bread (as in the "bread of life"), as mentioned in the Bible hundreds of times AND

nourishment for our ancestors for thousands of years AND something I just personally can't go without - can you imagine a sandwich without the bread? How about a burger without the bun? Pizza without the dough? I have these types of lunches and dinners repeatedly with many meals per week on a consistent basis.

Want to give this method of eating a test drive without getting too involved with reading or money, etc.?

Go to a WHOLE FOODS - type store (Trader Joe's, Jumbos, or Sprouts, depending on which state you live in) and get a pound of ground bison (a.k.a. Buffalo) and some whole

L = low H = High

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NUTRITIONAL COMPARISONS						
Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated March 2013						
SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
BISON	2.42	28.44	143	82	3.42	2.86
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.21	27.51	201	84	1.0	0.68
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	6.69	25.40	169	84	0.50	5.67

Source: USDA National Nutrient Database for Standard Reference.

wheat buns and/or a 4 - pack of bison hotdogs while you're there. Here's the stats on bison to your immediate left.

For years I told everyone that **bison is 1/2 the fat of skinless chicken** and the fat it does have helps you lose weight and makes you full faster, not to mention that it's more

delicious than any kind of cattle meat you can buy (again, see the STP definition below). **It gets even better with grass-fed bison** as you can see in the little chart above: **grass-fed is 1/3 the fat of skinless chicken!** Do the math yourself (7.41 versus 2.42). Note also: bison is lower in calories & cholesterol, higher in protein, iron, and vitamin B12. Healthier, more satisfying, and certainly lots of weight loss. We usually make 4 quarter-pounders (one on a bun for myself and one for my wife, one on the side without the bread, and another one for lunch the next day (**I always cook in volume, so I have leftovers**)). Keep this in mind as you pore over the "bison stat sheet": just as you don't have to drink beer on your daily routine, you certainly don't have to eat bison - just make sure your meat is lean and grass-fed, if possible. More information on this discussion is provided in later chapters.

Let's interject the **STP** acronym into your life before you prepare your bison burgers... **SOURCE, TASTE, & PREPARATION**. As stated above, **Source** is always organic, grass-fed, and/or pastured; **Taste** must be fabulous (and it is); **Preparation** – cook on the grill (reminiscent of our ancestor's campfire) or my favorite, quick fry with coconut oil... much

more about using coconut oil and real butter for overall health and weight loss in a later chapter...

BISON is very lean, so it cooks quickly; be ready to enjoy!



Burgers remain one of my top five enjoyable meals, right behind steaks and salmon, and I super enjoy the burgers with organic mustard and onions, organic sea salt & pepper and a side of air-baked french fries (also organic, of course). ***Emphasis is on enjoying the taste;*** it's so much better than commercially-prepared, processed food because you're now into the real deal... **GOD FOOD**... not the *chemical food* sold in most grocery stores and served up in most restaurants.

Here's yet another test drive - **foods you can bring home for the kids** - a box of Annie's organic macaroni, a jar of applesauce, and/or chicken fingers from Bell & Evans (blue boxes found in the frozen food section along with pot pies, fully prepared meatballs & much more). Besides pleasing the palate of your kids or grandkids, please note two things about this food group. First, these items belong in my "**CHEAT TO EAT**" category - fully prepared foods that you can just serve up with minimum preparation, minimum time involvement, & minimum cost. No, not as healthy and good for you as cooking from scratch, but how often are we going to do that and stick to the program? Secondly, it's time to comment on the **importance of "reading labels"** and what you want to see is simple ingredients that you can pronounce (my favorite is the applesauce jar; the 365 Whole Foods label reads ingredients: organic apples - hard to get any simpler or healthier than that).

Yes, hallelujah, you have a truly great & tasty variety of foods that come in a box or a can (sorry Paleo Diet fans - you're just plain missing out on this one), and another one of my favorites: **frozen**. An absolutely essential investment in the **My Daily Routine program (MDR)** and your new, healthy lifestyle is a large freezer - minimal nutrients are lost in the freezing process and we need to make this lifestyle change easy, effective, and affordable. Again, as long as it's properly sourced and properly prepared, and the best indicator is always taste. If you know it's

appealing to the “picky-fussy” kids or grandkids palate, you should now have the confidence that you know you're on the right track!

PLAN A:

Yep, you've just heard me out; this introduction of *My Daily Routine* to the world is your special invitation to start the most basic, easy-to-do regimen of my program, which we can narrow down to three words - **CHANGE GROCERY STORES** - that's it! Plan A in all its glory. I will add just a few caveats and/or suggestions:

You will add at least a 20% cost increase to your food bill, which of course you can keep to a minimum utilizing sale items and coupons; always be thinking:

“what price health? “and “pay the farmer now or the doctor later” or the mortician way too soon (sorry, that's my personal humble opinion).

Whole Foods is a great place to purchase your staples, everyday common items, and produce, but the store does not necessarily have the best meats & fish items. See upcoming chapters to peruse Plan B and my recommendations for Internet and local farm purchases.

Lastly, take a look at my before-and-after pictures and, of course, notate the date and your weight before beginning the MDR program. Most importantly, the procedures and the DNA results that I brag about now in chapter 9 were not available when I started in 2010. A mere \$89 for a blood test to determine your cellular age through a company like



Teloyears.com is priceless... a true before & after aging test... you have the opportunity that I did not have... I do indeed feel blessed that my DNA results show 22 years younger (age 46 versus actual age 68)....

Think about it; if your DNA shows you're older than your chronological age, you'd better get started ... "getter done" ... what better motivation could you ask for?

ACRONYM – Memory Tool

Yes! They help me a lot!

Take the time to remember:

GOD – Great Original Designer.

GOP – Grass-fed, Organic, Pastured.

STP – Source, Taste, & Preparation.

I think pretty much everyone knows that organic means no pesticides or herbicides etc. The most important thing to me is that **under current USDA regulations, certified organic signifies GMO-free.** Genetically Modified Organisms or GE (genetically engineered) crops & foods are, in my opinion, the classic example of "chemical food" and the less you eat of them, the better your health, weight, & longevity.

Please note that the "delicious meat" biblical quote at the beginning of this introduction has special meaning to me: we are hardwired to "eat, drink, be merry" and if you choose to eat meats, put bison at the top of the list... we'll save the wine choices for a later chapter...

I have presented the simple PLAN A as outlined above and hopefully you're wondering what PLAN B entails - here's a sneak preview for next Sunday's 3:00 PM email to you if you stay on the list:

MIKE'S PLAN B... *A daily routine becomes a lifestyle change incorporating not only weight loss, but loss of joint pain, & loss of age itself... What works for me could work for you, read on... See you next Sunday!!!*

also included next week - remedies for the deadly effect of sugar

