



# HIGH VIBRATION DIET

The following information is going to be a blend of personal training instructions I'd give to all my clients, combined with my experiential knowledge with, "higher conscious eating"... you could say.

This is a sound and balanced way of eating that will promote, over all, fantastic health and also higher consciousness.

There is no, known name for this diet, but you could consider it a high protein, vegetarian, partially raw food diet.

In my experience and opinion this practice encompasses all of the best attributes of many great diet philosophies and bypasses some of their inherent, what I consider to be, shortcomings.

In a nutshell... you will feel awesome eating this way!

This Plan will help you with these 3 things...

- **How Much To Eat** - (based on your individual goals)
- **When To Eat** - (in relation to your spiritual practice for maximum benefits)
- **What To Eat** - (lists of acceptable food, with enough flexibility to accommodate your own personal preferences) - including many recipes found at the bottom.

## **How Much To Eat:**

Most people have no idea how many calories they are taking in, on a daily basis. Most people also have strong connotations with the idea of, “counting calories.”

Frankly, many find the notion of counting calories to be an enormous inconvenience and far more rigid than they deem reasonable.

Therefore the idea is often times thrown out before given a chance.

Yet, over eating and also, under eating is incredibly unbalanced, unhealthy, and leads to a lot of physical complications...

Fortunately, things are different and in this world that is constantly trying to make processes faster and more efficient, counting calories has become very easy and reasonable.

Would you be willing to spare a couple minutes per day to drastically improve your health, achieve your ideal body weight, and reach higher states of consciousness?

I trust you would :)

It's easy...

## **How To Track Your Calories Easily:**

Download this FREE phone application - [\*\*Myfitnesspal\*\*](#)

This software has a massive data base and literally, any specific food item you could imagine is already on it, with all of its stats.

So, simply sign up to this website, which is a very easy process, and start logging your food.

Don't worry, I will tell you exactly what numbers you should be shooting for.

The other nice thing is that most people eat nearly the same foods on a weekly basis, and once you search and log a food item, just one time... it's *stored* in your own personal data base, making it even easier to log next time.

### **How Many Calories To Eat:**

To *maintain* your current body weight...

15 X (Current Weight) = Daily Caloric Intake

To lose weight @ the rate of 1 - 1.5 pounds per week...

11 X (Goal Body Weight) - Daily Caloric Intake

ps... if weight loss stalls or you feel really depleted, have ONE day where you eat 15 X (current weight) in calories...

You can monitor your results by weighing in every couple days and keeping a log.

Lastly, understand that your weight fluctuates quite a bit on any given day for a variety of reasons, but if you weigh in every 2-3 days, you will have a clear enough idea if you are heading in the right direction.

## When To Eat:

This program works best when you incorporate the technique, “Intermittent Fasting.”

This is healthy, promotes easy weight loss/balance, and even possesses many life extending benefits... however for our purposes, in addition, it also **promotes higher consciousness**... BIG TIME!

This structure of eating simply involves you deviating away from outdated, unscientific, and unexamined conventional diet dogma, and skipping breakfast!

I know, sounds crazy.

Essentially, you just skip breakfast... and push your first meal as far into the day as possible. Combined with this, try to consume all of your day’s calories within an 8 hour or shorter feeding window.

An example would be eating your first meal around noon and finishing up with all of your food for the day around 8pm.

You can adjust the exact timing to suit your schedule, and it can fluctuate on a day to day basis so long as you consume all of your calories within an 8 hour window.

The reason this is good for us is that it allows us to enter the, “fasted state” on a daily basis.

In the fasted state you will discover a surprising amount of energy, vitality, and let's just say... *smoother* communication with your higher guidance.

Meditation, yoga, inspired thinking, creative pursuits, inner peace, and "divine flow"...all come easier while in the fasted state.

Lastly, it allows you to eat larger & satisfying meals while still being in alignment with maintaining or striving towards a healthy weight.

Long story short.... **eat all of your meals within an 8 hour window and you will accomplish everything I mentioned above.**

PS. There will be a small percentage of you that find that this "intermittent fasting" style of structuring your meals is simply not ideal.

If you find this to be the case, do this instead...

Keep your very first meal of the day... "breakfast"

- Raw - (nothing cooked)
- Vegan - (no animal products)

A big fruit/veggie smoothie would be perfect.

When you consume foods of this nature, though you don't get into the fasted state... your state of consciousness remains very open, clear, and receptive.

You would still reap the higher consciousness benefits by *mimicking* the fasting in this way.



## What To Eat:

Now we will get into the, “content” of your diet.

I have found that the technique, “Flexible Dieting” has worked for nearly everyone I have ever worked with.

The premise here is to consume 80% of your daily calories from nutritious, wholesome, natural, healthy foods.

The other 20% can be anything you want.

On the surface one might argue that the 20% can be a problem, as it's never wise to consume unhealthy foods... Obviously, doing without would be best..

To this I would suggest that it's unlikely for someone to sustain such a pure diet, for a long period of time.

Often times when someone attempts to eat *too clean*... too pure... they end up binging out at some point... Usually around the 3 week point or before.

The 80/20 rule, over time.... over the decades will put you in a superb state of health, and is a very reasonable and accomplishable goal.



## The 80% Food List:

- **Fruit** - (apples, bananas, oranges, kiwi, pears, black berries, blueberries, raspberries, mangos, and any other exotic fruit you can think of :)
- **Vegetables** - (Dark leafy greens such as spinach, kale, and collard greens, cucumbers, carrots, radishes, peppers, onions, tomatoes, zucchini, avocados, squash, and any other favorite veggie)
- **Potatoes** - (sweet potatoes, regular white potatoes)
- **Rice** - (brown, white, wild, also quinoa)
- **Beans** - (all beans and legumes)
- **Pasta** - (Spelt, Ezekiel, Quinoa, any gluten free & unprocessed is fine)
- **Nuts & Seeds** - (almonds, walnuts, peanuts, hemp seeds, sunflower seeds, brazil nuts, also nut butters such as peanut butter, almond butter, etc) - you can have small amounts of cashews and macadamia nuts
- **Vegetarian Protein Sources** - (eggs, egg whites, organic cheeses - (though I would limit dairy for this program as much as possible... also some protein powder - try the following website - <https://truenutrition.com>)

PS... I know I missed some fruits, veggies, nuts, etc... If there is something that falls into that category I missed, go for it!

## **The 20% Food List:**

There is no list because it can be anything you want... including ice cream, cake, etc.

Though I will say this...

Certain foods such as sweets, deserts, and fast foods have a very addictive quality. In my opinion, and this is coming from an X drug addict... they are as much a drug as anything.

I am not a purist either...

I think it's about finding a balance that works for you. I do enjoy ice cream or even a good cocktail from time to time, but I found it challenging to be consistently disciplined with only having a small amount of the really stimulating foods like sweets and alcohol...

Some days I would adhere just fine, but others I would lose control a bit... but that's just me. You will have to evaluate yourself and act accordingly.

For me... my 20% will sometimes come from gluten free waffles and organic coconut butter... I know... what a dork!

Just experiment and listen to your body. There may be times where all you really want are the healthy foods, and also times that you slip into a bit of indulgence. No worries, simply try to fall roughly in this 80/20 range and you will be fine.

**For this program however...**

It is best to stay as healthy as possible. I would suggest possibly even considering cutting back or abstaining from all drugs and alcohol.

## **In Conclusion:**

The purification of your body is equally as important as all of the kundalini stimulating exercises you will be doing for this program.

The process is multifaceted and all components work in synergy with one another.

The ultimate goal of awakening your kundalini is a combination of *stimulating the energy* and *giving it room* to move about.

It's similar to a very powerful truck that is buried in snow.

A small smart car can get whipping down the road much faster than a half ton diesel pick up that's totally buried in snow.

Clearance is just as important of a variable as power.

Plus eating this way will improve your health, give you more energy, and improve your life in a number of noticeable ways :)

## Summary:

- Eat the right amount of food based on your goals by tracking your calories with, [my fitness pal](#).
- Eat all of your food within an 8 hour feeding window.
- Make sure **80%** of your food intake comes from natural, nutritious, and high vibration sources.

## **Recipes:**

### Vegan Mock Chipotle Meal:

- 1 cup of White Rice
- 1 1/2 cups of Black Beans
- 1 Avocado
- 8 tbs of Salsa
- 1/2 White Onion
- 1/2 Green/Red Pepper

*Chopped and seasoned with... garlic powder, salt, pepper, cumin, and chipotle powder... to taste.*

*Pre-cook rice and heat up when ready - (you can pre-cook enough for all week)*

*Pan sear the veggies with seasonings while you heat up the black beans.*

*Chop up the avocado.*

*Top with salsa.*

### High Vibration / High Protein Salad:

- Chopped Romaine or Spinach
- Chopped Pepper
- Chopped Onion
- Chopped Tomatoes

- 1/4 cup of Gogi Berries
- 2 hard boiled eggs chopped
- 2 Tbs of Hemp Seeds
- Olive Oil & Balsamic Vinegar

### Veggie Omelet & Toast:

- 1/2 - 1 cup egg whites
  - chopped pepper
  - chopped onion
  - chopped tomatoes
  - mushrooms
  - organic cheese
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- 2 slices of Ezekiel or Gluten Free toast
  - 1 tbs of almond butter spread over toast

### Apple Cinnamon / Greek Yogurt Meal:

- 1 cup yogurt
- 1-2 scoops vanilla protein
- 1-2 tbs chia seeds
- 1 apple chopped (Fuji or any sweet apple you like)
- 1/4 cup chopped almonds
- 1/2 - 1 tbs cinnamon
- 1 good pinch of nutmeg
- Stevia to taste

### **High Vibration Smoothies:**

## Mango Banana

- 1 medium banana
- 1 cup frozen mango
- 2 handfuls of spinach
- 1 carrot
- optional protein powder

## Mixed Berry

- 1 cup of frozen berries
- 1 handful of spinach
- 1 carrot
- 1 banana
- 1 tbs of coconut oil
- optional protein powder

## Chocolate Peanut Butter

- 1 banana
- 1-2 tbs of peanut butter
- 1 tbs of raw cacao powder
- 1 tsp spirulina or chlorella
- optional protein powder

## Create Your Own:



#1. Pick 2 fruits - (tip - using frozen fruit will make it cold and add thickness)

#2. Pick Your Greens - (Spinach, Kale, Collard Greens) - ps. you can hardly taste the spinach :) - the others will affect the taste

#3. Pick another vegetable - (Carrots taste pretty good in smoothies)

#4. Pick one or more “Super Foods” - optional

- Gogi Berries
- Bee Pollin
- Green Algae - “E3 Live”
- Maca
- Camu Camu
- Wheat Grass
- Cacao Nibs
- Chlorella
- Spirulina
- Chia Seeds

#5. Pick a Protein Source - optional but recommended

- 1/2 - 1 cup of egg whites
- Grass Fed Whey Protein Powder
- Egg White Protein Powder
- Vegan Protein Powder

#6. Choose A Healthy Fat Source

- Flax Oil
- Ground Flax Seeds
- Hemp Oil
- Coconut Oil
- Almond Butter
- Chia Seeds
- Hemp Seeds

### **Simple Snacks:**

#1. Humus & Chopped Veggies

#2. Quinoa & Humus

#3. Ezekiel Bread & Almond Butter

#4. Black Beans, Salsa, Avocado

#5. Hard Boiled Eggs topped with Himalayan Sea Salt

#6. Any Solo Fruit: - (apples work great to stave off hunger)

#7. Protein Shake In Water

#8. Plain Greek Yogurt, Berries, Chopped Almonds - (use stevia to sweeten)

#9. Simple Salad - Chopped Cucumber, Carrots, Red Onions, and Spinach. (use [Bragg Apple Cider Vinegar](#) for dressing)

## **Healthy Deserts:**

### Yummy, High Protein Desert

Use at this ratio... and adjust according to how much you want to eat.

- 3 tbs of peanut butter
- 1/2 bar of dark chocolate - chopped
- 1.5 scoops vanilla protein powder
- stevia to taste
- add water for desired consistency... the idea is to have it come out resembling creamy cookie dough :)

### My Wife's Yogurt Peanut Butter Meal:

- 1-2 scoops of chocolate protein powder
- 1-2 tbs of chia seeds
- 1 banana chopped into chunks
- 1-2 tbs of peanut butter

### Dark Chocolate Dunked In Peanut Butter

