We are NOT going canivore but, the bulk of our food consumption will be MEAT! Yay! This will be the foundation of our diet.

A LITTLE INFORMATION ABOUT ANIMAL PROTEINS

Obviously, the more expensive meats will be higher quality, but what does that mean, “higher quality”?

Well, cheap meats are mostly fed off of grains. GMO corn and soy to be specific. Most of the junk our animals are exposed to in their lifetime, lives in the FAT of the meat. When our livestock lives off of these grains, GMO corn and soy for example, you will be eating those things including the added hormones and antibiotics too, just secondhand.

What is the Difference Between Pesticides, Insecticides and Herbicides?

Let’s learn together!

PESTICIDES are chemicals that may be used to kill fungus, bacteria, insects, plant diseases, snails, slugs, or weeds among others. These chemicals can work by ingestion or by touch and death may occur immediately or over a long period of time.

INSECTICIDES are a type of pesticide that is used to specifically target and kill insects. Some insecticides

include snail bait, ant killer, and wasp killer.

HERBICIDES are used to kill undesirable plants or "weeds". Some herbicides will kill all the plants they touch, while others are designed to target one species.

ANTIBIOTICS. According to the FDA, 80 percent of the total antibiotic use in the U.S. is in agriculture, with pigs and poultry receiving five to 10 times more antibiotics than cows and sheep. Farming animals for meat is a particularly intense process, with pig sows, for instance, not being given enough time to recover in-between births. This compromises their immune system.

Also, pigs and chickens live in confined, crowded spaces, which increases their stress and the risk of disease transmission.

Additionally, antibiotics are sometimes used to make the animals grow faster. In humans, studiesTrusted Source have shown that antibiotics raise the risk of weight gain and obesity, as they wipe out beneficial gut bacteria that help regulate weight.

Antibiotic resistance poses a serious threat to public health. By the year 2050, some researchers predict that antibiotic resistance will cause 10 million deaths every year, surpassing cancer as the leading cause of mortality worldwide.

Some of the factors that have led to this crisis include the overprescription of antibiotics, poor sanitation and hygiene practices in hospitals, and insufficient laboratory tests that can detect an infection quickly and accurately.

An additional factor that may contribute to drug resistance in humans is the overuse of antibiotics in farming and agriculture. Using antibiotics in animals may raise the risk of transmitting drug-resistant bacteria to humans either by direct infection or by transferring “resistance genes from agriculture into human pathogens,”

HORMONES Confusion and concern often surround the use of hormones in beef production. These “chemical messengers” are substances produced in the body that travel through the bloodstream to regulate body functions such as reproduction, metabolism, and growth. Hormones such as estrogens or androgens are often administered to growing cattle intended for slaughter to promote growth by complementing the effects of naturally occurring hormones. These growth-promoting hormones are generally administered to cattle in the form of small pellets, termed ‘implants’, that are placed under the skin in the animal’s ear. The boost in growth rate created by hormone implants allows for cattle to be finished earlier thereby requiring less time on feed and fewer resources per pound of meat produced.

It is also important to understand that there is no such thing as “hormone-free” beef. As stated above, hormones are naturally occurring and if they were eliminated completely from the body the animal could not survive. Therefore, any amount of beef (or any animal product for that matter) will have some level of naturally occurring hormone present. There are products available from beef that have not been administered additional hormones. Claims such as “no added hormones administered” or “raised without added hormones” may be approved for use on the label of beef products if sufficient documentation is provided to the USDA-Food Safety Inspection Service showing no hormones were used in raising the animals. Also, beef labeled “organic” is not administered implants and must adhere to the USDA guidelines for organic beef production. As implants reduce the cost of production consumers should expect to pay a premium for products carrying these labels.

Pesticide Effects on Food Production

As the human population grows and more uses of these crops increase, more and more crops are needed to meet these growing demands. This has increased the use of pesticides to increase crop yield per acre. For example, many farmers will plant a field with Soybeans and apply two doses of Roundup throughout the growing year to remove all other plants and prepare the field for next year's crop. The Roundup is applied twice through the growing season to kill everything except the soybeans, which are modified to be pesticide resistant.

TIP:

1. If you can buy local meat from your butcher or farmer, all the better. Know where your meat comes from and how it’s raised.

2. Happy animals always have better tasting meat! Buy meat that was raised resposibly.

3. If your budget is limited, stick to beef if you can. Poultry is lesser quality protein.

4. Cook your meats how you most enjoy them as not to get bored. I personally love any grilled or marinated meats.

EAT ME! ✅

BEEF - Grass fed, grass finished and organic. If you’re on a budget, buy what beef you can, try and not eat too much of the fat of really low quality meats and work your grocery budget to accommodate for higher quality meats in the future if you can. We’re not shooting for perfection.

How to buy quality beef. ⤵️

https://youtu.be/IEMsExZdIZk

CHICKEN - Pasture raised, organic and no antibiotics would be your best option. Chickens are omnivores. There’s almost nothing chickens won’t eat. Choosing ‘Pasture Raised’ chicken means the chickens are raised on a pasture and can eat all the bugs, mice (yes, mice), plants and seeds their little chicken hearts desire. Whereas ‘Free Range’ birds only have “access” to the pasture which doesn't mean the chickens ever go outside. A friend of my husband's, owns a Free Range chicken farm. I can varify these birds NEVER see the light of day.

TURKEY - Same rules apply to turkey as the chicken.

How to buy chicken ⤵️

https://youtu.be/5Fj5VtbaA6c

SEAFOOD - Try to stick to fresh or frozen seafood. Salmon, Cod, Fresh Tuna and Shrimp.

COLD CUTS - Beef, Turkey, Chicken, Ham

Try and stick to minimal ingredients such as salt, while also keeping in mind no antibiotics, grass fed ect. There’s a lot of nasty things that can sneak into your lunch meats. Just be aware.

PORK - If you can find non GMO, organic and fed no antibiotics, buy that.

Pork is notoriously a poor quality meat so, if you eat pork, try and only stick to the good stuff. I myself had a lot of issues with pork because I developed an inflammatory response to soy and corn, which is the pig’s diet.

BONE BROTH - This one is HUGE! We are going to work in LOTS of bone broth. It’s fantastic for your gut health. Reduces inflammation in the gut and your body by allowing inflamed intestines to heal. Gelatine is the most abundant protein in bone broth. Once in the digestive tract, gelatine binds with water to support the healthy movement of food through the intestines.

With the abundant levels of gelatin and collagen, alongside other amino acids found in bone broth, may have therapeutic potential in many inflammatory gut related problems.

NOTE: Most store-bought bone broths do have many of the nutrients that home made broth contain. My dr. once told me “If your boxed broth or home made, if it does not turn into jello in the fridge, it’s not been cooked enough.” When the broth becomes gelatinous, this means the gelatin from the bones have been released out of the bones. This is the most healing part of the broth.

TIP: When I do not have time to make bone broth or I’m traveling, I will buy organic boxed bone broth and add collagen peptides, an herb of choice like oregano, gelatin powder, salt and grass fed butter. I find this trick works really well and \*almost\* tastes the same as home made. I will sometimes add gelatin and collagen to soups as well. While the taste fits the best with savory foods, I have added collagen and gelatin to coffee as well.

SAMPLE RECIPE

https://minimalistbaker.com/how-to-make-bone-broth/

HOW TO MAKE BONE BROTH

https://www.youtube.com/watch?v=-us4D0Fw6O8

DO NOT EAT🚫

CANNED MEATS - Including fish like tuna. Many of these contain heavy metals and arsenic in canned tuna for example. The levels may not be very significant, but if you can, try sticking to fresher sources of meat. Many canned meats are also canned with seed oils which we need to stay away from.

SAUSAGE - Hard to control quality and often times too many ingredients.

CHORIZO - Hard to control quality and often times too many ingredients. Chorizo also is made with lots of pepper and spices that will be irritating on the gut.

SEAFOOD - Try and stay away from lower quality fish and bottom feeder fish.