



THE DIVINE FEMININE INSIDE YOU

MY DAILY FOOD GUIDE

BECOME YOUR DREAM YOU

[YOUTUBE.COM/@RACHELNOELLESCHANNEL](https://www.youtube.com/@RACHELNOELLESCHANNEL)

DISCLAIMER

I am not a health professional and this advice should not be taken as medical advice. I'm just sharing my experience and what has worked for me. Please seek the advice of your healthcare professional before moving forward.

INTRODUCTION

YOU CAN TAKE CONTROL OF YOUR LIFE TODAY. IT JUST TAKES SMALL CONSISTENT STEPS TO GET TO WHERE YOU WANT TO BE.

In order to be the best version of yourself and unlock the beautiful powerful divine essence inside you, you need to raise your vibration. To some this may be such an abstract idea. I know it was for me at first.

Who is your dream self? Have you seen her?

What will it take to get there? Are you committed to the journey?

You have to raise your vibration to get to this desired outcome.

The first and easiest way to begin to raise your vibration is by eating healthy.

In this guide I have included what foods and supplements I have found truly transformed my body from the inside out.

These are personalized to my situation with overcoming candida overgrowth but this guideline can help you heal your body in numerous ways because of its versatility.

Begin to feel what it feels like to raise your vibration.

You are worthy of all that you desire! I encourage you to journal these prompts and see what comes up for you. Journaling has such a powerful way of showing us what is in our subconscious.

WHY EAT CLEAN

“YOU PAY FOR YOUR HEALTH NOW OR YOUR SICKNESS LATER”

I cook a majority of my meals at home. This doesn't mean I don't eat out. However, I know I can guarantee what's in my food when I make it at home. Plus there's something to be said about the energy put into food by the one who cooks it.

One of the best ways to view health is by going back to the basics: ancestral ways, eating whole foods, eating organic and nutrient rich foods.

Of course, the best way to eat would be to grow your own food to avoid pesticides and guarantee nutrient dense soil. However, if that's not possible for you right now, the next best option is buying whole organic foods.

The more processed food is the more likely it is to have additives that are harmful for our health. Whole foods are unprocessed and consist of: fresh fruits, vegetables, whole grains, nuts, beans, fish, shellfish, and eggs and minimally processed food such as: chicken, beef, spices, herbs, and milks.

I've tried almost every diet out there for example I've tried raw vegan, mono meals, just vegan, juice fasting, carnivore diet, just cutting out sugar, and now healthy keto. Healthy Keto is what I have found to be the most sustainable and beneficial and also enjoyable lifestyle change for me. We are all different and I realize that every person is not going to benefit in the same way, but I would hope that you could take away something from my years of experience with food.

I've lost all my baby weight in 2 months postpartum and continue looking better! My chronic yeast infections of 5 years have not returned and my gut is no longer in any pain! Plus I have renewed energy like never before!

WHAT I EAT IN A DAY

Breakfast:

I start my mornings having fasted for 16 hours. This is the max amount of time that you can fast while breast-feeding to maintain supply. Fasting helps you get into Autophagy (a process that keeps your body's cells in proper balance-preventing cancer).

I take 10 drops of a garlic tincture, followed by a tbs of coconut oil. (this is for candida overgrowth).

Green Tea or Matcha (good for mood)

4 eggs with Parmesan cheese and salt cooked in avocado oil

handful of pecans

sometimes 2 strips of bacon (depending on how hungry I am)

golden milk: 1tbs of organic grass fed butter, turmeric, cardamom, black pepper, and ginger (great for healing gut, digestion, and heart health).

snacks: I don't snack (in order to give the digestive system time to rest and recover)

Tip: if you eat enough fat you won't be hungry between meals

Lunch:

Big heaping Salad

Salad recipe:

five small loose handfuls of spring mix, organic, one radish, one raw carrot (good for flushing out extra estrogen), a fourth of a zucchini, juice of a lemon or lime or even apple cider vinegar, an avocado, parmesan cheese, nutritional yeast, garlic powder, pepper, salt, handful of pecans and green onion—Delish!

-my husband says it smells like dessert!

Depending on how I'm feeling, I have a few options if I'm still hungry after my salad. I will either do a few slices of organic, sharp, cheddar, cheese, and pecans, or golden milk, or my delicious cacao.

Cacao recipe: ceremonial, cacao (there is a difference), cinnamon, coconut oil, almond milk, unsweetened, and xylitol (xylitol is good for your bones—specifically teeth)

heat all of that up in a pan and froth

Throughout the day: I sip on filtered water with a little bit of Apple Cider Vinegar to increase acidity in my stomach

WHAT I EAT IN A DAY

Dinner:

For dinner sometimes I will just replicate the salad that I had for lunch

or simplify the salad to just greens, avocado, lemon, nutritional yeast, Parmesan cheese, and salt

And include the meal I made for the whole family, which usually includes some type of protein and vegetables in a heavy cream sauce

My favorite Keto recipe is Keto lasagna:

<https://healthyrecipesblogs.com/low-carb-spinach-lasagna/?1165782345#recipe>

After dinner:

Golden milk- unsweetened almond milk, 1tbs of organic grass fed butter, salt, turmeric, cardamom , black pepper, and ginger (great for healing gut, digestion, and heart health).

Dessert: Lilies Chocolate (half a serving size) or pecans or keto cookies

Super simple!

MODIFICATIONS

If you are NOT struggling with Candida overgrowth or any illnesses then the diet can still work for you with more flexibility.

You can add in:

Lactose, cashews, pistachios, mushrooms, and fruit such as strawberries, blueberries, and blackberries

If you are wanting to lose weight:

Avoid fruits on high glycemic index
Intermittent Fast for longer than 18 hours
Build muscle-muscle burns fat

Avoid eating too many nuts because it will cause constipation

SUPPLEMENTS

After breakfast:

Prenatal (with folate and iron. Some prenatals do not have iron. 18mg has been just the right amount of iron for me) - for postpartum women it is very important to continue taking your prenatal for at least a year after giving birth to replenish your body

Cod liver oil- important to counterbalance all the omega 6s we have in our diets (chicken and seed oils) -also great for your hair and skin (clears up keratosis pilaris)

Vitamin C- for vitamin absorption

Zinc and Copper- it is possible to take too much zinc- copper helps to balance zinc in body. Zinc is very important for core strength and immune health

Tudca- helps produce bile and digest food better

Barley-helps to remove/cleanse damaged cells

Before bed:

Magnesium- many people are deficient. Magnesium helps to balance so many things in the body and aids in a goodnight sleep

B1- many are deficient in this as well. Deficiency is reason for many bodily issues

Probiotic- necessary for good gut health. At bedtime is the ideal time to take it

Vitamin D- important for skin health. Do you have dry skin or chapped lips? You might be vitamin D deficient. Take 20000 IU

Potassium- great for heart health - balances sodium

FOR KIDS

The easiest way to create a well behaved child is to make sure they are receiving the right nutrition

We cut out sugar completely from their diets and it has made a world of difference in their behavior and moods.

Breakfast:

Steel cut oats (better for them than processed oats) cooked for about 30 minutes on simmer
add salt and cinnamon and milk

I make a whole batch at the beginning of the week so all I have to do is microwave a small portion every morning

They like to add butter to theirs and then I will also give them half an egg each. Eggs are super important for health (not only do they have omega 3s, but they also have B2)

Probiotic:

If I make sure to give the kids anything it is their probiotic it helps with their digestion and mood and it also cleared up cradle cap

Cod liver oil gummy's:

Helps to balance out the omega 6s in their diet because they have a lot of chicken. The kids actually really like these gummy's

Occasionally I'll give them an immune booster, which has zinc and vitamin C in it

Lunch:

Right now they are really loving Dinosaur chicken nuggets with sugar-free ketchup or ranch and a smoothie

Smoothie recipe:

(For 2 kids)- 2 cups of whole milk one banana, strawberries, or blueberries, spinach, or kale, and their multivitamin, and chromium (help the body break down and absorb carbohydrates, fats, and proteins) ground up in a mortar and pestle.