

# Get Fueled

## ***Get Fueled without Giving Up Your Favorite Foods***

*Breathe easy. I made a promise to you when we started brainSHIFT- we were not going to go on a diet, nor was I going to take away your comfort foods.*

*We are just going to make a few micro-habit changes in the way macro and micronutrients are delivered to your body and your brain. Whether you are stress eating, eating clean, low-carb, practicing intermittent fasting, or on the ketogenic diet stay your course.*

*The one thing I am going to ask you to do is to avoid this toxic combination: **Avoid caffeine with white sugar, white flour, or white potatoes.***

*Instead: **Add healthy fats like coconut oil or bulletproof oil to your coffee/caffeinated drink.***

*Or you can add healthy fats to every meal.*

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*Examples of healthy fats are as follows:*

- *Salmon (preferably wild-caught)*
- *Nuts (almonds, walnuts, pecans)*
- *Nut butter*
- *Egg yolk*
- *Coconut oil, olive oil, avocado oil*
- *Avocado*

***One mistake causes you to paralyze your brain function:***

*It is normal to get a jolt of adrenaline and cortisol when you consume caffeine. For many this boost in chemicals in the brain and body causes your blood sugar to drop. Thus it now feels normal, or you have trained your brain to eat bread, bagel, biscuits, donuts, or added sugar in with your coffee/tea/soda/energy drinks.*

*When we eat food that is made primarily of white sugar, white flour, or white potatoes they spike our blood sugar levels.*

*They are collectively known as high glycemic foods.*

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*Negative effects of high glycemic foods on your brain function:*

- *Make underlying anxiety worse*
- *Cause ADHD or difficulty focusing*
- *Create a brain fog*
- *Induce sedation or fatigue*

***Healthy fats are fuel for your brain, weight management, and performance.***

*Healthy fats are called healthy fats because they are essential to your brain structure and function.*

*In addition, none of our body's fifty hormones can be created or work without healthy fats.*

*Try to add one serving of healthy fat to every meal.*

*We have provided a list of brainSHIFT Protocol preferred foods, a brainSHIFT version of "Bulletproof Coffee," and a smoothie you can use as a meal replacement or snack.*