

Be the real you

Restore and Balance: Anti-Inflammation Nutrition Plan



SHED

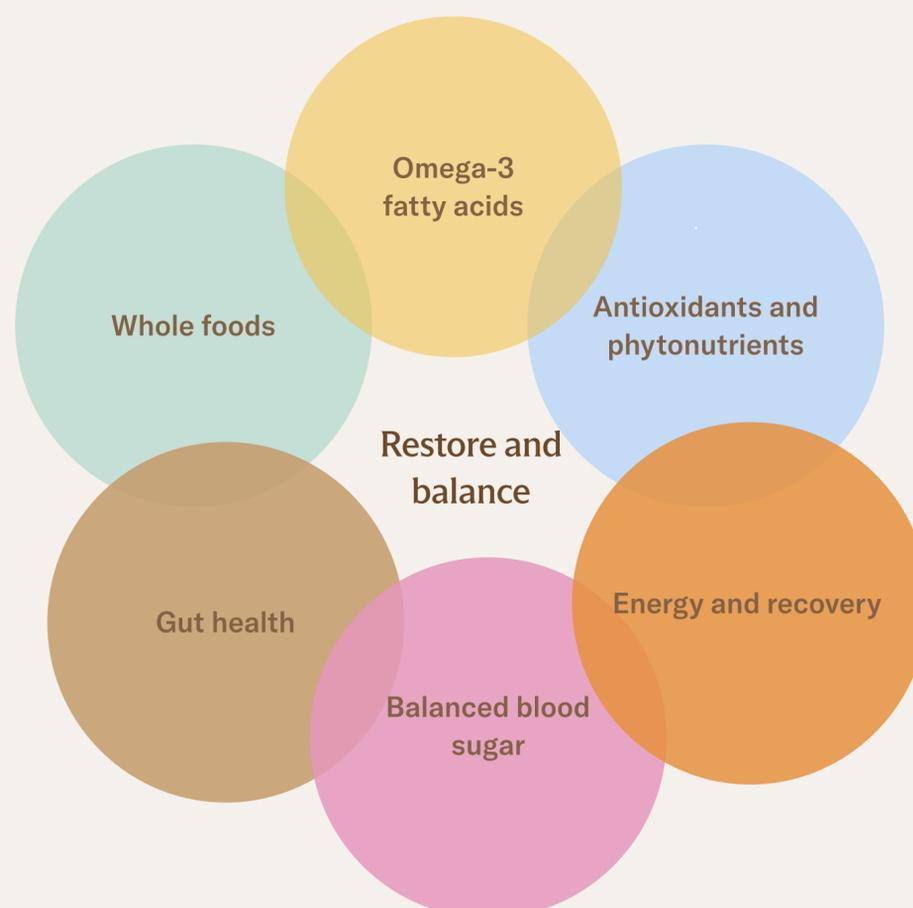
Introduction

The Shed Restore and Balance Plan approach emphasizes the connection between nourishment, mindful habits, and lasting lifestyle changes. By cultivating a deeper understanding of how nutrition influences inflammation and hormones, this guide equips you with tools to support your body's natural rhythms, unlock your full health potential, and lead you on a path to longevity. This holistic approach creates a foundation for a healthier, more vibrant life by nurturing the body's natural ability to heal, restore, and maintain balance.

The Shed Restore and Balance Plan is designed to support individuals with goals for:

- A healthy inflammation response
- Promote hormonal balance and support
- Improved energy levels
- Enhanced digestion
- Weight management
- Balanced mood and mental clarity
- Better sleep quality
- Stronger immune function
- Healthy skin, hair, and nails
- Joint and muscle aid
- Reduced risk of chronic disease
- Increased longevity and vitality
- Improved stress resilience

The Shed Restore and Balance Plan



Whole foods

A whole-foods-based diet forms the foundation of an anti-inflammatory and hormone-balancing lifestyle. Prioritizing whole nutrient-dense foods like fresh vegetables, fruits, lean proteins, whole grains, healthy fats, and minimally processed foods provides essential nutrients that reduce inflammation and regulate hormone production. Whole foods also deliver beneficial fiber to support gut health, which plays a crucial role in hormone metabolism and immune function. By focusing on natural, unrefined sources of nourishment, the body is equipped to maintain balanced energy levels, optimize digestion, and foster overall, lasting well-being.

Omega-3 fatty acids

Omega-3 fatty acids are powerful anti-inflammatory nutrients essential for sustained energy, hormonal balance and cellular health. Omega-3 fatty acids are found in fatty fish, such as salmon and nuts, and seeds, like flaxseeds, walnuts, and chia seeds. These healthy fats support the production of hormones that regulate metabolism, mood, and immune response. Omega-3s also reduce chronic inflammation, protect cardiovascular health, and contribute to brain function. By maintaining a proper balance between omega-3 and omega-6 fatty acids, the body can mitigate inflammation and support the endocrine system's optimal function.

Antioxidants and phytonutrients

Antioxidants, phytonutrients, vitamins, and minerals act as the body's defense system against oxidative stress, a key driver of inflammation and hormonal imbalances. Nutrient-dense foods such as leafy greens, berries, citrus fruits, and cruciferous vegetables provide essential micronutrients like vitamins C, E, and A, as well as selenium and zinc. These compounds neutralize free radicals, support detoxification pathways, and enhance immune resilience. Additionally, nutrients like magnesium and B vitamins play a pivotal role in hormone regulation, stress response, and energy metabolism, promoting both physical and emotional well-being.

Gut-friendly foods

A healthy gut is essential for overall health. The gut microbiome, made up of trillions of beneficial bacteria, plays a crucial role in nutrient absorption, immune function, and hormone metabolism. Consuming fiber-rich foods and incorporating fermented options like yogurt, kefir, sauerkraut, and kimchi introduces beneficial probiotics that support microbial diversity and strengthen the gut lining. A balanced microbiome reduces systemic inflammation and aids in the proper detoxification of excess hormones. By nurturing gut health, the body is better equipped to maintain hormonal harmony and reduce the risk of inflammatory conditions.

Blood sugar balance

Maintaining stable blood sugar levels is essential for reducing inflammation and supporting hormonal balance. Frequent spikes and crashes in blood sugar can contribute to insulin resistance, elevated cortisol levels, and chronic inflammation. To help regulate glucose levels and reduce stress on the body, it's important to balance meals with all the macronutrients focusing on lean protein, healthy fats, and fiber-rich vegetables. Practicing portion control and choosing complex carbs over refined ones can further stabilize energy levels and reduce cravings. By being mindful of these strategies, you create a sustainable foundation for steady energy, mood, and long-term wellness.

Performance and recovery

A healthy, consistent approach to fueling and recovery for cardio, strength training, and restorative activities helps provide sustained energy for great workouts, helps regulate the stress hormones (cardio and strength training can put natural stress on the body), preserve lean muscle, and reduce chronic inflammation, all of which are key for overall resilience and healthy aging. Choose pre-workout foods that offer steady energy and support cortisol balance, such as a banana with almonds, Greek yogurt with berries, or protein overnight oats. After training, prioritize muscle repair and inflammation control with meals rich in protein, antioxidants, and minerals for instance a protein shake with berries and spinach, grilled salmon with quinoa and, roasted, vegetables or cottage cheese with pineapple and chia seeds are good options.

The restore and balance plan helps you create healthy, intentional meals rooted in the core principles. At the heart of this, is the power of nutrient-dense, anti-inflammatory ingredients that support your body's natural pathways, hormonal harmony and longevity.

Steps to building healthy balanced restorative meals:

Prioritize whole, anti-inflammatory foods: Focus your meals around omega-3-rich proteins and lean proteins like salmon, sardines, chicken, turkey, eggs, and tofu with rich, colorful fruits and vegetables. These help lower inflammation, support cellular and hormone health, and boost energy levels.

Choose smart fats for hormone support: Incorporate healthy fats from nuts and seeds such as flax, chia, almonds, and walnuts, as well as oils like extra virgin olive oil and avocado oil. These fats are essential for hormone creation, brain function, and inflammation reduction.

Add slow-digesting, fiber-rich carbs: Whole and sprouted grains like quinoa, oats, farro, spelt and starchy veggies such as, sweet potatoes, squash, and beets. These stabilize blood sugar, fuel metabolism, and provide lasting energy.

Support gut health daily: Include gut-friendly foods like fermented foods including yogurt, kefir, kimchi, and sauerkraut, and prebiotic fiber such as garlic, onions, leeks, bananas, and oats. A balanced gut microbiome improves digestion, mood, immune function, and hormone signaling.

Enhance meals with herbs, spices and teas: Boost your meals with herbs/spices like turmeric, ginger, cinnamon, rosemary, basil and therapeutic teas like green tea, tulsi (holy basil), chamomile, and rooibos. They deliver antioxidant and adaptogenic support to help the body manage stress, recover faster, and age gracefully.

Antioxidant-rich non-starchy vegetable and a smart fat (drizzle of olive oil)

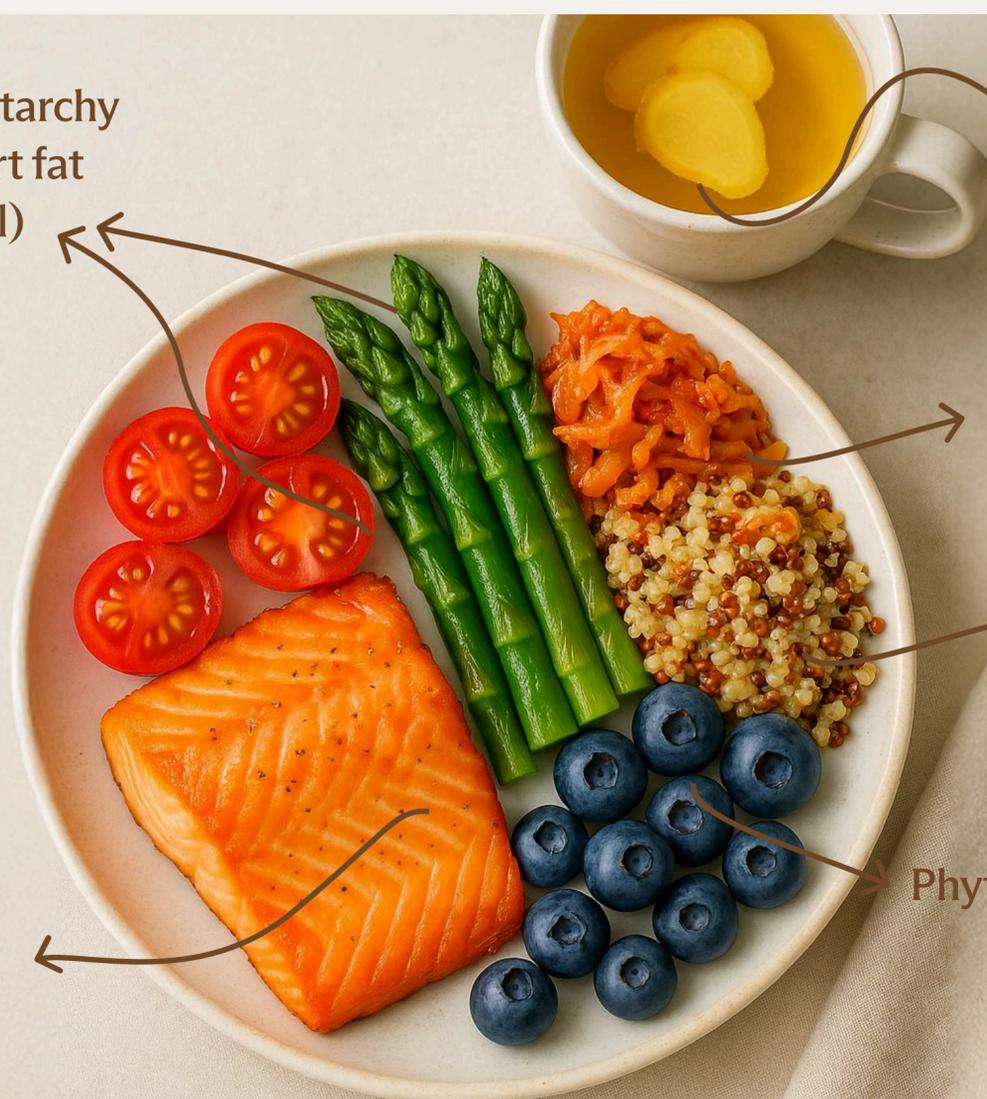
Health-benefit tea

Gut-health food

Whole-grains

Phytonutrient-rich fruit

Omega-3-rich protein



Proteins	Vegetables and fruits	Carbohydrates	Fats	Gut-health foods	Herbs/spices	Teas/drinks
<p>Omega-3-rich: Salmon Mackerel Sardines Herring Trout Sea bass</p> <p>Lean meat, eggs, poultry, and fish: Egg whites Eggs Chicken Bone broth Turkey Shellfish</p> <p>Dairy: Plain Greek yogurt Plain cottage cheese Organic, natural or grass fed cheese</p> <p>Plant: Edamame Lentils Chick peas Black beans Kidney beans Tofu Tempeh Soy milk Natto</p> <p>Functional foods: Protein: whey, Bone broth, Whole food, plant spirulina Nutritional yeast</p>	<p>Vegetables: Spinach Kale Dark leafy greens Broccoli Cauliflower Brussel Sprouts Sweet potatoes Bell peppers Carrots Tomatoes Zucchini Mushrooms Asparagus Red cabbage Cucumbers Artichokes Eggplant Celery Radishes</p> <p>Whole fruit: Berries Pineapple Cherries Oranges Apples Grapes (red and purple) Papaya Pomegranate Avocado Mango Kiwi Watermelon Banana</p> <p>Dried fruit (no added sugar) Dates Prunes Apricots</p>	<p>Grains: Quinoa Rice (Wild or Brown) Oats Barley Buckwheat Amaranth Barley Bread (whole grain, sourdough, sprouted) Bulgur Farro Millet Oats (steel cut, rolled) Spelt Teff Kamut</p> <p>Starchy vegetables: Purple or Japanese potato Pumpkin Squash (acorn, butternut) Sweet potato Beets</p>	<p>Nuts & seeds: Walnuts Almonds Brazil nut Chia seeds Flaxseed Hemp seeds Pumpkin seeds Sunflower seeds</p> <p>Oils: Extra virgin olive oil Avocado oil Coconut oil Walnut oil Flaxseed oil</p>	<p>Prebiotic foods: Asparagus Bananas (green) Berries Garlic Jerusalem artichokes Leeks Onion Oats</p> <p>Probiotic foods: Apple cider vinegar (unfiltered raw with "the mother")</p> <p>Fermented non-gmo soy products: Miso, tempeh, natto Fermented vegetables (no added sugar) Kimchi Pickles (no added sugar) Plain Kefir (no added sugar) Sauerkraut (no added sugar) Yogurt (with live cultures)</p>	<p>Herbs/spices: Cinnamon Cumin Garlic Ginger Mint Onion Oregano Pepper Rosemary Thyme Turmeric</p>	<p>Tea: Green Matcha Turmeric Ginger Chamomile Hibiscus Tulsi Chamomile Roobios</p> <p>Natural juice: Tart cherry juice pomegranate juice</p>

Inflammatory foods to limit or avoid

Some foods contribute to inflammation, especially when consumed frequently. Here are the main culprits:

- **Ultra-processed and processed foods:** Packaged snacks, fast food, frozen meals with artificial additives
- **Refined carbohydrates:** White bread, white rice, white pasta, pastries, and, sugary cereals
- **Sugar and sweetened beverages:** Soda, fruit juices, candy, baked goods with refined flour, donuts, cake, cookies, high fructose corn syrup
- **Processed fats and refined oils:** Trans fats (found in some ultra-processed and fried foods) and processed vegetable oils (refined canola, soybean, corn oil, sunflower oil), vegetable shortening/margarine
- **Processed meats and high-sodium foods:** Bacon, sausages, hot dogs, processed deli meats, processed chicken nuggets, spam, processed cheese, frozen pizza, ramen
- **Excess alcohol:** A glass of red wine occasionally is fine, but too much alcohol can be highly inflammatory.

Considerations when shopping for The Shed Restore and Balance Plan

Meat, poultry, and eggs

- **Grass-fed/pasture-raised:** Higher in omega-3s, vitamin D, and antioxidants
- **Lean cuts:** Lower in saturated fat and toxins
- **Organic:** Reduces exposure to synthetic hormones, antibiotics, additives, and pesticides
- **Natural/hormone and antibiotic-Free:** Minimizes chemical, synthetic hormone, and antibiotic exposure

Dairy and non-dairy alternatives

- **Organic and grass-fed cheese:** More vitamins (A, D, E, K) and omega-3s, reduced exposure to antibiotics, synthetic hormones, and fed organic feed or grass only
- **A2 or grass-fed milk/yogurt:** Easier to digest, less inflammatory than conventional milk
- **Probiotic options:** Greek yogurt, kefir, and Good Culture™ cottage cheese
- **Unsweetened plant milks:** No carrageenan or gums

Plant-based proteins

Organic/Non-GMO soy: Safer, not genetically modified, tofu and tempeh are fermented, making for potentially easier digestion.

Carbohydrates

Produce

- **Organic when possible:** Focus on the **Dirty Dozen and Clean 15** to reduce pesticide exposure.
- **Wash all produce:** Rinse well to remove residues.
- **Eat the rainbow:** Bright, colorful fruits and veggies make for more antioxidants and phytonutrients.
- **Seasonal and local:** Fresher, more nutrient-dense, and usually fewer or no pesticides.

Grains and beans

- **Soak/pressure cook:** Improves digestion, reduces anti-nutrients.
- **Canned beans:** Choose BPA-free, pressure cooked in manufacturer facility, reduced phytic acid and lectins for easier digestion and nutrient absorption
- **Gluten-free options:** If sensitive or allergic and processed “gluten free” items
- **Organic/Non-GMO:** Especially for corn and soybeans

Nuts and seeds

- Use raw or dry-roasted: No added oils or salt

Healthy oils:

Use low to medium heat for dressing:

- **EVOO:** Anti-inflammatory
- **Walnut oil:** Delicate, omega-3 rich

Medium to high heat

- **Avocado oil:** Anti-inflammatory
- **Coconut oil:** MCTs for energy and cognition (use moderately since saturated)

Avoid or limit

- Processed vegetable and seed oils (canola, corn, soybean, sunflower, safflower, cottonseed)
- Excess omega-6 without omega-3 balance

Store properly:

- Cool, dark places
- Rotate oil types