



Getting Started

Helpful Hints & Ideas

DO NOT start the yeast-free portion of the Hotze Optimal Eating Program **TODAY**. Wait at least 1-2 weeks as you wean simple carbohydrates out of your diet. **THEN:**

On your mark...

- Take inventory of foods at home (throw out or give away any “forbidden” foods so you can't cheat). Prepare a shopping list and menu plans. You may use the worksheet on p. 24 to help.
- Review recipes and make a list of the ingredients you will need.
- Plug in your favorite recipes and foods into the menu planner. Use the menu planner, the sample grocery list, and the ingredient list you prepared to help you make your shopping list.
- At your local grocery store, shop on the outside aisles for fresh produce and meats. Canned and packaged meals should be considered last and, ideally, not at all.
- Purchase fresh deli meat from the deli counter (no pre-packaged deli meats). Purchase one pound of each meat to enable you to rotate your foods (roast beef, ham, chicken and turkey). This is an easy way to get protein with your snacks and meals, especially if you are on the go!
- **Read Labels!** Search the ingredient list and avoid foods containing yeast, sugar, corn syrup, vinegar, dairy or milk (lactose), dextrose, maltodextrin, hydrogenated oils, margarine, or any unfavorable foods. PLEASE eat like a cave man = whole foods! Avoid packaged foods as much as possible since they tend to contain a multitude of hidden additives and ingredients.
- Canned and frozen vegetables are allowed, but again, read the labels. They could contain some sugar. Also remember, that frozen and canned vegetables are not as healthy. Fresh is first choice, frozen is second choice, and canned is third choice.

- For an even wider variety of ideas and products, stop by Whole Foods or your local health food store. They have very helpful sales people - just ask!
- Stop by the Hotze Pharmacy to pick up the anti-yeast medication - Nystatin. (Don't forget the Fluconazole you'll need at week 4 of your diet; for new guests, it will be called in for you at your Care Plan Review!)
- Purchase Probiotic Blend from Physician's Preference to replace the good bacteria and Neutra-Tabs to minimize or prevent yeast "die-off" (see p. 27).
- **These supplements will be taken for a minimum of 3 months.** This way even as you add simple carbohydrates (yeast-feeders) back into your system, the Nystatin will continue to kill yeast and Probiotic Blend will continue to restore good bacteria so that the balance you've worked so hard to re-establish will remain.
- Purchase a natural sweetener such as Sweet-n-Natural[®], which can be purchased from Physician's Preference[®] (or call 1-800-579-6545).
- Pick a start day and stick to it!
- It is a good idea to start cleaning up your dietary habits NOW, while you are preparing for the eating program. This will help you be more successful! A big binge the night before you start will set you up for more "die-off" or detoxification symptoms (see p. 26).
- Find a friend or family member to join you or hold you accountable during your new eating program. This too will help you be more successful. Also, inform your co-workers, family members and friends about the eating program and what is involved. They can be your cheerleaders.

Get set...

- Cut up fresh vegetables for snacks or steaming with meals and store in individual ziplock bags. Do this after each shopping trip.
- Prepare your beverages (such as herbal iced teas or homemade lemonade with Sweet-n-Natural[®]).
- Boil a dozen eggs for a quick and easy snack or breakfast protein. Refrigerate.
- Prepare condiment recipes - see the following "Recipe" section for ideas.
- Each evening, remove frozen meats and place in refrigerator for thawing.
- You may want to divide the yeast-free medications into a pill organizer (along with your other prescriptions and vitamins) to help you prepare.

Go!

- Rotate all foods. Don't get into the habit of eating the same foods day after day. This is one of the ways that food sensitivities are created. Remember, the menu planner will help you rotate your foods.
- When cooking your meals, plan to make enough for leftovers. You can use those in your meals for the next day.
- Be creative by adding new spices to enhance the flavor of both vegetables and

meats. A nutritious meal does not have to be bland! Most seasonings are acceptable. Make sure there is no added sugar or dairy products such as dried milk or parmesan, and try to avoid monosodium glutamate (MSG).

- Do not hesitate to alter the ingredients of your favorite recipes - remove all the “forbidden” ingredients and substitute with other “legal” ingredients.
- For any recipe that requires vinegar, substitute an equal amount of lemon juice or apple cider vinegar.
- Instead of using butter as a sauce for vegetables or meat marinades, use cold-pressed olive oil or coconut oil and your favorite spices.
- Use one of the acceptable sweeteners listed on p. 9.
- In any recipe calling for cream or milk, you can use oat milk, unsweetened almond milk or unsweetened coconut milk instead.
- Substitute oat flour in the place of any other flours.
- Chicken broth can be used in place of butter when making sauces (no chicken bouillon).
- Remember: do not use sauces like barbecue sauce, store-bought salad dressings, Worcestershire sauce, soy sauce, etc. (refer to condiment recipes for allowed sauces or use salsa and guacamole instead of salad dressing).
- Steam vegetables or eat them raw. This is much more nutritious than boiling the vitamins out of the vegetable.
- Meats should be broiled, baked or grilled, but not fried. Frying destroys the nutritional value of the food.
- Dust off your crock-pot for those hectic days! Prepare and season your meat and chop vegetables the night before. Then place the vegetables and meat in the crock-pot, cooking on low all day. You'll have a great meal ready to eat when you come home.
- Never skip breakfast! All meals are important, but especially breakfast because it determines your metabolism for the rest of the day. Any time you skip meals, you will be setting yourself up to cheat!
- Throw out the idea of a conventional breakfast. Try broiled meats and vegetables in the morning.
- Drink copious amounts of water, at least eight 8-ounce glasses daily. This detoxifies the body of yeast and lessens food sensitivity reactions.
- Review your social and personal calendars for upcoming events in order to pre-plan your meals. Eat before an event if you suspect the foods will be unfavorable. Inquire about what is being served and, if possible, bring your own food.
- When eating out, don't be afraid to ask about the ingredients in menu items. Many restaurants will prepare foods without sauces and other additives upon request.
- Remember, the closer you stick to the eating program, the better you will feel and the less yeast die-off (detox) you will have.

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