

Positive Energy Foods

CHEAT SHEET



You can lose 20 lbs of excess body fat, protect yourself from disease, and feel better just by following this simple cheat sheet on how you approach your food intake and diet.



1. Eliminate Negative Energy from Your Diet

These foods make you gain weight, lack nutritional value, and lack spiritual nutrition too.

Processed grains

E.g. Pasta, bread, white rice

Dairy

E.g. Milk, cheese, butter, cream, ice cream

Sweeteners

E.g. Sugar, artificial sweeteners, maple syrup, honey

Factory farmed (conventional) animal products

E.g. Meat or eggs not labeled as "organic", "pasture raised", or "grass-fed"



2. Eat Lots of Foods With Positive Energy

These are natural foods that promote balanced energy in your body. Organic and pasture-raised animal products are healthier than their factory-farmed counterparts because the animals are fed their natural diet, aren't injected with chemicals, and have less stress.

Proteins

E.g. Organic or pasture-raised eggs, wild-caught salmon, organic chicken, organic or grass-fed beef, organic bacon

Veggies

E.g. Spinach, kale, broccoli, cauliflower, red cabbage, carrots, kimchi

Legumes

E.g. Lentils, beans



3. Eat "High Energy" Healthy Foods In Moderation

These foods are healthy because of how nutritionally dense they are - their energetic values are off the roof - but if you eat these in excess, they will also turn into an excess of energy and weight-gain

Low-sugar fruits

E.g. Avocados, tomatoes, blueberries, grapefruit, pomegranate

Nuts & seeds

E.g. Walnuts, pecans, macadamia nuts, almonds, pumpkin seeds, flaxseed, hempseed

Whole grains

E.g. Steel cut or rolled oats, brown rice, quinoa, sweet potato

High-heat cooking oils

E.g. Avocado oil, coconut oil, macadamia nut oil



For even more tips on how to lose 20 lbs just by eating positive energy foods read my full article here:

<https://www.reikiinfinitehealer.com/how-to-lose-20-lbs-of-fat-just-by-eating-positive-energy-foods>