

The Warrior Diet was written ahead of its time. Authored by Ori Hofmekler, it was the first to introduce intermittent fasting and put it in practice. Its concept of skipping meals and thriving under stress is now recognized by researchers and scholars as a most effective strategy for extending organisms' life-span.

Emerging evidence from animal trials reveals that intermittent fasting regimens similar to that of the Warrior Diet yield substantial life extending benefits with striking improvements in insulin sensitivity and cardiovascular risk profiles.

“Our ancestors consumed food much less frequently and often had to subsist on one large meal per day, and thus from an evolutionary perspective, human beings were adapted to intermittent feeding rather than to grazing.”

(Mattson, M.P., PhD, Lancet 2005; 365:1978-80)

The plan guides you how to nourish your body in sync with your innate circadian clock via two phases – daytime feeding and nighttime feeding – separating between AM and PM foods for effective removal of toxins, increased utilization of nutrients and increased conversion of dietary fuel for energy. You'll learn how to select your foods and combine them in a way that shifts your metabolic mode towards fat burning and away from fat gain.

Once on that plan, you'll notice how your body is leaning down and strengthening without even changing your calorie intake. The feeding protocol is based on intermittent fasting of one main meal per day – where dietary sources come primarily from the lower food chain that had constituted the early human diet. As a general rule, daytime requires different feeding than nighttime.

(Undereating) morning to afternoon / 16-20 hrs

Minimize your food intake to small servings of berries, vegetables and a little protein such as almonds. Avoid grains, meats and refined food as well as sugary treats and beverages.

Undereating does not mean starvation. You can eat every few hours a small serving of berries or protein like nuts or peanut butter (on celery or a spoon). Green vegetables such as leafy greens, celery and cucumbers are not restricted. Water fasting is another option; however, it may not suit people with medical conditions or individuals engaged in intense physical activity during the day. Coffee or tea help to curb the appetite. Ok to add a little heavy cream.

(Overeating) evening / consume most food in 2-4 hr period in the evening

This is the time for your main meal where you're allowed to eat as much as you desire as long as you keep the right food combinations. Incorporate as many tastes, textures, colors and aromas as possible in your meal. Stop eating when you feel pleasantly satisfied or when you get substantially more thirsty than hungry. Avoid over-indulging just for pleasure or due to stress.

THE RULES OF EATING

1. Eat your salad, vegetables and proteins first, then finish with fuel food (carb or fat).
2. Incorporate as many tastes, textures, aromas and colors as possible in your main meal. Make a dipping sauce for the vegetables with a healthy mayonnaise (grapeseed, avocado, coconut or perhaps canola) with turmeric (1/2 tsp), ginger powder (1/2 tsp) and finely ground pepper (1/4 tsp). This is wonderful and a powerful anti-inflammatory.
3. Stop eating when you feel substantially more thirsty than hungry.
 - Try taking a 20 minute break after the initial serving of vegetables and protein. This is about the threshold time needed for satiety signals to reach your brain and reset your appetite. If you are still hungry after this break, resume eating your meal.
 - Choose organic food wherever possible. Your dairy, eggs and meat should come from free range, grass fed, hormone free animals. Your fish should be wild catch.
 - Stay away from all processed sugars and sugar alcohols (like in sugar-free gum).
 - Avoid meat from caged overfed animals. The fat in overfed animals contains metabolic disrupting hormones that inhibit fat burning.
 - A proper exercise routine is critically important. Try your best to break a sweat on your brow.

THE WARRIOR DIET COMMANDMENTS

1. Eat one main meal per day
2. Do not force feed yourself
3. Introduce as many tastes, aromas, textures and colors varieties as possible in your main meal
4. Grant sufficient intake of essential nutrients from plants along with proper probiotics (like sauerkraut, kimchi, almond yogurt and Kombucha)
5. Avoid synthetic antioxidants, but take your opti-MSM, magnesium citrate, chromium picolinate and Carlson's fish oil
6. Detox routinely by avoiding meat, grain, sugar, sugar alcohol, refined carbs, soy, alcohol and chemical additives
7. Separate between fat and simple carb fuels (like the sugar in fruit)
8. Avoid GMO foods and dietary products containing pesticides, chemical additives, added sugar, artificial sweeteners, sugar alcohols, industrial fructose, industrial casein
9. Keep your diet low glycemic (avoiding sugar, starches and most grains). Lentils, peanut butter, and garbanzos (humus) are the best beans to use. Avoid navy and pinto beans as they tend to stimulate the immune system in an unhealthy way.

1. Healthy Ketogenic diet

Forcing utilization of fat (and ketone bodies) as primary fuel for energy while shifting the body's metabolic mode from fat storing into fat burning.

Archaeological evidence and fossil record reveal that the early human diet was centered around nuts and seeds. Our jaw structure and teeth morphology (reduction in anterior teeth, and the flat wear of our cheek teeth) bear proof that we haven't evolved for a typical carnivore diet but rather for vegetarian diet based on chewing hard oval objects (nuts and seeds).

The human body evolved for using plant oil as a primary fuel.

Nuts and seeds were our species' original staple foods. They were gathered in open grassland and woodland which were the early human habitat, and could be stored and used all year round due to their less perishable and nutritional dense properties. Nuts and seeds that enabled early humans endure extreme primordial and nomadic conditions millenniums ago are still as viable for us today.

The fat fuel regimen mimics the benefits of the early human diet. Dietary fat from nuts and seeds stimulates release of satiety hormones thus acting to increase the body's resistance to hunger and stress while boosting its metabolism.

And as the metabolic gear shifts in favor of energy expenditure, the body gains a greater capacity to utilize fat for energy. Fat metabolism yields by-products called ketone bodies which serve as a superior biological fuel. It is now known that ketone bodies not only enhance cognitive function but also increase neuro protection and promote fat loss.

- To benefit from all that, your carb intake must be minimized to no more than what naturally occurs in vegetables, nuts, low sugar fruits, and berries. This could be as little as 30 grams of digestible carbs/day.

The Regimen:

Eliminate grain, refined starch, refined oil, sugar, sugar alcohol, fructose, and soy.

Daytime: Undereating

Have small servings of berries or nuts/seeds. Green vegetables are not restricted.

Nighttime: Main Feeding

Have nuts and seeds as your primary fuel foods. You can you add chicken, fish or meat to your main meal. Avoid grains, potatoes and sweet fruits (apples, oranges, pears, bananas, except for special occasions, of course).

Detailed Eating Plan

DAYTIME OPTIONS

- Mornings:** 2 glasses water
Coffee/Tea, cacao (no sugar) with optional organic heavy cream
- Mid Mornings:** Green vegetable juice (parsley, celery, cucumber, kale, lime) **OR** fresh berries
- Lunch:** Salad (mixed greens, onions, cucumber, mushroom, sprouts),
Salad dressing: Olive oil **OR** Poached/hard-boiled Egg
- Afternoon Snack:** Berries **OR** nuts and seeds **OR** ½ green apple

NIGHTTIME OPTIONS

- Dinner (Main Meal):** **Raw Vegetables** – Salad greens, orange, yellow and red vegetables as well as broccoli sprouts if available
Salad dressing: Olive oil, vinaigrette, sesame, hemp oil, avocado oil mayonnaise
- Cooked Vegetables** – Steamed, grilled or lightly sautéed veggies (lots of cruciferous veggies – broccoli, cauliflower, Brussels sprouts along with zucchini, okra, mushroom, kale, onion)
- Protein:** – Moderate amounts of protein (6-12oz) – chicken, fish or eggs. You can also add organic cheese on top of your protein or vegetables on days of fish or eggs.
- Fuel Food:** – Raw nuts, seeds, avocado, extra virgin olive oil, coconut oil
- If you feel too full to eat nuts or seeds in your main meal, try reducing the protein part and instead increasing your intake of nuts and seeds. This will allow your body experience the benefits of nuts and seeds as primary fuel.
 - Nuts and seeds should be eaten raw if possible.
 - Seeds should be eaten in smaller amounts than nuts.
 - Almonds are the easiest to digest nuts. Almond butter and peanut butter are easier on your teeth.
 - Try each day a different nut or seed, and check what works best for you.

Dr. Steele's comments: Given the sensitivity of many patients to cow's milk protein (casein) leading to allergies and asthma, as well as the Nightshade vegetables (tomatoes, eggplant, peppers and potatoes) leading to arthritis and joint pains, I have modified some of the suggestions to remove these. A recommended serving of fruit is ½ of green apple.

I try to stay in mild to moderate ketosis most of the time (burning fat as fuel while starving my cancer cells, which can only use sugar for fuel). This is much easier to do using the Warrior diet with the intermittent fasting, while avoiding the sugar, most grains, most starchy vegetables and sweet fruits (like oranges, bananas, pears and red apples). I usually snack on deluxe mixed nuts or peanut butter (eaten on a fork). Drink lots of water and keep moving.

When I skip lunch, I try to stay busy. If I have time to eat, I will go for a walk instead and then have another cup of coffee (often decaf) to start the afternoon (with the organic heavy cream, of course). Avoiding the kitchen seems to help as well.