

PROGRAM WORKBOOK

# Putting Out the Flame





# Welcome

## Putting Out the Flame

This program is designed to help you fight inflammation with food and learn key nutrition strategies to prevent and manage chronic disease.

Discover ways to ditch chronic inflammation in your body and support your immune system, skin, joints, hormones, gut, energy, and more.

In this program, you will learn the key aspects of the Cardiometabolic Food Plan, created by the Institute for Functional Medicine, and begin to implement simple ways to help improve your symptoms today and manage or prevent chronic inflammation in the future!

As you watch the course videos, have this guide handy (we recommend printing). Be sure to make notes and plan your actions steps each week.

This workbook is organized by session with key points, pro tips, recommended goals, and resources. You can go through the program at any pace, but we recommend 4–6 weeks so you have time to make changes that will stick.

### What are you waiting for? Let's get started!

Participation in this program is completely voluntary. Nothing presented or stated shall be considered medical advice, but solely used for educational purposes. Any lifestyle and diet changes should be discussed with your primary care provider.

This program is not meant for anyone under the age of 18, anyone currently under the care of a physician for a serious medical condition, pregnant individuals, or those nursing or trying to conceive.



Megan Green is a registered dietitian with 7+ years of helping people achieve optimal health to feel their best through simple changes and a positive mindset around food. She has additional training through the Institute for Functional Medicine.

Please be advised that all nutritional information in our recipes is evaluated using the information available at the time of writing. While information is based on recipes specific to Launch My Health, nutrient values and allergens in each food may vary due to your selected portion size, use of other condiments and seasonings, as well as growing conditions, product manufacturer formulations, or any substitutions. The information provided in our recipes is meant to be a guide. If you are concerned about specific food allergens or sensitivities, always check the specific ingredients listed and labels used on your products for allergen information before consuming. Launch My Health is not liable for any food reactions.

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## Welcome! Getting Started

This session contains an intro to chronic inflammation and why it matters for your health, plus five mindset questions to set you up for success with your long-term health goals.

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## Inflammation Overview

Find out why we do want some inflammation and how a certain kind of inflammation might be linked to health issues you're experiencing. See which lifestyle factors can make a difference.

03

## Healthy Fats

Not only does fat add delicious flavor and satiation to your food, but the right types of fat also add tremendously important nutrients when it comes to managing chronic inflammation in your body.

04

## Micronutrients

The mighty micronutrients are one of the many reasons we say "food is medicine." Find out which five nutrients to eat more of to reduce inflammation.

05

## Balanced Blood Sugars

Are you constantly on a blood sugar rollercoaster? Find out the connection to inflammation and key nutrition strategies to get off the wild rollercoaster ride and stabilize your energy levels.

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## Supplements

The ever-growing world of supplements can feel overwhelming at times. Learn tips to navigate the options and special considerations for supplementation.



## PUTTING OUT THE FLAME

# Session One

## Welcome! Getting Started

**Classes featured:** Welcome to Putting Out the Flame, Getting Started with Putting Out the Flame

### WHAT YOU NEED TO KNOW:

This program focuses on key strategies of the Cardiometabolic Food Plan:

- Eating a modified Mediterranean diet, designed to reduce inflammation in your body
- Adding in healthy fats
- Incorporating key micronutrients
- Balancing blood sugar

Cardio refers to your heart health; metabolic refers to how your body uses food as energy.

Diet is defined as the way you eat. It does not mean cutting calories and feeling hungry all the time.

# Take a Moment to Reflect

Why is your health important to you?

What does your vision for your health look like?  
Who does it include? What will you accomplish? What adventures will you go on? Describe it.

What is your biggest challenge with food currently?

What barriers might you face as you make changes for your health?

Who are the most influential people in your life when it comes to what you eat?  
Identify both supportive and non-supportive people when it comes to your health goals.



## HOMEWORK

### ASSIGNMENT

Track everything you eat and drink for three days. Don't worry about writing down exact amounts; the purpose is to make you aware of what you are eating and to establish your baseline before you start making changes to what you eat in future sessions.

**Quick notes:**

# Food and Lifestyle Tracking

## DAY ONE

What did I eat and drink?

Sleep, stress, and movement:

## DAY TWO

What did I eat and drink?

Sleep, stress, and movement:

What did I eat and drink?

Sleep, stress, and movement:

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell



## PUTTING OUT THE FLAME

# Session Two

## Inflammation Overview

**Classes featured:** Acute vs. Chronic Inflammation

**My reflections:**

**What I want to remember:**





## WHAT YOU NEED TO KNOW:

Acute inflammation is the body's protective response to an injury, illness, or infection. It's a good thing!

Signs of acute inflammation at your injury site: redness, swelling, heat, and pain.

It's successful when the body returns to homeostasis after healing.

Chronic inflammation occurs when acute inflammation processes don't shut off and the body does not return to homeostasis. Too much of a good thing becomes a bad thing.

Chronic inflammation increases your risk of infections, illness, disease, and damage to cells and tissues.

Chronic inflammation is connected to:

- Chronic pain
- Depression/anxiety
- Gut issues
- High blood pressure
- High cholesterol
- Inability to focus
- Low energy
- Overweight/obesity
- Prediabetes/diabetes
- Sinus and nasal congestion
- Skin issues

Homeostasis is the body's ability to seek and maintain a stable internal environment as it deals with external changes.



## HOMEWORK

### ASSIGNMENT

Take some time to answer these questions:

**Is there anything in your everyday life that might be contributing to inflammation?**

**Can you identify any food patterns that**

**What's going well?**

**Quick notes:**

# Factors that Contribute to Chronic Inflammation



**Hygiene**



**Lack of exercise**



**Persistent infections**



**Pro-inflammatory foods**

Refined/artificial oils and sugars.



**Lack of nutrients**

Lack of whole plant foods and high-quality meats and fish.



**Too little rest/relaxation**

It's harder for your body to recover and function well.



**Food sensitivities**

Your body uses resources to respond when reacting to a food.



**Toxins**

External: Air, chemicals in food and products.

Internal: By-products of normal body processes.



## PUTTING OUT THE FLAME

# Session Three

## Healthy Fats

**Classes featured:** The Different Types of Fat in Food; How to Nix the Six, Increase the Threes

**How I did last week:**

**What I want to remember:**



### WHAT YOU NEED TO KNOW:

- Eating healthy fats is important for your brain, connective tissues, hormones, digestive system, and regulation of inflammation in your body.
- Omega-6 fatty acids are pro-inflammatory and sneak into most processed foods and convenience products on the shelves.
- Remember to “nix the six and increase the threes” This means decreasing your consumption of Omega-6 fatty acids and increasing Omega-3 fatty acids.

### TIPS FROM THE PROS TO REMEMBER:

- When buying meat, choose grass-fed beef and organic poultry when possible.
- Use extra virgin olive oil (aka: EVOO) for no heat and low-heat cooking; use avocado oil for high-heat cooking, like sautéing or roasting.
- Purchase flaxseed already ground or grind it yourself before eating it to get the Omega-3 fatty acid benefits. Add 1–2 teaspoons to oatmeal, smoothies, yogurt, pasta sauce, stir-fry, or homemade protein bites.
- Three ounces of sardines provide the highest amount of Omega-3 fatty acids per serving at 2,000 mg per serving! Try adding your favorite herbs and spices to it, or place it on your favorite crunchy cracker to enjoy.



## HOMEWORK

### ASSIGNMENT

Choose one option you want to focus on:

- I will eat at least **two** plant sources of Omega-3s each day.
- I will eat **two** sources of fatty fish every week.
- I will go through my pantry and fridge and identify what foods contain inflammatory ingredients on the avoid list. I will make a plan to restock these items with healthier versions.

Quick notes:

# Healthy Fats and Fats to Limit

## INCREASE THESE FATS:

### Monounsaturated fats

- Almonds
- Avocado
- Avocado oil
- Hazelnuts
- Olives
- Olive oil
- Pecans
- Pumpkin seeds
- Sesame seeds

### Omega-3 fatty acids

- Chia seeds
- Herring
- Mackerel
- Salmon
- Soybeans
- Ground flaxseeds
- Hemp hearts
- Oysters
- Sardines
- Walnuts

Eating healthy fats is essential for good health!

- Protect your cells from oxidation.
- Reduce your risk of heart disease.
- Avoid the blood sugar rollercoaster and stabilize insulin levels.

## LIMIT THESE FATS:

### Saturated fats

- Beef
- Chicken
- Coconut
- Pork
- Coconut, palm, and palm kernel oils

### Trans fats

- Beef
- Margarine
- Processed foods with “partially hydrogenated oils”
- Dairy products
- Vegetable shortening

### Omega-6 fatty acids

- Corn oil
- Soybean oil

These fats have pro-inflammatory components. The goal is not to completely cut them out; instead aim to eat higher amounts of healthy fats. Doing so helps offset the inflammatory effect.

Meat and poultry have many beneficial aspects for health. Choose grass-fed beef and organic poultry when possible.



## PUTTING OUT THE FLAME

# Session Four

## Micronutrients

**Classes featured:** What are Micronutrients? Micronutrients—What to Eat

**How I did last week:**

**What I want to remember:**





### WHAT YOU NEED TO KNOW:

- Micronutrients help your body use the energy in your cells and allow your body to function properly. There are three types: vitamins, minerals, and phytonutrients.
- Antioxidants are some of the most famous phytonutrients. They have been shown to prevent or delay some types of cell damage.
- The recommended amount of plant foods per day is 10–12 servings.
- A study from Cornell University found cooked tomatoes and tomato products, like tomato paste, have up to four times the amount of lycopene! Cook your tomatoes with a healthy fat, like avocado oil or extra virgin olive oil for an added bonus.

### TIPS FROM THE PROS TO REMEMBER:

Aim to eat 10–12 servings of plant foods per day. Here are the serving sizes you should aim for:

- Vegetables = ½ cup cooked or 1 cup raw
- Fruit = medium-sized piece or ½ cup
- Nuts and seeds = 1–2 Tbsp
- Whole grains = 1/3 cup to ½ cup cooked

Fun fact: “Phyto” means plant in Greek.



## HOMWORK

### ASSIGNMENT

Print or download your Rainbow Foods list.

- Highlight the foods you like.
- Circle the foods you want to eat more of.
- Put a check mark next to the foods you're already eating. Then start eating more of the ones you have circled.

Refer to the food tracking you did in session one.

- Count the number of plant food servings you're already getting.
- Add in 2–4 servings of plant foods per day. This will help you get closer to the long-term goal of 10–12 servings per day.

**Quick notes:**

# Planning Your Plate

## WHOLE GRAINS

Consume a variety of whole grains, and limit refined grains



## VEGETABLES

Eat a wide variety of veggies, both fresh and frozen



## PROTEIN

Consume a variety of healthy proteins like fish, poultry, beans, and nuts



## FRUITS

Choose fresh or frozen fruits of all colors



## HEALTHY OILS

Use olive and avocado oils for cooking and dressings



## WATER

Focus on beverages with little to no added sugars





## EAT THE RAINBOW

### PHYTONUTRIENT FOODS LIST

Food color	Food sources	Protective compounds	Benefits
	<ul style="list-style-type: none"> <li>• Tomatoes</li> <li>• Pink grapefruit</li> <li>• Red peppers</li> </ul>	<ul style="list-style-type: none"> <li>• Lycopene</li> </ul>	<ul style="list-style-type: none"> <li>• Cancer protection (prostate)</li> <li>• Heart health</li> </ul>
	<ul style="list-style-type: none"> <li>• Pumpkin</li> <li>• Sweet potatoes</li> <li>• Carrots</li> <li>• Lemons</li> <li>• Papaya</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Beta-carotene</li> <li>• Vitamin C</li> <li>• Flavanoids</li> </ul>	<ul style="list-style-type: none"> <li>• Immune system</li> <li>• Vision</li> <li>• Skin health</li> <li>• Bone health</li> <li>• Heart health</li> <li>• Immune system</li> <li>• Vision</li> </ul>
	<ul style="list-style-type: none"> <li>• Collard greens</li> <li>• Kale</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Folate</li> <li>• Lutein</li> </ul>	<ul style="list-style-type: none"> <li>• Eye health</li> <li>• Cancer</li> <li>• Heart health</li> </ul>
	<ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Blackberries</li> <li>• Figs</li> </ul>	<ul style="list-style-type: none"> <li>• Black currants</li> <li>• Elderberries</li> <li>• Anthocyanins</li> </ul>	<ul style="list-style-type: none"> <li>• Blood vessel health</li> <li>• Cancer protection</li> </ul>
	<ul style="list-style-type: none"> <li>• Red wine</li> <li>• Grapes</li> <li>• Plums</li> </ul>	<ul style="list-style-type: none"> <li>• Cranberries</li> <li>• Red onions</li> <li>• Beets</li> <li>• Resveratrol</li> </ul>	<ul style="list-style-type: none"> <li>• Cancer protection</li> <li>• Heart health</li> <li>• Lung health</li> <li>• Inflammation</li> </ul>
	<ul style="list-style-type: none"> <li>• Garlic</li> <li>• Onions</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms</li> <li>• Parsnips</li> <li>• Turnips</li> <li>• Indoles</li> <li>• Allicin</li> <li>• Quercetin</li> </ul>	<ul style="list-style-type: none"> <li>• Immune system</li> <li>• Cancer protection</li> <li>• Inflammation</li> </ul>



## PUTTING OUT THE FLAME

# Session Five

## Balanced Blood Sugar

**Classes featured:** Blood Sugar Rollercoaster, How Added Sweeteners Impact Blood Sugar

**How I did last week:**

**What I want to remember:**



## WHAT YOU NEED TO KNOW:

- Frequent blood sugar spikes contribute to chronic inflammation.
- Fiber is essential for fighting chronic inflammation in your body. It helps you stay full for longer, stabilizes your blood sugars, and helps escort excess hormones and toxins out of your body.
- Are you a late-night or after-dinner snacker? Try eating a high-protein breakfast—this has been shown to help curb late-night cravings.
- Sugar alcohols are a sweetener commonly used in “sugar-free” products and end with “-ol”  
Some people notice gastrointestinal issues when they eat too many sugar alcohols, too often.

## TIPS FROM THE PROS TO REMEMBER:

- Aim for at least 20 grams of protein at breakfast.
  - 1 egg = 7 grams
- Decrease blood sugar spikes by using this formula:
  - High-fiber carb + protein + fat at every meal and snack
- Check how much added sugar is listed on your product nutrition labels. Aim for three grams or less of added sugar per serving; aim for zero grams of added sugar per serving in foods you eat almost daily.
  - Check your yogurt, salad dressings, peanut butter, sauces, sweetened coffee drinks or mixes, protein bars, and flavored oatmeal.

### **Common sugar alcohols:**

Erythritol, lactitol, mannitol, sorbitol, isomalt, maltitol, xylitol



## HOMEWORK

### ASSIGNMENT

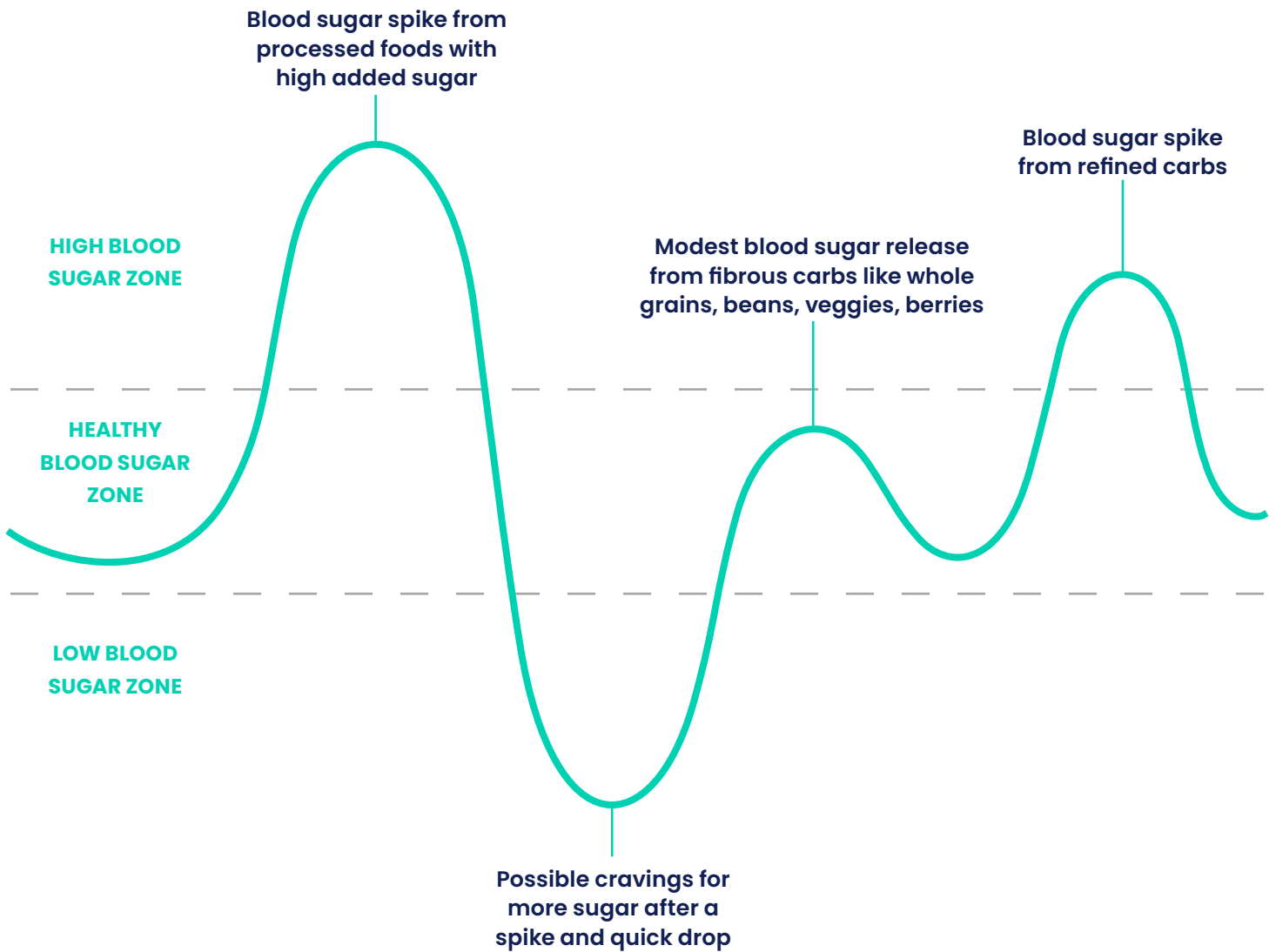
Choose one or two of the following to focus on:

- I will eat a high-fiber carbohydrate at every meal and snack.
- I will pair my carbohydrate with a protein and healthy fat.
- I will eat at least 20 grams of protein at breakfast.
- I will check product labels in my fridge and pantry to identify where sweeteners are sneaking in.

**Quick notes:**



## THE BLOOD SUGAR ROLLERCOASTER







## FIBER-RICH FOODS

### Grains

Oats (½ cup) 4g  
Rice bran (1 oz) 6g  
Barley (½ cup cooked) 3g  
Multi-grain bread (1 slice) 1.5g  
Quinoa (1 cup cooked) 5g  
Brown rice (1 cup cooked) 4g  
Amaranth (¼ cup) 6g

### Beans

Black beans (1 cup cooked) 15g  
Garbanzo beans (1 cup cooked) 12g  
Lentils (1 cup cooked) 16g  
White beans (1 cup cooked) 19g  
Pinto beans (1 cup cooked) 15g

### Nuts and Seeds

Almonds (3 ½ Tbsp) 4g  
Flaxseed (3 Tbsp) 8g  
Pistachios (3 Tbsp) 3g  
Walnuts (4 Tbsp) 2g

### Vegetables and Tubers

Jicama (1 cup) 6g  
Brussels sprouts (1 cup cooked) 5g  
Cauliflower (1 cup cooked) 5g  
Kale (1 cup cooked) 3g  
Spinach (1 cup cooked) 4g  
Collard greens (1 cup cooked) 5g  
Acorn squash (1 cup cooked) 9g  
Summer squash (1 cup cooked) 5g  
Spaghetti squash (1 cup cooked) 2g  
Russet potato (1 medium with skin) 4g  
Sweet potato (1 medium with skin) 4g

### Fruits

Avocado (½) 9g  
Raspberries (1 cup) 8g  
Blueberries (1 cup) 4g  
Loganberries (1 cup frozen) 8g  
Blackberries (1 cup) 8g  
Banana (1 medium) 3g  
Pear (1 medium) 6g  
Orange (1 medium) 4g  
Apple (1 medium) 4g  
Figs (¼ cup dried) 4g

### Tips to get more fiber:

- Mix lentils or beans with ground meat in homemade pasta sauces, tacos, or quesadillas.
- Add peas or roasted cruciferous veggies, like Brussels sprouts, to pasta dishes and rice bowls.
- Put avocado in your smoothie. (It makes it even creamier!)

# Protein Bites Formula

Choose 1-2 of your favorite ingredients from each category. Try new combinations to create new flavors!

## Instructions:

- Start with a ½ cup healthy base, add 1-2 Tbsp of sticky & sweet, and add extra flavors to taste.
- Combine in a bowl, roll into balls, and store in fridge or freezer.
- Other fun add-ins: nutmeg, hemp seeds, fruit, dried fruit, or extracts (vanilla, peppermint, almond).

### Healthy base



Oats



Ground flaxseed



Protein powder

+

### Sticky & sweet



Ground dates



Nut butter



Honey

+

### Extra flavor



Shredded coconut



Chocolate chips



Extracts



Almonds or other nuts



Cacao powder



Cinnamon



## PUTTING OUT THE FLAME

# Session Six

## Supplements

**Classes featured:** Supplements Made Simple, Putting Out the Flame Wrap-up

**How I did last week:**

**What I want to remember:**



### WHAT YOU NEED TO KNOW:

- Vitamin D has many benefits, including helping with inflammation and supporting the immune system, hormones, and bone health. The recommended amount per day is at least 800 IU.
- Choose products that have USP verification and NSF certified stamps.



### TIPS FROM THE PROS TO REMEMBER:

Reasons to consider a supplement:

- If you are age 60+:
  - You may need digestive support due to a decrease in stomach acidity. This can result in indigestion, heartburn, and acid reflux. Consider taking a digestive enzyme with protease before meals to help digest protein.
  - Reduced absorption of vitamin B12 from foods may occur. Consider a vitamin B12 supplement.
- If you smoke or drink alcohol regularly, consider a multivitamin and mineral supplement for extra antioxidant support.
- If you have issues with irregular bowel movements, consider a probiotic supplement with multiple strains of the beneficial bacteria (lactobacillus and bifidobacterium). A good place to start is 10 billion colony-forming-units (CFUs).

# Medications & Potential Nutrient Depletion

Medication	Nutrients depleted
Antacids	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
Antibiotics	B Vitamins, Vitamin K, Beneficial Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron
Anti-depressants	Coenzyme Q10, Vitamin B12
Anti-diabetic drugs	Coenzyme Q10, Vitamin B12, Folic Acid
Anti-inflammatories	Vitamin C, Folic Acid, Iron, Potassium, Vitamin D, Calcium, Zinc, Magnesium, Iron, Selenium
Cardiovascular drugs	Coenzyme Q10, Vitamin B6, Melatonin
Cholesterol-lowering agents (Statins)	Coenzyme Q10, Vitamin A, Vitamin B12, Vitamin K, Beta-carotene, Folic Acid, Iron
Diuretics	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Sodium, Zinc, Coenzyme Q10
Hormone Replacement Therapy (HRT)	Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Zinc
Oral contraceptives	Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Selenium, Zinc
Ulcer medications	Vitamin D, Vitamin B12, Folic Acid, Calcium, Iron, Zinc, Protein

Interested in food sources of a certain nutrient?  
You can find lists by nutrient at: <https://www.nutrition.gov/topics/whats-food/vitamins-and-minerals>



## TIPS FOR PURCHASING A SUPPLEMENT

### CHECK FOR DRUG–NUTRIENT INTERACTIONS.

- Food first!
- Check with your dietitian or physician.
- You can use a free interaction checker online to check for medication and food interactions. It's smart to verify with your physician as well.

### BUY REPUTABLE BRANDS.

- The company should test every batch—not skip lot testing, where only some are tested for quality.
- Check for certification label: USP, CGMP, NSF.
- Choose tablet form!
  - Gummies or liquid may have water or sugar added as filler.
  - Capsule form is good but allows for more oxidation to happen.
- Be cautious when purchasing from large, third-party resellers. Many reputable brands do not allow this. Check out the brand's website for information on verified retailers to purchase from.

### TAKE WITH FOOD.

- Take supplements with a snack or a meal to avoid stomach irritation.
- The presence of carbohydrates and proteins stimulate digestive enzymes that allow for better absorption for the supplements.
- Iron should be taken on an empty stomach.



# Program Completion

## CONGRATULATIONS ON COMPLETING THE PUTTING OUT THE FLAME PROGRAM!

You should have implemented a few of our tips by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to fight inflammation with food and prevent or manage chronic diseases. Keep building on your healthy habits from the list of action steps.

**Cheers to your health and wellbeing!**

## WANT TO CONTINUE LEARNING?

Check out one of our other programs: Restore Gut Health, Optimizing Brain Health, Optimizing Women's Hormones, Home Chef Pro, and Kids in the Kitchen.