

The Blueprint

Free Edition

by Dr. Evelyn Cordova, ND | NaturalChoiceDr.com

“Weight loss that merges data with intuition. I’m not selling you a bypass. I’m showing you the blueprint.”

A Note Before You Read

This is a free resource. I don’t need to dress it up or pad it out. What I eat is not a meal plan — it’s a result. My result, after years of experimentation, medical training, and genuine trial and error. What you’ll find here is directional. Clues. Not a copy-paste fix. Only you can figure out what works for you. That’s not a cop-out; it’s biology.

What’s in My Pantry Right Now

Current diet: high fat, high protein. I’ve never counted a fat calorie in my life. I’m in a calorie deficit — and that’s the one rule that stands above most everything else.

- **Avocado oil.** I trust its high smoke point which makes it my default for cooking. I’m not particularly domesticated so I don’t have eons of homemade dishes I can whip out. A note on freshness: avocado oil is one of the more shelf-stable cooking oils thanks to its high oleic acid content and natural vitamin E — both act as built-in antioxidants. Unopened, a quality bottle stores well for 12–18 months; once opened, plan to use it within 4–6 months. Store away from light and heat (pantry: yes; next to the stove: no). Your nose tells you everything — rancid oil smells waxy or crayon-like. When in doubt, replace it. Don’t stockpile; buy what you’ll actually use.
- **Clinical Pearl:** I used exactly 1 recipe in the 1 year I was cutting/building muscle. The craving to make maple syrup carrots was strong and I listened to it. Once indulged, it passed and I didn’t have anymore cravings. Not sure what it was, but I just went with it. I should add here that I’m up to around 30 years of not eating fast food. It’s not a flex. It’s not meant to “one-up” you. Look at the title again. It’s a blueprint. I do use their restrooms on long road trips though. Very useful and convenient.
- **Peanut butter and honey.** For reasons I can’t fully explain, I don’t overeat this combination. That’s the point. You need to find your own version of this — foods you genuinely enjoy but won’t binge on. No one can hand you that list. You have to try and explore knowing you’ll fail - take the lumps - and keep it moving. You’ll get there.
- **Pickles and olives — 3rd party items.** This is a term I’ve coined: foods you can eat without concern because they’re not your favorites. You won’t overindulge. They’re

useful to have around. Find your own 3rd party items — they're a quiet but powerful tool.

- **Good organic salt.** No packing agents. The label won't announce it — you'll know it by what's not listed. Transition on your own timeline; use down what you have first.
- **Ceylon cinnamon (nuts.com).** Well-documented role in blood sugar regulation, though it's become less necessary as my diet has evolved. Don't stress over it. Keep your focus on the calorie deficit.
- **Kerrygold butter.** Yes, despite the controversy. I use paradoxes regularly. My overall health is excellent; a few imperfect products don't appear on death certificates. I don't let every headline into my world.
- **Discounted meat, beans, and rice.** There's not always a budget for grass-fed. I keep it moving, and no one is going to make me feel bad about that. The overall picture matters more than any single ingredient. If asked about the discounted meat I bought at Fry's while building my business, I would respond with, "*I have an organic meat account you can make a cash contribution to.*" That ended it. Often the entire conversation actually but you don't need to judge me, okay? No one should judge you either but you do need boundaries and ready one-liners.
- **Emergency backup: protein or granola bars.** The ones people trash on TikTok. When I've undereaten, I grab one and move on. Not every controversy deserves my attention. Direction is what counts.

Past tools that helped:

- **Veggie trays and ready-to-eat meals from Sprouts.** Useful when the alternative was overeating or grabbing something heavily processed. It's okay to stay in that phase as long as you need to. Know where you are in your journey. [→ If you want to go deeper on this, The Natural Physiology Protocol is where I work through it.]

Where I shop (no affiliation):

- nuts.com — quality spices and specialty items; excellent customer service
- mountainroseherbs.com — same quality standard. Great for herbs and spices.

**Disclaimer: I have no affiliation with either site. I've been a customer and I respect both businesses.*

The One Rule That Outranks Everything Else

A calorie deficit.

That's the headline. I go into much greater detail in The Natural Physiology Protocol — but at the foundation of every eating approach that has ever worked for me is this: you are eating less than you burn. Full stop.

I don't track every vegetable. I don't have a rigid target for fiber. I eat no fruit, add vegetables as needed, and I don't overthink it. Over-restrict and the mind stages a riot — and you're right back where you started. A looser hold on the reins beats white-knuckling a spreadsheet every time. Tighter and stricter calorie counting is applicable for the last 10 to

20 pounds, and you genuinely can't figure out. It's still a calorie deficit but there's a food item in there that is stopping the deficit from occurring. For one patient, it was two slices of Killer Dave's bread. She had 20 pounds to go and an A1C of 5.8 (prediabetic). Her body wasn't going to process those carbs and that was that. She had to accept it. (She did BTW).

How I Got Here

I didn't start here. Not even close.

I bought in fully to the vegetarian world — convinced it would solve everything: my mood, my endometriosis. I went vegetarian, then vegan, then raw vegan for one full year. No microwave, no oven. Just me, a dehydrator, and a very good blender. It was a beautiful journey. I learned things about food that most people never will.

But eight months into medical school, I was losing consciousness on my afternoon walks. I'd pitch forward, catch myself, and stand back up. I couldn't keep up with the curriculum. I was done. No movement on Earth was worth sacrificing my brain power and potential over not eating meat.

So I swung the other direction: full keto. Here's why — I couldn't lower my fasting glucose below 99, no matter what I tried. The practitioners weren't listening. What keto gave me was the end of the carbohydrate crash, and it drove my A1C down to 5.3 — where it has stayed to this day. My fasting glucose is proudly below 90.

Now I eat what I want, in a calorie deficit, with no restrictions. Yes — that includes gluten and dairy, the traditional naturopathic "no-no" foods. Do they affect me negatively? No. If you'd caught me at any of those stages, you might have thought I was off-balance. But at each step I was discovering something I now use every day to help others.

Because I've done keto, I understand the carnivore world. Because I've been vegan, I can help there too. The overarching lesson: discovery, then ownership.

A few things worth noting:

- **No comparison.** Food as medicine means you cannot visually diagnose someone on one meal. If they're lean, assume they've done the work.
- **My metabolism has a clear relationship with sugar and alcohol.** It knows exactly what to do with carbohydrates. I don't take naps and I don't manage my cortisol. I just eat what's right for me. I'd be lying to you if I said I totes thought I'd get here: thin and no daily cravings. But I kept trusting the process and suspending my need to see results. *I just trusted.* Because it's Biology.
- **And the last thing I'll share: I lie.** Read that again. When I sense someone is trying to undermine what's working for me, I lie with impunity. Not about what I eat — but about what I'm willing to share with people who aren't safe. Protect your peace. Don't offer what's working for you to a crowd that will tear it apart. I didn't work six years of retail at Tuesday Morning to not have perfected my retail face. (I loved this store BTW). If all you do is perfect your retail face today to protect YOU, it's a day well lived! You're worth the effort. And you're worth the protection.

A Note from Naturopathic School

Even naturopaths can be judgmental.

My nutrition professor stopped class once to deliver a reality check. She was done with the performative vegans and the obnoxious gluten-free students — not because those choices were wrong, but because the energy behind them was. For the record: many in my cohort started as vegans. No one completed their medical degree as one.

She was right. Restrictions generally don't survive long-term contact with the biology of the brain. Heal your relationship with food. All food. No one is wrong for what they choose to eat. But none of us can act like our way is the way for all 8 billion people on this planet.

So Why Did You Download This?

Were you genuinely curious? Or were you looking for someone else's fix to paste over your own situation?

If it's the second one — fair. Breathe, and keep moving. You won't find yourself out here. You can find clues and directionals — that's what this is. But you have to build your own plan, with your own hands, with your own mindset.

It is simple. But it is not easy.

There will be uncomfortable moments as you build your personalized approach to food. But you were designed to withstand those moments, and they don't last forever. An overweight body works harder every single minute than a lean one. The physics alone are demanding.

You're not lazy.

You're not a failure.

You're someone who hasn't found their blueprint yet.

Go get dialed in to your life.

— Dr. Cordova

Ready to go deeper? The Natural Physiology Protocol is the full framework — data, intuition, and the exact tools I use to help people build a plan that actually holds. It's \$150 and it's the blueprint behind this blueprint.



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