

VICTORY over LUPUS

By Victoria McCoy



A guide to help manage lupus and reduce inflammation through meal prep.

VICTORIOUS  FOODS

COPYRIGHT NOTICE

DISCLAIMER: I AM NOT A DOCTOR OR MEDICAL PROFESSIONAL. INFORMATION CONTAINED IN THIS EBOOK IS FROM PERSONAL EXPERIENCE THAT HAS WORKED FOR ME. THERE IS NO GUARANTEE THAT THE INFORMATION SUGGESTED WILL WORK FOR OTHERS. TRY SUGGESTIONS AT YOUR OWN RISK. PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE, DURING, AND AFTER USING ANY OF THE METHODS THAT ARE STATED IN THIS EBOOK.



Hi! My name is Victoria McCoy, and I am the owner and operator of Victorious Foods meal prep company. Victorious Foods was born from the series of health challenges I've been through in life. In 2008, when I was nineteen years old, I was diagnosed with lupus. Since then, I have suffered multiple heart attacks, kidney failure, pleurisy, and rheumatoid arthritis, and there were days I couldn't walk because of the overwhelming amounts of inflammation that my body stored. My quality of life was unbearable. Day in and day out for years, I asked God, "Why me?! Why do I have to go through this kind of torture? Just heal my body! Please!" I was so desperate for help because the eleven different medications I was on didn't seem to work at all. One Sunday, while at church, I stopped asking God to heal my body, and instead, I started thanking God in advance for healing my body. I thanked Him with the same amount of conviction as when I was praying out of desperation. And moments later, God did exactly what I thanked him for. He healed me! But He gave me some clear instructions as well. He said, "Do what you can. And I will do what you can't." So, from that point on, I started exercising a minimum of three days a week and changed my bad eating habits to healthier options. I lost 50 lb. in a matter of six months and have been maintaining the weight loss ever since. I also went from eleven different medications to two. With God's help, I have Victory Over Lupus!



WARNING
SIGNS

over

BLIND EYES

Let's see. You probably purchased this e-book because you or someone you know is battling lupus. And let me just say, I'm sorry. Having lupus absolutely sucks! It's so ghetto. Would not recommend it. Zero stars in my book. Anywho . . . Before we dive in headfirst, I will give you a brief overview of lupus and what it could do to your body. Lupus, also known as Systemic Lupus Erythematosus (SLE), is an inflammatory autoimmune disease that causes one's immune system to attack its own tissues, even the healthy ones. Now, the main character in lupus is called INFLAMMATION.

Inflammation is created when the body protects itself from infections or diseases. Inflammation commonly affects the joints, skin, kidneys, lungs, brain, heart, and blood cells.

Something I know all too well, unfortunately. The human body is extremely intelligent. So intelligent, in fact, it gives us warning signs when something is not

right or if you are lacking something. When it comes to recognizing the warning signs of inflammation, it can also show up as pain, redness, joint stiffness, joints swollen and warm to the touch, and lack of joint functionality. Myself, I noticed after eating fast food, I usually had bad heartburn. **WARNING!** A burning heart is not normal. When I ate beef, the joints in my fingers used to swell and get stiff, and it was very painful. **WARNING!** My fingers are not supposed to look like sausages, lol. When I ate red grapes with cashews, I didn't feel bloated after eating, like I normally would when eating other things. I also had more energy after eating the grapes and cashews. **WARNING!** No bloating and more energy are most definitely good warning signs. The body is telling us that we like this, and we want more of it.





Signs of inflammation are not limited to what you eat. It can also affect you based on a stressful lifestyle you may have. My first symptoms of inflammation/ lupus started when I was in college. A normal college day looked like me getting up at 7 a.m. to get to class by 8 a.m. Last class ended at 3 p.m., and I had to be at work on the other side of town by 3:30 p.m. I didn't get off work until 11:30 p.m. Got home around 12 a.m. to just get started on my homework, which normally kept me up until 3:30–4 a.m. All to get right back up three hours later at 7 a.m., to do it all over again. It was exhausting. I know you were exhausted just from reading it. The result of this stressful lifestyle was me being in so much pain in my shoulder joints that I couldn't lift my arms some days. I also started getting unexplained boils and rashes all over my body. To make a long story short, I had to stop turning a blind eye to the warning signs and start taking matters into my own hands if I wanted my quality of life to get any better.



**Stop turning a
blind eye to the
warning
signals...**



HARD

— over —

HARDER

This is the part of the e-book where I suggest you get a notebook and be ready to take notes. I will provide tips and tricks on how I managed my lupus.

As I became more self-aware of the signals my body gave off when I ate certain foods, I decided to keep a food diary. I kept track of foods and beverages I consumed and wrote down the reactions I may or may not have had approximately thirty minutes after eating. Practicing this method day in and day out has taught me to listen to my body.

Once I got a good understanding of which foods caused me discomfort, I became more aware of the unhealthy food options I had surrounding me daily. And I became intentional about what I put in my body.

So, you know what that meant? It was time to raid my pantry, cabinets, refrigerator, and yes, even my bedside secret stash, where I hid all my favorite sweet treats. I knew I had to eliminate all those trigger foods. I argued with myself often as I went through the process of removing food items: “But, Victoria, it’s going to be too hard to give up on your favorite fruit snack.” Then my willpower quickly replied and said, “But it will be even harder living in pain every day.” “But, Victoria, eating healthily is too expensive.” Willpower replied, “But spending thousands of dollars on eleven different medications and medical bills is even more expensive.” My willpower pretty much slapped the taste out of my mouth with the realities of knowing this process would be hard, but I had to choose which hard I was willing to take on.



...I had to choose which *hard* I was willing to take on.

Here is a real example of one of my food diary entries:

Food Log	
Food	Reaction
• Popeyes Chicken Tenders	• Chest pain • Heart burn
- Bread Co. Turkey Baw	• no reaction
- Smoothie King	• Felt good took a walk at the park
• Home made Teriyaki Salmon w/ Brown Rice + Broccoli	• Didn't feel any bloat
• White Castle	• Extreme Chest pain. Lungs hurt when I take a deep breathe.
- Omelette + Turkey Bacon	• n/a
- Home made Vegan Wrap	• Filling, no issues
- ice cream	bloated 2 days
PF Chang's	Joint h pain in my fingers
Home made Stir Fry	felt no pain



DO'S

over

DON'TS

You may be asking, “So what can I eat?!”

I’m so glad you asked. On the next page, I’ve provided you with a Food Dos and Don’ts Chart. Practice substituting your normal Don’ts for Dos.

Let’s keep in mind that this is not a sprint; this is a marathon. This is not a diet; this is a lifestyle change. Diets are meant to be broken. But a lifestyle change is a new way of living.



**...lifestyle change
is a new way of
living.**





FOOD DO'S AND DON'TS

DO'S

Water, Tea, coffee, fresh pressed juice

Cooking oils- Coconut Oil, Extra Virgin Olive Oil, Avocado Oil

Natural sweetener- maple syrup, agave honey, honey, stevia

Healthy fats such as, avocado, extra virgin olive oil, coconut oil

Coconut milk, nut milk

Fresh meat- Chicken or Turkey (preferably grass fed/ free range), Fish, beef jerky

Whole Grains, Quinoa, rye, buckwheat, chia

Use salt, pepper, garlic, paprika, onion, cumin, other natural spices

Sea Salt, Himalayan Salt

Broccoli, Green Beans, Carrots, Bell Peppers, Zucchini, Potatoes, Asparagus, Spinach, Corn, and other vegetables

DON'TS

Soda, soft drinks, alcohol- beer, liquors, wines

Cooking oils- Vegetable Oil, Soy Oil, Peanut Oil.

Sugar- soft drinks, candy, donuts, corn syrup

Trans Fats, saturated fats- deep fried foods, fast food, baked goods, frozen foods, margarine

Dairy Products-cheese, milk

Process meat- ham, hotdogs, sausage, lunch meat, bacon, salami

Refine Grains- Wheat, white/enriched flour, white bread, pasta, biscuits, pastries

MSG- asian food (flavor enhancer)

Table salt

Battered and fried vegetables,

Victoria's Progression Food Chart

2010	2013	2016	2019	2022
Whole Milk	2%	Skim	Sweetened Almond Milk	Unsweetened Almond Milk
Oreo's	10 at a time	5 at a time	Low calorie Thin Oreo's	No Oreo's
Peanut Butter & Jelly Sandwich	Organic Peanut Butter & Jelly Sandwich	Almond Butter & Jelly Sandwich	1 bread slice Almond Butter & Jelly Sandwich	Red Grapes & Cashews
Pork Bacon, Egg & Cheese Biscuit	Turkey Bacon, Egg & Cheese Biscuit	Remove the top half of the biscuit sandwich	No biscuit, no cheese	Eggs whites & Turkey Bacon
Potato Chips	Reduce fat baked chips	Relapse, back to Potato Chips	Veggie Straws	PopCorners (YUMMY)
Beef, Pork, Chicken, Fish	Beef, Chicken, Fish	Beef (every 90 days), Chicken, Fish	Vegan	Mostly Veggies, Chicken and fish twice a week
Soda, Soft Drinks, Water	Soft drinks, Water	Soft drinks, Water	Tea, Water	Tea, Water, Cold Press Juices

As you can see in the chart above, I took baby steps to a healthier lifestyle. Remember what I said before: this is a marathon, not a sprint. No, I wasn't perfect in my food choices, but it's not about perfection; it's about progression and being consistent. Once I got a real handle on my eating choices, my body became more efficient. My body started performing better because of how I treated it. My input produced amazing output.



**...it's not about perfection;
it's about progression...**



PORTION
CONTROL

over

OUT OF
CONTROL

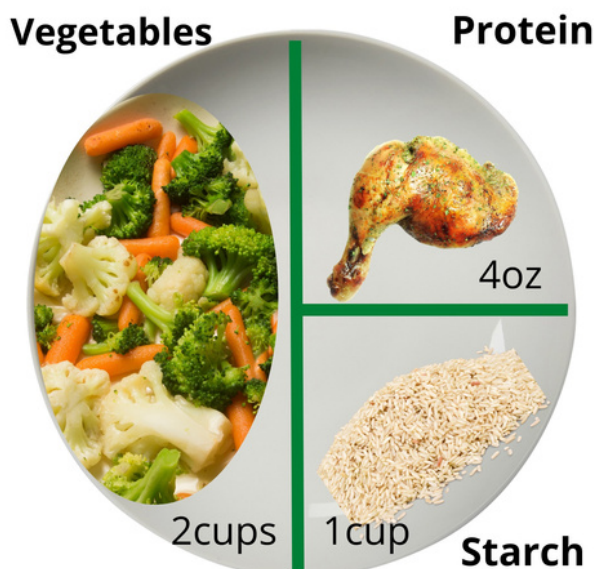
On this journey to managing lupus and reducing inflammation, we must take a look at our portion sizes as well. Studies have shown America's portion sizes are two to five times larger than fifty years ago. Also, the quality of food has diminished because of the high demand for meat and fish. Below are some tips and tricks to help prevent overeating.

Drink 16 oz. of water before each meal. Often, we mistake dehydration for hunger. Drinking a couple of glasses of water before eating not only helps with digestion but also prevents you from overeating. Side note: the amount of water that should be consumed daily is half your body weight (lb.) in ounces. For example, if you weigh 190 lb. / 2 = 95 oz. of water per day. That's a little less than six standard-size water bottles per day. Not bad, right?

Another tip is to eat until you're satisfied, not until you are full. I know some of you all's satisfaction levels are over-stuff status. But we have to eat enough to knock the hunger off for a couple of hours and save the rest for later. For example, when you go to a restaurant, most of their portions are larger than what we should consume. Try asking for a to-go box as soon as your food arrives at your table. Remove 50% of the meal and store it in your to-go box. You will be left with the perfect amount of food to satisfy you, and you can enjoy the other half at a later time.



**...eat until
you're satisfied,
not until you
are full.**





PREPARATION

over

FAILURE

My dad used to always tell my siblings and me, “If you fail to plan, you plan to fail.” That statement couldn’t be truer. When you have a goal, it’s very important to have a plan in place to accomplish your goals. And really be intentional with the actions you choose to take. A goal without a plan is just a dream. It’s time to wake up!

 **...fail to plan,
you plan to fail.**

The main way I have managed my lupus is through meal preparation. Planning and making my meals for the week has been the game changer of a lifetime. And I am going to give you steps on how to do it yourself.

How To Meal Prep

Step One: Write out your meals for the week. This should contain breakfast, morning snack, lunch, afternoon snack, and dinner. You can also add an evening snack if you’d like. It should look something like the chart below.



Breakfast	Snack	Lunch	Snack	Dinner
Omelet w/ Spinach, Onions, Red Bell Peppers, Slice of whole grain toast	Grapes & Cashews	Chicken Stir Fry	Banana with Almonds	Lemon Herb Salmon, Brown Rice, and Green Beans

Step Two: Write out your grocery list for all the ingredients you need to make these meals. If you’re not picky about eating the same thing for a few days, purchase enough food so it can stretch over the course of 3–4 days. See the example grocery list below.



VICTORIOUS FOODS

Grocery

Shopping List

Pantry

Whole Grain Bread
Brown Rice
Cashews
Yellow Onion
Salt
Pepper

Fruits

Red Grapes
Lemon (1)
Bananas

Protein

Grass Fed Chicken Breast (1lb)
Fresh Atlantic Salmon (1lb)
Eggs (Dz)

Vegetable

Fresh Green Beans (1 small bag)
Spinach (2 fresh bags)
Red Bell Pepper (1)
Broccoli (2 heads)
Baby Corn 1 bag)
Carrots (1 fresh bag)
Mushroom (1 small carton)
Snap Peas (1 small bag)

Starch

N/A

Misc.

Garlic Powder
Italian Herb Seasoning
Extra Virgin Olive Oil

Step Three: Once you purchase all your ingredients, you are all set to start cooking. Keep meals in small, lunch-size Tupperware so you can store it nicely in your refrigerator and take it with you when you are on the go.

Check out a short cooking video to get a full visual.



Lemon Herb Salmon Dinner



Bon Appetit!

[HTTPS://YOUTU.BE/6W7Q1DNDXPO](https://youtu.be/6W7Q1DNDXPO)

Planning meals ahead of time takes the guessing game out of what to eat from this day to the next. Cooking meals at home helps you see what is actually going into your meals, helps you take control over your day; you start to feel better internally and externally, and you save on time and money throughout the week.

I hope you found some of these tips and tricks helpful in managing your lupus and inflammation symptoms. Just remember to take it a day at a time; it's a marathon not a sprint. It's about progression instead of perfection and staying consistent. You will have Victory Over Lupus!



Here are some of my favorite quotes and sayings that keep me on track and motivated:

“But as for you, be strong and do not give up, for your work will be rewarded.” 2 Chronicles 15:7

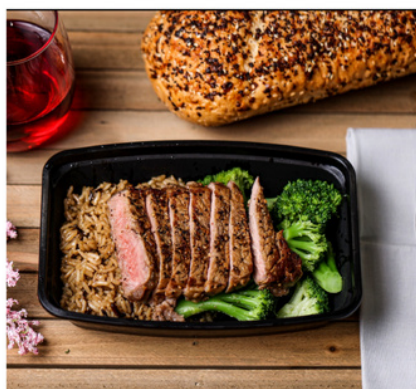
“But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed.” Isaiah 53:5

“It's a marathon, not a sprint.”

“Progression over perfection.”

“Fail to plan; you plan to fail.”

“Life is hard; choose your hard.”



INTERESTED IN MEAL PREP SERVICE?

Meal preparation can be a daunting task. But don't let that stop you from getting into better health. Victorious Foods meal prep company has over fifty different menu options to help you with your nutritional needs. Click the link below and see how we can help you manage your lupus today!

www.VictoriousFoods.com