

BREAKING THE FAST

YOUR S.O.S. - FREE QUICK-START GUIDE

NO SALT • NO OIL • NO SUGAR



Deloraine's Dish: **Caribbean Functional Nutrition** • Raw Living Foods
Based on the research of Dr. Joel Fuhrman, Dr. Caldwell Esselstyn,
Dr. Dean Ornish, and T. Colin Campbell, PhD

➔ **FREE GUIDE** - Thank you for joining the fasting call!
This is your quick-start reference.
The full program with 7-day meal plan,
raw living foods recipes, and
weekly support is available in our subscriber group.



WHAT IS SOS-FREE?

SOS stands for **Salt, Oil, and Sugar**, the three refined substances that leading plant-based physicians agree must be eliminated for true healing and disease reversal.

S – SALT	No added salt. Use herbs, citrus, vinegar, and spices for flavor.
O – OIL	No extracted oils (including olive oil). Water sauté or bake without oil.
S – SUGAR	No refined sugars. Use whole dates or ripe fruit for sweetness.

THE PHYSICIANS BEHIND THIS APPROACH

Dr. Joel Fuhrman	GBOMBS: Eat Greens, Beans, Onions, Mushrooms, Berries & Seeds daily. Maximize nutrient density per calorie. Reduce sodium for stroke protection. Website: https://www.drfuhrman.com
Dr. Caldwell Esselstyn	No oil, it damages artery lining. Chew dark leafy greens with balsamic vinegar 6x daily for nitric oxide. Proven to reverse heart disease. Website: https://nutritionfacts.org/topics/dr-caldwell-esselstyn/
Dr. Dean Ornish	Four pillars: plant-based nutrition, moderate exercise, stress management, and love/community. First program proven to reverse heart disease without surgery. Reverse or improve hypertension - Website: https://www.ornish.com
T. Colin Campbell, PhD	The China Study: the most comprehensive nutrition study ever. Whole-food, plant-based diets prevent and reverse heart disease, diabetes, obesity, and cancer. Website: https://nutritionstudies.org

HOW TO BREAK YOUR FAST — SOS-FREE

After a fast (24 hours or longer), your digestive system is resting. Reintroducing food too quickly with salt, oil, or sugar can cause distress and undo healing benefits. Follow these three phases:

PHASE 1: THE FIRST PLATE (First 60 Minutes)

- Warm water with fresh lemon juice (15–20 min before food)
- Steamed zucchini, pumpkin, or chayote - soft, easy to digest
- 1 tablespoon low-sodium sauerkraut (probiotic)
- ¼ ripe avocado (omit if heart disease present - Esselstyn)
- Sprinkle of hemp seeds or ground flaxseed
- Small piece of steamed spinach or callaloo
- Season with: Fresh lime squeeze and tiny pinch of thyme only
- DO NOT ADD: Salt, oil, sugar, hot sauce, or heavy spices

PHASE 2: THE HEALING BOWL (60–120 Minutes)

- Light lentil or split pea soup - no oil, no added salt
- Steamed greens (kale, callaloo, collards) with drops of balsamic vinegar
- Small portion of whole grain: brown rice, millet, or quinoa
- Water sautéed onion/scallion, garlic, thyme, allspice
- Mushrooms if tolerated (always cooked - Fuhrman)
- Caribbean trick: Finish with lime juice and a splash of apple cider vinegar

PHASE 3: FULL SOS-FREE MEAL (3–6 Hours)

- Full Caribbean stew: Callaloo & Red Peas, or Turmeric Dal, or White Bean Bowl
- Large raw or steamed GBOMBS salad with oil-free dressing
- Berries for dessert
- If using any seasoning: Benson's Table Tasty (salt-free) only
- If absolutely needed: one tiny pinch Celtic salt in the whole pot - never on the plate

Gentle Fruits for Post-Fast

Berries • Kiwi • Green apple • Small papaya • Citrus

Avoid post-fast: Large mango, dried fruit, heavy starch, anything with added salt/oil/sugar.

Probiotics to Include

Low-sodium sauerkraut • Fermented carrots • Unsweetened coconut yogurt

SOS-FREE FLAVOR CHEAT SHEET

You don't need salt, oil, or sugar for incredible flavor. Here is the Deloraine's Dish strategy:

Instead of Salt	Instead of Oil	Instead of Sugar
<ul style="list-style-type: none"> • Fresh lime/lemon juice • Lime & orange zest • Balsamic vinegar • Apple cider vinegar • Benson's Table Tasty Garlic & onion powder • Smoked paprika • Nutritional yeast (small) 	<ul style="list-style-type: none"> • Water sauté Vegetable broth • Bake without oil • Blended beans for cream • Avocado (small, if no heart disease) • Tahini-free dressings • Date-based sauces 	<ul style="list-style-type: none"> • Whole Medjool dates • Ripe banana Fresh mango/papaya • Berries • Unsweetened applesauce • Cinnamon & vanilla • Coconut water (young)

Caribbean Master Flavor Paste (No Salt, No Oil):

Blend onion, garlic, celery, fresh thyme, allspice, scallion into a paste. Use as the base for beans, stews, and soups. This replaces salt naturally. Store in glass jar, refrigerate up to 5 days.

BONUS PREVIEW: RAW LIVING FOODS

Raw living foods are whole plant foods not heated above 118°F. This preserves their full enzymes, vitamins, and life force energy. They are naturally SOS-free and the perfect complement to the healing protocols in this guide.

Top Raw Foods for Breaking the Fast:

- Low-sodium sauerkraut & fermented vegetables (probiotic, pre-digested)
- Soft raw greens: baby spinach, butter lettuce, cucumber
- Fresh sprouts: sunflower, broccoli, mung bean (30–50x nutrient density)
- Gentle fruits: berries, kiwi, small papaya
- Raw soups: blended greens, avocado, lime, ginger

Caribbean Raw Superfoods to Explore:

- Young coconut water & meat - electrolyte recovery
- Sea moss (Irish moss) - 92 essential minerals
- Moringa leaf - the 'Miracle Tree'
- Fresh turmeric & ginger root - anti-inflammatory powerhouses
- Papaya & papaya seeds - digestive enzymes, anti-parasitic



DAILY GBOMBS CHECKLIST

Dr. Fuhrman's GBOMBS - the six most disease-fighting foods. Check off daily

GBOMBS	TARGET	M	T	W	TH	F	SA	SU
G-Greens	Daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-Beans	Daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
O-Onions	Daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
M-Mushrooms	4-5x/wk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B-Berries	4-5x/wk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S-Seeds	Daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SOS CHECK	M	T	W	TH	F	SA	SU
No salt added	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No oil used	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No added sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use citrus/vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hydrated Well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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- ☛ **Five Pillars of Raw Living Foods** - techniques: soaking, sprouting, dehydrating, fermenting, marinating
 - ☛ **SOS-Free Dressing Recipes** - Caribbean Mango Lime, White Bean Mediterranean, Indian Tamarind Date, Japanese Ginger, Esselstyn Simple Green
 - ☛ **Weekly Support & Community** - live guidance, Q&A, and accountability

JOIN THE DELORAINE'S DISH SUBSCRIBER GROUP
Full meal plans ☛ Raw living foods recipes ☛ Weekly support
☛ Community

Contact Chef Deloraine to subscribe:
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Deloraine's Dish:

Caribbean Functional Nutrition ☛ Raw Living Foods

This guide is for educational purposes. Always consult your healthcare provider before beginning any fasting or dietary program.

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