

Foods To Have

PROTEIN

Seafood: Wildcaught fish

Red Meat: Grass-fed beef, bison, buffalo, lamb, elk, venison

Poultry: Organic and/or pasture-raised chicken, turkey, eggs, duck, pheasant

Processed Meats: (non-pig bacon, sausage, deli meat, etc) – must be organic/grass-fed

Dairy: Grass-fed cheese or cream, raw grass-fed whole milk or grass-fed kefir and yogurt

Organ Meats: From grass-fed or pasture-raised meats

FATS

Animal Fats*

Chocolate/ Cacao/Cocoa

Avocado

Coconut Milk (canned)

Grass-fed Butter*

Coconut oil

Ghee*

Extra-Virgin

Olive Oil

Coconut Meat/Flakes

Organic Bone Broth and Stews

Coconut Butter

Olives (all)

VEGETABLES

Arugula	Anise/Fennel Root
Broccoli/Broccolini	Asparagus
Cauliflower	Broccoli Rabe
Cucumber	Cabbage (All Types)
Garlic	Celery
Leeks	Green Beans
Okra	Kale
Rhubarb	Lettuce (bibb, butter, red)
Spinach	Onion/Shallots
Watercress	Radish
Sprouts (All Types)	Snow/Sugar Snap Peas
Swiss Chard	Kohlrabi
Artichoke	Mushrooms (all)
Bok Choy	Spaghetti Squash
Brussels Sprouts	Summer Squash
Collard Greens	Turnip
Zucchini	Greens (beet, mustard, turnip)

FRUIT

Lemon/Lime

Berries (1/2 cup max)

Granny Smith Apple (1/2/day max)

Grapefruit (1/2 per day max)

FERMENTED FOODS

Sauerkraut

Coconut Milk Kefir

Amasai

Fermented Assorted Veggies

Kimchi

Fermented Whey

Raw Apple Cider Vinegar (ACV)

Bragg's ACV Drinks

Coconut Water Kefir

NUTS & SEEDS

1/4 cup per day

Hazelnuts	Macadamia Nuts
Almonds	Almond Butter
Brazil Nuts	Chia Seeds
Pecans	Pistacio
Flax Seeds	Pumpkin Seeds/Pepitas
Sunflower Seeds	Walnuts
Cashews	Pine Nuts
Almond Milk	Sesame Seeds
Hemp Seeds	

HERBS

Turmeric	Oregano
Ashwaghandha	Green Coffee Bean Extract
Ginseng	Peppermint
Star Anise	Chamomile
Milk Thistle	Coriander
Sage	Thyme
Echinacea	Basil
Valerian	Maca
Passionflower	Kava Kava
LemonGrass	

PROTEIN POWDERS

Bone Broth Protein
Pea Protein
Hemp Protein
Non-Denatured Whey Protein

Foods To Have in Moderation

No more than 1 cup of all of these together per day

VEGETABLES

No more than 1/2 cup every 3rd day of these

Acorn Squash	Delicata Squash
Jimaca	Parsnips
Beets	Rutabaga
Pumpkin	Butternut Squash
Sweet Potatoes	Yams

FRUIT

No more than 1/4 cup of these

Apricots	Pomegranate
Oranges	Tangerines
Dates/Figs	Bananas
Peaches	Cherries
Grapes (green/red)	Mango
Pineapple	Nectarines
Melon	Exotic Fruit
Papaya	(star fruit, quince)
Pears (all varieties)	Watermelon
Plum	Tomatoes

FERMENTED FOODS

Beet Kvass
Grass-fed fermented dairy
Kombucha

Foods To Avoid

PROTEIN

All Factory-Farmed animal products or those with added sugar, MSG, sulfites or carrageenan
Pig based products
Shellfish

VEGETABLES

Regular Potatoes
Mashed Potatoes
Baked Potatoes

FRUIT

Dried Fruit

REFINED CARBOHYDRATES

Bread	Chips	Pastries
Bagels	Cookies	Pita
Breadsticks	Couscous	Pizza
Brownies	Crackers	Popcorn
Cake	Croissants	Rolls
Candy	Cupcakes	Tortillas
Cereal/ granola	Muffins	Tortilla chips
	Pasta	

GRAINS/LEGUMES (BEANS)

Quinoa
Beans
Rice
Buckwheat
Spelt
Garbanzo beans (chickpeas)
Kamut
Lentils
Oats
Sprouted ancient grains

Quick Reference



Drink as much water as possible
(minimum half your body weight in ounces)



Have healthy fats at every meal



No sugar, processed foods or grains



Limit of 1-2 servings max of fruits or starchy veggies daily



No hydrogenated oils



No fast foods

