



FOODS TO HAVE

Protein*

Seafood: All (including shellfish)

Red Meat: Beef, bison, buffalo, lamb, elk, venison

Poultry: chicken, turkey, eggs, duck, pheasant

Pork: bacon, sausage, ham (low sodium)

Dairy: cheese, cream, raw, milk, yogurt

Organ Meats: All

Fats

Animal Fats*

Chocolate/ Cacao/Cocoa

Avocado

Avocado Oil

Coconut Milk (canned)

Butter*

Coconut: Oil, Butter, Meat, Flakes

Ghee*

Extra-Virgin Olive Oil

Bone Broth and Stews*

Olives (all)

** Whenever possible, choose wild caught fish, organic, and grass fed*

Fermented Foods

Sauerkraut

Bragg's ACV Drinks

Pickles

Fermented Assorted Veggies

Herbs

Anise

Ashwaganda

Basil

Chamomile

Coriander

Echinacea

Ginseng

Kava Kava

Lemongrass

Oregano

Peppermint

Sage

Thyme

Turmeric

Valerian

Vegetables

Anise

Arugula

Artichoke

Asparagus

Bell Peppers

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Cauliflower

Celery

Fruit

Lemon/Lime

Berries (1/2 cup per day max)

Granny Smith Apple (1/2 per day max)

Grapefruit (1/2 per day max)

Nuts & Seeds

1/4 cup per day

Almonds

Almond Milk

Almond Butter

Brazil Nuts

Cashews

Chia Seeds

Flax Seeds

Hazelnuts

Macadamia Nuts

Pecans

Pine Nuts

Pistachios

Pumpkin Seeds

Walnuts

Sesame Seeds

Sunflower Seeds

Collard Greens

Cucumber

Garlic

Green Beans

Greens

Kale Leeks

Lettuce

Mushrooms (all)

Okra

Onion/Shallots

Radish

Rhubarb

Snow Peas

Spaghetti Squash

Spinach

Sprouts (all types)

Sugar Snap Peas

Summer Squash

Swiss Chard

Watercress

Zucchini

FOODS TO HAVE IN MODERATION

Max of 1 cup of all these combined, per day

Vegetables

Max of 1/2 cup every 3 days

| | |
|------------------|----------------|
| Acorn Squash | Parsnips |
| Beets | Pumpkin |
| Butternut Squash | Rutabaga |
| Delicate Squash | Sweet Potatoes |
| Jicama | Yams |

Fruit

Max of 1/4 cup per day

| | | |
|--------------------|-------------------|-------------|
| Apricots | Nectarines | Pomegranate |
| Bananas | Oranges | Star Fruit |
| Cherries | Papaya | Tangerines |
| Dates/Figs | Peaches | Tomatoes |
| Grapes (red/green) | Pears (all types) | Watermelon |
| Mango | Pineapple | |
| Melon | Plum | |

FOODS TO AVOID

Protein

Meats with added sugar, MSG, sulfites or carrageenan

Grains/Legumes

| | |
|-------------------|-----------|
| Quinoa | Buckwheat |
| Beans (black/red) | Chickpeas |
| Rice | Lentils |
| | Oats |

Fruit

Dried Fruit

Refined Carbohydrates

| | | |
|----------------|------------|----------------|
| Bread | Chips | Pastries |
| Bagels | Cookies | Pita Bread |
| Breadsticks | Couscous | Pizza |
| Brownies | Crackers | Rolls |
| Cake/Cupcakes | Croissants | Tortillas |
| Candy | Muffins | Tortilla Chips |
| Cereal/Granola | Pasta | |

Vegetables

Regular Potatoes: baked, mashed

QUICK REFERENCE



Drink 4 to 8 cups of water daily



No hydrogenated oils like margarine and vegetable oil shortenings



Include healthy fats with every meal (butter, oils: olive, avocado, coconut)



Maximum of 1-2 servings of fruit or starchy veggies daily



No sugar, processed foods, or grains



No fast foods