



VEGGIES

Make sure your diet contains many colorful vegetables daily. Try to get a vegetable from each color group every day.

Acorn Squash/Spaghetti Squash	Mustard Greens/Swiss Chard	Eggplant
Green Beans	Rainbow Chard	Sprouts/all types
Artichokes	Broccoli	Endive
Green Onions/Chives/Shallots	Okra	Tomatillo
Asparagus	Brussel Sprouts	Fennel
Kohlrabi	Onions	Tomatoes
Avocado	Cabbage/Purple Cabbage	Garlic
Leeks	Parsley	Turnips
Beets	Parsnips	Ginger
Lettuce	Carrots/Purple carrots	Wasabi Root
Radish	Bell Peppers	Spinach
Mushrooms	Cauliflower/Purple Cauliflower	Kale
Bok Choy	Rhubarb	
	Cilantro	

LIMIT Starchy Vegetables: Eat 2-3 half-cup servings a week, unless otherwise instructed by your practitioner:

Black Beans	Yucca Root
Kidney Beans Green/Snow Peas	Lentils
Garbanzo Beans	Black Eyed Peas
Aduki Beans	Sweet Potato
Fava Beans	Potato

***Starchy vegetables are converted into sugar very quickly in the body. Our goal is to start using healthy fats as our fuel source and not sugar so try to limit your intake of starchy veggies.**

HEALTHY FATS

Animal fats need to constitute 75% of your fat intake for the day:

Bacon Fat - Nitrate Nitrite Free
Butter-Organic - Grass Fed
Ghee (Clarified Butter) - Grass Fed
Lard
Tallow
Fish Oil

Plant Fats need to constitute 25% of your fat intake for the day:

Almond Butter
Almond Oil
Avocado Oil
Black Seed Oil
Coconut Butter
Coconut oil
Extra Virgin Olive Oil
Flax Oil
Palm Oil
Pistachio Nut Oil
Sesame Oil (toasted sesame oil)

NOTE: Use Animal fats to cook/fry in. Use plant fats as a dressing on top of your cooked foods. Heating plant fats can cause them to become inflammatory

Unhealthy Fats

Do your best to avoid these completely.

Canola Oil
Corn Oil
Peanut Oil
Safflower Oil
Linoleic Sunflower Oil
Vegetable Oils like Crisco
Soy (Bean) Oil (*commonly found in store bought mayonnaise, dressings, etc.*)
Other hydrogenated or partially hydrogenated fats

MEATS

Seafood – Preferably Wild Caught

Anchovies

Cod

Halibut

Orange Roughy

Trout

Alaskan Wild Caught Sockeye Salmon

Tuna

Sardines

Red Meats - Grass Fed and Grass Finished

Antelope

Beef

Buffalo

Ostrich

Lamb

Pork-uncured

Rabbit

Venison

Wild Game

Organ Meats

White Meats/Poultry - Organic Pasture Raised:

Chicken

Cornish Hen

Duck

Goose

Pheasant

Turkey

Other wild caught birds

Organic Organ Meats

Brain

Liver

Gizzard

Heart

Kidney

Tongue

Sweetbreads/Pancreas

FRUIT

Acai, unsweetened

Blackberries

Blueberries

Boysenberries

Cherries, sour

Cranberries

Gogi

Currents (black or red)

Elderberries

Gooseberries

Green Apple

Grapefruit

Huckleberries

Lingonberries

Key Limes/Limes/Lemons

Mulberries

Raspberries

Strawberries

You may eat 2 servings of fruit from this list per week. (serving = ½ cup berries or 1 apple)

NO dried fruits. NO fruit juices

NUTS & SEEDS

Almonds	Cumin Black Seeds	Sesame Seeds
Chia Seeds	Macadamia Nuts	Chestnuts
Hemp Seeds	Pumpkin Seeds	Hazelnuts
Pistachios	Cashews	Pine Nuts
Walnuts/black	Flaxseeds	Sunflower Seeds
Brazil Nuts	Pecans	

*****NO Peanuts - these are legumes and contain too much mold.*****

SWEETENERS

- Stevia
- Just Like Sugar (Chicory Root)
- Honey (Manuka, raw or local)
- Pure Mape Syrup
- Coconut Sugar

Use in Moderation.

Sweeteners may cause gastrointestinal irritation. Test your gastrointestinal track by gradually adding small servings into your diet. When used in moderation you will see a reduction/elimination of sweet cravings.

*****Make sure you are not consuming any sucralose (or any other "oses"), aspartame or other artificial sweeteners. Check your mints, gums and meal replacement powders!*****

SPICES & HERBS

Braggs Amino Acid	Cocoa & Cacao	Ketchup (organic/no	Sage
Braggs herbs/spices	Powders	added sugar)	Salsa (no added
Briggs Apple Cider	(unsweetened)	Lemon/Lime juice,	sugar)
Vinegar	Coriander	fresh	Sauerkraut
Capers	Cumin, ground or	Olives	Sea Salt/Pink
Cardamom	seed	Marinara Sauce (no	Himalayan/Real Salt
Cayenne Pepper	Curry Powder	added sugar)	Sesame Seeds
Chilies/Chili	Mustard /Dijon	Negell/Onion Seed	Sriracha
Powder/Chili Sauce	Mustard	Nutmeg	Tamar
Chinese Mustard	Fennel	Onion Powder	Tarragon
Chipotle	Fresh Garlic/ Garlic	Oregano	Tabasco
Cinnamon	Powder	Pesto	Tomato Paste
	Ginger	Pickles	Turmeric
	Kelp	Red Chili Paste	Vanilla

MILK

Organic Grass Fed Animals Only

Raw Whole Milk
Unpasteurized Whole Milk
Half and Half
Whole Cream

Milk Substitutes

Almond Milk
Coconut Milk - Full Fat
Hemp Milk
Cashew Milk
Pecan Milk

Check the labels for sugar content or a high carb count. Choose Full-Fat and "Plain" products.

EGGS

**Eggs are an excellent source of nutrition, Omega 3 fatty acids and fat.
Feel free to generously consume eggs but not on a daily basis:**

Pasture Raised Eggs
Free Range Eggs
Cage Free Eggs

CHEESE

Cheddar (white)	Goat Cheese	Swiss
Cottage Cheese (no additives)	Mozzarella	Ricotta (no additives)
Cream Cheese (no additives)	Parmesan/Asiago	Sour Cream
Feta Cheese	Colby	

Grass-fed, organic or raw. Full fat, light color. 1 oz/day or less. Read the labels, check for additives and avoid these products.

****Avoid cheeses made from mold such as Blue Cheese, Roquefort, Brie, Gorgonzola, Camembert, Stilton****

NON-GRAIN FLOUR SUBSTITUTES

Almond Flour/Meal
Ground Walnuts
Ground Flax Seed/Meal
Coconut Flour
Ground Pecans
Chicory Flour
Arrowroot Flour

FERMENTED FOODS

Kombucha
Beet or other vegetable Kvass
Dill Pickles (homemade or Bubbies brand)
Sauerkraut (homemade or Bubbies brand)
Ketchup (homemade)
Mayo (homemade)
Salsa (homemade)
Kefir: Milk, water, whey, cheese and coconut
Bulgarian and Greek yogurts
Kimchi
Gut Shots

These are foods loaded with good bacteria. Try to consume a fermented food at least once a day.