## 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
- Broccoli/Broccolini
- Cauliflower
- Cucumber
- Garlic
- Leeks
- Okra
- Rhubarb
- Spinach
- Watercress
- Sprouts (All Types)
- Swiss Chard
- Artichoke
- Bok Choy
- Brussels Sprouts
- Collard Greens
- Zucchini

### 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
  - Almonds
  - Brazil Nuts
  - Pecans
  - Flax Seeds
  - Sunflower Seeds
  - Cashews
  - Almond Milk
  - Hemp Seeds

### HERBS
- Turmeric
- Ashwaghanda
- Ginseng
- Star Anise
- Milk Thistle
- Sage
- Echinacea
- Valerian
- Passionflower
- Lemon Grass

### PROTEIN POWDERS
- Bone Broth Protein
- Pea Protein
- Hemp Protein
- Non-Denatured Whey Protein

## Foods To Have in Moderation

### FRUIT
- No more than 1/4 cup of these
  - Apricots
  - Pomegranate
  - Oranges
  - Tangerines
  - Dates/Figs
  - Bananas
  - Peaches
  - Cherries
  - Grapes (green/red)
  - Mango
  - Pineapple
  - Nectarines
  - Papaya
  - Exotic Fruit (star fruit, quince)
  - Watermelon
  - Pears (all varieties)
  - Plum
  - Tomatoes

### VEGETABLES
- No more than 1 cup of all of these together per day
  - No more than 1/2 cup every 3rd day of these
  - Acorn Squash
  - Jimaca
  - Beets
  - Pumpkin
  - Sweet Potatoes
  - Delicata Squash
  - Parsnips
  - Rutabaga
  - Butternut Squash
  - Yams

### HERBS
- Oregano
- Green Coffee Bean Extract
- Peppermint
- Chamomile
- Coriander
- Thyme
- Basil
- Maca

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

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