

RESET DIET

PROTEIN

Eggs, Meat: Beef, Buffalo, Elk, Lamb, Venison, Pork,
Poultry: Chicken, Turkey, All Seafood., Organ Meat: Liver,
Kidney, etc., Bone Broth, Organic Protein Powder

FATS

For Cooking: Ghee, Olive Oil Coconut Oil, Lard, Tallow,
Palm Oil, Sesame Oil, Avocado Oil, Macadamia Nut Oil

FRUIT

Apple, Apricots, Banana, Blackberries, Blueberries,
Cherries, Grapefruit, Goji Berries, Kiwi, Mango, Melon,
Nectarine, Orange, Papaya, Peach, Pear, Persimmon,
Pineapple, Plums, Pomegranate, Raspberries,
Strawberries, Tangerines

VEGETABLES

Artichoke, Arugula, Asparagus, Bamboo Shoots, Bok
Choy, Broccoli, Brussel Sprouts, Cabbage, Carrots,
Cauliflower, Celery, Swiss Chard, Chives, Cilantro,
Cucumbers, Daikon Radishes, Eggplant, Fennel, Garlic,
Greens, Leeks, Lettuce, Mushrooms, Okra, Onions,
Parsley, Peppers, Pumpkin, Radishes, Scallions, Sea
Vegetables, Shallots, Spinach, Sprouts, Squash, Tomato,
Turnips, Watercress

STARCHY PLANTS

Acorn Squash, Beets, Butternut Squash, Celery Root,
Corn, Parsnip, Plantain, White Potato, Sweet Potato, Yam,
Yuca, Taro, Tapioca

GLUTEN FREE GRAINS

Rice (white, brown, wild), Sorghum, Teff, Quinoa,
Amaranth, Buckwheat, etc.

SPICES

Anise, Basil, Bay Leaves, Caraway, Cardamom, Cayenne,
Chili, Chives, Cinnamon, Cilantro, Coriander, Cumin, Curry
Powder, Dill, Fennel, Fenugreek, Ginger, Ginseng, Mint,
Mustard, Paprika, Parsley, Pepper, Real Salt, Rosemary,
Saffron, Sage, Tarragon, Thyme, Turmeric

PROBIOTIC RICH FOODS

Sauerkraut, Pickles, Kombucha, Kefir, Beet Kvass

LEGUMES

Beans (black, kidney, pinto, etc.), peas, lentils and
peanuts

NUTS & SEEDS

Almonds, Brazil Nuts, Cashews, Chia Seeds, Hazelnuts,
Nut & Seed butters, Peanuts, Pecans, Pine Nuts,
Pistachios, Pumpkin Seeds, Sesame Seeds, Walnuts

SWEETENERS + DESSERT FLAVORS

Cacao, Vanilla, Raw Honey, Maple Syrup, Coconut Palm
Sugar, Date Sugar, Molasses, Liquid Stevia, Xylitol, Monk
Fruit Sweetener

DRINKS

Water, Tea, Coffee, Coconut Cream, Nut Milks

AVOID

Artificial and Processed Foods (this includes gmo's and refined flours), Industrial Seed Oils (such as canola, cotton seed, grape seed, corn, peanut oil, etc.), All Dairy (except for grass-fed butter), Gluten Containing Foods (found in wheat, barley, and rye, and often randomly in processed foods), Sugar (especially high fructose corn syrup, fake sugars and agave), Alcohol, Unfiltered Tap Water
other considerations may include: eggs, all dairy including butter, soy, gluten free grains, nuts, seeds and legumes