

# RESET DIET

## PROTEIN

Eggs, Meat: Beef, Buffalo, Elk, Lamb, Venison, Pork, Poultry: Chicken, Turkey, Seafood (12 oz. or 2-3 meals a week), 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.), Dairy, Gluten Containing Foods (found in wheat, barley, and rye, and often randomly in processed foods), Processed Soy (found in soy milk, soy flour, soybean oil and soy protein), Sugar (especially high fructose corn syrup, fake sugars and agave), Alcohol, Unfiltered Tap Water