

CORE FOOD PLAN

PROTEIN

Eggs, Meat: Beef, Buffalo, Elk, Lamb, Venison, Poultry: Chicken, Turkey, Seafood Recommendation: (12 oz. or 2-3 meals a week), Organ Meat: Liver, Kidney, etc., Bone Broth, Organic Protein Powder

FATS

Fats for Cooking: Coconut Oil, Butter, Ghee, Lard, Tallow, Palm Oil
Fats for Room Temperature/Cold Use: Olive 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, Thyme

PROBIOTIC RICH FOODS

Sauerkraut, Pickles, Kombucha, Kefir, Beet Kvass

LEGUMES

Beans of all kinds (soy, 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

Raw Honey, Maple Syrup, Coconut Palm Sugar, Date Sugar, Brown Sugar, Molasses, Liquid Stevia

DRINKS

Water, Tea, Coffee (Coconut Cream and Nut Milk is a perfect addition to beverages)

KEEP AN EYE OUT FOR

Caffeine

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 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 and Agave), Alcohol, Unfiltered Tap Water