

# 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, Dairy and Gluten

## 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.), 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