

Protein

Best Choice: Organic, wild-caught, 100% grass fed, pasture raised
Avoid: Read labels, CAN'T HAVE added sugar, nitrates, sulfites, MSG

- Eggs
- Beef
- Chicken
- Turkey
- Seafood
- Pork
- Deli meat
- Sausages

Vegetables

Best Choice: Organic is best. Can eat fresh, frozen or canned
Avoid: Read labels on canned, CAN'T HAVE added sugar

- You can eat ALL VEGETABLES (including potatoes) except for corn, peas and lima beans

Fruit

Best Choice: Organic is best. Can eat fresh, frozen, canned and dried
Avoid: Read labels on canned, CAN'T HAVE added sugar

- You can eat ALL FRUIT

Cooking Fats

- Olive oil
- Extra virgin olive oil
- Coconut Oil
- Ghee (clarified butter)
- Palm oil
- Duck fat
- Lard (pork fat)
- Tallow (Beef fat)
- Avocado oil
- Sesame oil

Nuts + Seeds

Best Choice: Organic is best. Can have raw or roasted.
Avoid: Read labels, CAN'T HAVE added sugar

- You can eat ALL NUTS AND SEEDS except peanuts