

What To Eat

| CATEGORY | FOODS TO EMBRACE | FOODS TO AVOID |
|---------------------------------------|--|---|
| Animal Protein | Organic or free-range (if possible) lamb, chicken, turkey, duck, wild game, and grass-fed beef. Organic free-run eggs. Dairy is best avoided until tolerance is established after which organic, full fat, dairy is permitted in moderation. | Conventional factory-farmed meats, processed meats. (cold-cuts, canned meats, sausage, hot dogs). Commercial, low fat or skimmed dairy products. |
| Fish | Wild caught fish and seafood/shellfish. Small fish such as black cod, herring, sardines, trout. | Farmed fish and high-mercury fish. Avoid the large fish such as tuna and swordfish. |
| Fats and Oils | Coconut oil, avocado, sesame, flax, extra virgin olive oil, coconut butter, almond butter, butter, ghee, heavy cream. | Processed seed and vegetable oils such as canola, sunflower, safflower, corn, soy, margarine or shortening. |
| Nuts & Seeds | Raw almonds, cashews, walnuts, hazelnuts, brazil nuts, sesame seeds, pumpkin seeds. Limit nuts and seeds to ¼ cup a day or 2 Tablespoons of nut butter | Peanuts, salted/roasted nuts. |
| Vegetables | All non-starchy vegetables (these grow above the ground), eat liberally. Sea vegetables (kelp, nori, dulse). Fermented vegetables (sauerkraut, kimchi). Starchy Vegetables (these generally grow below the ground), no more than 1 cup per day. Squash (winter types), sweet potatoes, yams, turnips, rutabagas, beets, white potatoes. | Corn. Canned vegetables. |
| Herbs, Spices & Condiments | All herbs and spices. Substitute coconut aminos for soy sauce. | Ketchup, relish, BBQ sauce, soy sauce, store bought mayonnaise. |
| Vinegars | Apple cider, white wine, red wine, balsamic. Olive oil and fresh squeezed lemon is a great salad dressing. | Commercial salad dressings. |
| Other | Cocoa nibs, unsweetened cocoa powder, 100% raw cacao. | Candy, energy bars, protein bars, gluten-free junk food. |

| CATEGORY | FOODS TO EMBRACE | FOODS TO AVOID |
|-------------------|---|---|
| Fruits | Enjoy in moderation. 1 piece or 1 cup of low sugar fruit per day. Berries (best), green apples, grapefruit, papaya. | High sugar fruits such as bananas, cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon. Dried fruits, fruit juice. |
| Grains | Optional: <i>May have 1/2 cup of gluten free whole grains daily, such as brown rice, quinoa and wild rice.</i> | All gluten grains & flours including wheat, rice, quinoa, oats, couscous, bread, pasta, pizza, pastries, cereals. |
| | Kelp noodles are a good substitute for pasta/noodles. Almond flour and coconut flour are good baking substitutes. | |
| Beans | Optional. <i>Optional may have 1/2 cup of beans/legumes daily.</i> | All beans & pulses (split peas, lentils, legumes). Soy (tofu, tempeh, miso, edamame, soy milk). |
| Sweeteners | Eliminate | Refined sugars, added sugars, artificial and natural sweeteners including agave, honey and maple syrup. |
| Beverages | Black, green or herbal teas, spring and sparkling water, fresh vegetable juices, bone broth. Coffee | Alcohol, soda, fruit juices, energy drinks. |

Notes

When building a plate or choosing something to eat use the principles

- **Protein** – always ensure you have an animal product (occasionally nuts are acceptable)
- **Fat** – add a little extra good fat
- **Fiber** – fill you plate with as many non-starchy vegetables as you wish, starchy vegetable and fruit allotments may be included here (these are always optional)

Keep things simple, no need to over-complicate