



Consume ~80+% of your diet from these foods

MEATS (Protein/Fat) EAT FIRST IN A MEAL!	VEGGIES (Carbs)	NUTS/OILS/SEEDS (Fat)	FRUITS (Carbs)
<p><i>Goal=quality: natural/pasture-raised, grass fed/finished, from a local source.</i></p> <p>Bacon-uncured (fat) <i>No Preservatives; Happy Pigs</i></p> <p>Beef <i>Fattier if grass-fed; Leaner if conventional</i></p> <p>Bison</p> <p>Canned tuna/salmon <i>Wild</i></p> <p>Chicken</p> <p>Eggs <i>Local, pasture-raised, not grain-fed</i></p> <p>Fish</p> <p>Game <i>Alligator, elk, venison, rabbit</i></p> <p>Jerky <i>Sugar & preservative free</i></p> <p>Organ Meat <i>Liver, marrow, "sweetbreads", tongue</i></p> <p>Pork</p> <p>Poultry <i>Turkey, chicken, duck, quail...</i></p> <p>Shellfish <i>Crab, lobster, scallops, shrimp, clams, oysters, mussels</i></p> <p>Squid</p> <p>LIMIT: Deli Meat-limited <i>Preservative free; look for quality natural, uncured</i></p> <p>LIMIT: Sausages</p>	<p><i>Go for organic when you can, and when "indicated". See the EWG's List.</i></p> <p>Asparagus Artichoke Bell peppers Beets/Greens Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Greens, all types Green Beans Lettuce, all types Mushrooms Onions Parsnips Peppers, all kinds Radishes Rutabaga Seaweed Snap & Snow Peas Spinach Squash, all kinds Tomato Turnips Zucchini (squash)</p>	<p><i># nuts listed=apx 1 oz. The average 1 oz. svg = 16-20 gr of fat, 160-200 calories.</i></p> <p>Almonds (22 nuts) Brazil Nuts (6-8 nuts) Hazelnuts (18-20 nuts) Macadamia nuts (10-12 nuts) Pecans (18-20 nuts) Pine nuts (150 nuts) Pistachios (45-47 nuts) Pumpkin seeds Sesame seeds Sunflower seeds Walnuts (14 halves) Nut Butters <i>from above nuts</i> Avocados Olives Cocoa Butter Coconut Meat Coconut Milk Coconut Oil <i>unrefined</i> Olive Oil Avocado Oil Walnut Oil <i>IM</i> Flaxseed Oil Macadamia Oil Sesame Seed Oil <i>in mod.</i> Butter <i>Grass-fed</i> Animal fat <i>(for cooking; duck fat, lard, tallow)</i> Peanuts/Butter & Cashews <i>(actually a legume, use caution – easy to overeat)</i></p>	<p><i>Go for organic when you "need to". See the EWG's List.</i></p> <p>Apples Apricots Bananas Blackberries Blueberries Cherries Cantaloupe Carambola Dates Grapefruit Grapes Guava Figs Kiwi Lemons/Limes Lychee Mango Melons Nectarine Oranges Papaya Passion Fruit Persimmon Plum Pomegranate Peaches Pears Pineapple Raspberries Tangerine Strawberries Watermelon</p>
<p>SAFE STARCHES</p>	<p>GUT-FRIENDLY</p>		
<p>Boniato Ripe Plantains Squash/Pumpkin <i>(all kinds)</i> All Potatoes & Yams Beets Yucca White Rice Some Grains & Oats– <i>test them slowly. Use caution with domestic wheat and grains.</i></p>	<p>Sauerkraut Kim-chi Fermented veggies</p>		
<p>POST WOD PROTEIN</p>	<p>POST WOD CARBS</p>	<p>OTHER</p>	
<p>Egg Whites Lean Protein sources from Above Whey & Egg White Protein Powder</p>	<p>White Rice All Potatoes & Yams Ripe Plantains Boniato & Yucca Beets/juice Coconut Water Maltodextrin/Carb Supps like UCan</p>	<p>All herbs & spices, including salt Water, Mineral/Sparkling Water, Coffee, Unsweetened Teas <i>(make your own!)</i> Vinegar Pickles, Olives, Tomato Sauce <i>(additive free)</i> Cocoa Powder / Cacao nibs Heavy Cream <i>(mostly fat)</i> Cheese <i>(watch portions)</i></p>	