



Consume ~80+% of your diet from these foods

MEATS (Protein/Fat)	VEGGIES (Carbs)	NUTS/OILS/SEEDS (Fat)	FRUITS (Carbs)
<p>Goal=quality: natural/farm-raised, pastured, from a known source. (Google the farm!)</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>Deli Meat-limited <i>Preservative free; look for quality natural, uncured</i></p> <p>Eggs <i>Local, farm-raised, cage-free, 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>Sausages</p> <p>Wild game <i>Venison, Elk...</i></p>	<p>Go for organic when you can, and when "indicated". See the EWG's Dirty Dozen List.</p> <p>Asparagus</p> <p>Artichoke</p> <p>Bell peppers</p> <p>Beets/Greens</p> <p>Broccoli</p> <p>Brussels Sprouts</p> <p>Cabbage</p> <p>Carrots</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Greens, all types</p> <p>Green Beans</p> <p>Lettuce, all types</p> <p>Mushrooms</p> <p>Onions</p> <p>Parsnips</p> <p>Peppers, all kinds</p> <p>Radishes</p> <p>Rutabaga</p> <p>Seaweed</p> <p>Snap & Snow Peas</p> <p>Spinach</p> <p>Squash, all kinds</p> <p>Tomato</p> <p>Turnips</p> <p>Zucchini (squash)</p>	<p># nuts listed=apx 1 oz. The average 1 oz. svg = 16-20 gr of fat, 160-200 calories.</p> <p>Almonds (22 nuts)</p> <p>Brazil Nuts (6-8 nuts)</p> <p>Hazelnuts (18-20 nuts)</p> <p>Macadamia nuts (10-12 nuts)</p> <p>Pecans (18-20 nuts)</p> <p>Pine nuts (150 nuts)</p> <p>Pistachios (45-47 nuts)</p> <p>Pumpkin seeds</p> <p>Sesame seeds</p> <p>Sunflower seeds</p> <p>Walnuts (14 halves)</p> <p>Nut Butters <i>from above nuts</i></p> <p>Avocados</p> <p>Olives</p> <p>Cocoa Butter</p> <p>Coconut Meat</p> <p>Coconut Milk</p> <p>Coconut Oil <i>unrefined</i></p> <p>Olive Oil</p> <p>Avocado Oil <i>high heat</i></p> <p>Walnut Oil <i>IM</i></p> <p>Flaxseed Oil</p> <p>Macadamia Oil</p> <p>Sesame Seed Oil <i>in mod.</i></p> <p>Butter <i>Grass-fed, unpasteurized. KerryGold, Presidents and Plugra are good market brands, although pasteurized.</i></p> <p>Animal fat <i>(for cooking – high heat fats: duck fat, lard, tallow)</i></p> <p>Cheeses <i>(unpasteurized if possible – with caution)</i></p> <p>Peanuts/Butter &</p> <p>Cashews <i>(actually a legume, use caution – easy to overeat)</i></p>	<p>Go for organic when you "need to". See the EWG's Dirty Dozen List.</p> <p>Apples</p> <p>Apricots</p> <p>Bananas ♦</p> <p>Blackberries</p> <p>Blueberries</p> <p>Cherries</p> <p>Cantaloupe</p> <p>Carambola</p> <p>Dates ♦</p> <p>Grapefruit</p> <p>Grapes ♦⊙</p> <p>Guava</p> <p>Figs</p> <p>Kiwi ♦</p> <p>Lemons/Limes</p> <p>Lychee</p> <p>Mango ♦</p> <p>Melons ⊙</p> <p>Nectarine ⊙</p> <p>Oranges</p> <p>Papaya</p> <p>Passion Fruit</p> <p>Persimmon</p> <p>Plum ♦</p> <p>Pomegranate</p> <p>Peaches</p> <p>Pears ♦</p> <p>Pineapple</p> <p>Raspberries</p> <p>Tangerine</p> <p>Strawberries</p> <p>Watermelon</p> <p>♦higher in overall sugar, possibly good post WOD</p> <p>⊙higher in fructose, not good post WOD choice</p>
SAFE STARCHES	GUT-FRIENDLY		
<p>Boniato</p> <p>Ripe Plantains</p> <p>Squash/Pumpkin <i>(all kinds)</i></p> <p>All Potatoes & Yams</p> <p>Beets</p> <p>Yucca</p> <p>White Rice</p> <p>Some Grains & Oats– <i>test them slowly. Use caution with domestic wheat and grains.</i></p>	<p>Sauerkraut</p> <p>Kim-chi</p> <p>Fermented veggies</p>		
POST WOD PROTEIN	POST WOD CARBS	OTHER	
<p>Egg Whites</p> <p>Lean Protein sources from Above</p> <p>Whey & Egg White Protein Powder</p> <p><i>Vegetable proteins only if you have an allergy to whey or egg. Less bioavailable.</i></p>	<p>White Rice</p> <p>All Potatoes & Yams</p> <p>Ripe Plantains</p> <p>Boniato & Yucca</p> <p>Beets/juice</p> <p>Coconut Water</p> <p>Maltodextrin/Carb Supps like Ucan, Karbolyn</p>	<p>All herbs & spices, including salt</p> <p>Water, Mineral/Sparkling Water, Coffee, Unsweetened Teas</p> <p>Vinegar <i>(all)</i></p> <p>Pickles, Olives, Tomato Sauce <i>(additive free)</i></p> <p>Cocoa Powder</p> <p>Heavy Cream</p> <p>Cheese <i>(with caution)</i></p>	