



FOOD

WHAT THE HECK SHOULD I EAT? — ROADMAP —



Meat

Grass-fed, pasture-raised
Beef
Bison
Elk
Lamb
Pasture raised
Pork
Venison

Small amounts of high-quality organic, nitrate, additive, and sugar-free
Bacon
Ham
Salami
Sausages



Poultry & Eggs

Pasture-raised
Chickens
Duck
Eggs
Turkey

** If you can't find the above, aim for organic*



Fish

Wild anchovies
Herring
Mackerel
Oysters
Salmon
Sardines

** If you can't find wild, aim for sustainably farmed seafood*



Dairy

Grass-fed butter
Homemade Yogurt
Ghee

** If you want to enjoy milk or cheese, grass-fed goat dairy is best*



Vegetables

Organic artichoke
Arugula
Asparagus
Bok Choy
Broccoli
Brussels Sprouts
Cauliflower
Celery
Collard Greens
Fennel
Kale
Mustard Greens
Onions
Peppers
Radicchio
Radish
Spinach
Squash
Tomato
Sweet Potato
Zucchini



Fruits

Organic Avocados
Berries
Coconuts
Kiwi
Lemons
Limes
Olives
Pomegranate



Fats & Oils

For cooking:
Grass-fed Butter
Grass-fed Ghee
Humanely raised
Tallow, Lard
Duck Fat
Chicken Fat
Organic Avocado Oil
Organic Virgin
Coconut Oil

For salads:
Almond Oil
Flax Oil
Hemp Oil
Macadamia Oil
Organic Extra-virgin Olive Oil
Sesame Seed Oil
Tahini
Walnut Oil



Beans

Green Beans
Green Pea
Sugar Snap
Snow Peas
Gluten-free Soy
Sauce
Lentils
Miso
Natto
Non-GMO Soy
Tempeh

Limit Baked Beans
Kidney Beans
Lima
GMO Soy
Soy milk
Soybean Oil
Peanuts

** Avoid all beans if you have an autoimmune condition, pre-diabetes, diabetes or leaky gut*



Grains

Organic and Non-GMO Gluten-free Grains:
Amaranth
Black Rice
Buckwheat
Millet
Quinoa
Brown Rice

All Flour Products and Gluten containing Grains including
Wheat
Barley
Rye



Nuts & Seeds

Almonds
Brazil Nuts
Cashews
Chia Seeds
Ground Flaxseeds
Hazelnuts
Hemp Seeds
Macadamia Nuts
Pecans
Pistachios
Pumpkins Seeds
Sesame Seeds
Walnuts

Nuts with Sugar or Chocolate

Nut Butters that contain Toxic Fats or Sugar



Sugars & Sweeteners

Very small amounts of Fresh Pureed
Fruit
Fruit Juice
Honey
Maple Syrup
Monk Fruit
Organic Coconut Sugar
Organic Stevia

Artificial Sweeteners
Agave
Aspartame
Brown Rice Syrup
Brown Sugar
Corn Syrup
Evaporated Cane Juice
High Fructose Corn Syrup
Sugar Cane
Saccharin
Splenda
Sucralose
Sugary Beverages
White Sugar



Beverages

Green Juices (just greens, lemon, or ginger)
High-quality Coffee
Seltzer Water
Water

Alcohol
Soda
Sugary Beverages
Fruit Juices
Enhanced or Flavored Waters

FOODS TO EAT

FOODS TO AVOID