

**PROTEIN:** grass fed beef  
*(organic)* grass fed lamb  
 turkey  
 wild game  
 grass fed chicken

seafood\*  
 eggs\*\*  
 sardines  
 anchovies  
 grass fed organ meats  
 salads (colorful)

**DAIRY:** ghee  
*(organic)* parmesan cheese  
 brie cheese  
 grass fed butter  
 cream cheese - full fat  
 sour cream - cultured w/o starches or fillers

**FATS:** macadamias  
*(organic)* pecans  
 brazil nuts  
 raw cacao nibs  
 hazelnuts  
 avocados  
 olives  
 pickles

mct/C8 oil  
 lard or tallow  
 evoo - cold foods  
 coconut oil  
 almond butter  
 sesame tahini  
 flax seeds  
 black cumin seeds  
 black sesame seeds

**FRUITS:** blackberries  
*(organic)* cranberries  
 blueberries  
 grapefruit - few sections, replacing a serving of veggies

**VEGGIES:** asparagus  
*(organic)* broccoli  
 brussel sprouts  
 cabbage  
 cauliflower  
 celery  
 cucumbers  
 kale  
 mushrooms  
 salad greens - arugula, spinach, kale  
 zucchini  
 red onions  
 garlic  
 radishes  
 fermented veggies - kimchi, sauerkraut

\* wild caught & low mercury: Butterfish, clams, crabs, crawfish, flounder, herring, mackerel, oyster, pollock, salmon, sardines, scallop, shrimp, sole, trout, whitefish

\*\* organic & pasture raised eggs contain 2/3 more vitamin A, 3x more vitamin E, 2x the omega-3 fatty acids, 7x more beta carotene

Wheat  
Corn  
Soy                      Squash  
Peanuts                Cashews  
Tomatoes              Beans  
Peppers  
Eggplant  
Beans  
Pumpkin Seeds  
Goji Berries  
Sunflower Seeds

*\*\*\* these foods contain lectins. Lectins are plant proteins, sometimes called sticky proteins or glyca-binding proteins, because they seek out and bind to certain sugar molecules on the surface of cells. There are many types of lectins, and the main difference between them is the type of sugar each prefers and binds to.*

*Some — including wheat germ agglutinin (WGA), found in wheat and other grass-family seeds — bind to specific receptor sites on your intestinal mucosal cells and interfere with the absorption of nutrients across your intestinal wall. As such, they act as "anti-nutrients," and can have a detrimental effect on your gut microbiome by shifting the balance of your bacterial flora. **They are also pro-inflammatory & seriously impair energy production.***