



This list is not exhaustive, but it is a list of the most common foods for most people.

- All meats/proteins should be grass-fed/grass-finished, pasture-raised, wild-caught, or organic.
- All produce should be organic, fresh or frozen.
- All healthy fats should only be used for cooking – EVOO to be used at no/low temp; use spray oils or measure (no more than 4 tbsp per day).

No processed food.

Only whole, natural, single-ingredient foods, as close to their source as possible.

Don't weigh/measure food (unless noted). Do not count/track calories. Eat to fullness, then stop.

DAILY

Meats & Protein

Beef
Eggs
Fish/Seafood
Lamb
Organ Meats
Pork
Poultry
Shellfish
Wild Game Meats

Healthy Fats

Avocado Oil
Coconut Oil
Extra Virgin Olive Oil
Ghee
Lard
Macadamia Oil
Saved Bacon Grease

Produce

Arugula
Asparagus
Broccoli/Broccolini
Brussels Sprouts
Cabbage
Cauliflower
Celery
Garlic
Greens (mustards, collards, etc.)
Cucumbers
Green Beans
Kale
Lemon or Lime
Lettuce (all kinds)
Mushrooms
Onions (all kinds)
Olives
Peppers (Bell and Hot)
Pickles, Dill
Spinach
Squash, Yellow
Zucchini

Spices

Black Pepper
Basil
Cayenne Pepper
Chili Powder
Cinnamon
Cumin
Garlic Powder
Onion Powder
Oregano
Parsley
Rosemary
Sage
Sea Salt
Thyme, etc.

Beverages

Coffee (decaf, organic)
Tea (decaf, unsweetened)
Water / Sparkling

MODERATION (as an accoutrement to a meal; 1 to 2 times per week, unless otherwise noted)

Avocados	limit ¼ of the fruit per day
Berries (all kinds)	limit 1 cup per day
Coconut Aminos (soy sauce alternative; brand: Coconut Secret)	limit ¼ cup per day
Coconut Milk (brand: Native Forest, Simple, no guar gum)	limit ¼ cup (2x per week)
Mayonnaise (brand: Primal Kitchen; olive or avocado oil based only)	limit 1-2 tbsp per day
Natural Sweetener, Monkfruit (brand: It's Just)	limit 1 tsp (2x per week)
Natural Sweetener, Stevia (brand: Sweet Leaf Pure Liquid)	limit 4 drops (2x per week)
Noodles, Shirataki (brand: Miracle Noodles)	limit 1 serving per day
Noodles, Hearts of Palm (brand: Palmini or Whole Foods)	limit 1 serving per week
Nuts & Seeds (all kinds – raw or dry-roasted only)	limit ¼ cup per day
Salad dressing (brand: Primal Kitchen)	limit 1-2 tbsp per day
Tomatoes	limit 1 cup per day
Tomato Sauce (brand: Muir Glen Organic)	limit 1 cup (2x per week)
Vinegars (brand with 2g or less of sugar)	no limit
Zevia	limit 1-2 per week