

[illegible]

## *Food List*





# Foods To Focus On

## Boosts

Camu camu in smoothies  
Lion's Mane in coffee

## Broth/Collagen *(consume daily)*

Beef Broth  
Chicken Bone Broth  
Collagen (beef or marine)

## Dairy *(if tolerated)*

Cottage Cheese  
Cream  
Goat Cheese & Yogurt  
Greek yogurt  
High Quality milk  
Marscapone Cheese  
Parmesiano Reggiano  
Ricotta  
Sheep Cheese & Yogurt

## Fats

Coconut Oil *(organic, refined)*  
Coconut Milk *(without carrageenan)*  
Butter  
Ghee  
Olive Oil  
Avocado  
Avocado Oil

## Fatty Fish

*(1-2x/wk)*  
Salmon *(wild caught)*  
Sardines

## Herbs & Spices

Basil  
Ceylon Cinnamon  
Garlic  
Ginger  
Onions  
Oregano  
Parsley  
Rosemary  
Sage  
Thyme  
Turmeric

## Fresh & Frozen

### Fruits *(must be ripe)*

Apples  
Apricots  
Apricots  
Bananas  
Cherries  
Dates  
Grapes  
Guava  
Kiwi  
Lemon  
Lime  
Lychee  
Melons  
Oranges  
Papaya  
Passion Fruit  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Tangerines  
Tomatoes  
Watermelon  
Wild Blueberries

## Low Fat White Fish

*(2-4x/wk)*  
Cod  
Flounder  
Haddock  
Halibut  
Mahi Mahi  
Sole

## Meat

*(2-3x/wk, always have w/ collagen or broth, pasture-raised)*  
Beef  
Buffalo  
Lamb  
Organ Meats  
*(no need to consume w/ broth or collagen)*  
Venison

## Natural Sweeteners

Coconut Sugar  
Maple Syrup  
Raw Honey



## Non-Starchy Vegetables

*(must be cooked)*

Asparagus  
Bell Peppers *(Red, orange, and yellow)*  
Broccoli  
Cabbage *(red or Nappa, soaked in apple cider vinegar first)*  
Cauliflower  
Kale  
Mushrooms *(Portobello, Shiitake/ Maitake, White)*  
Zucchini

## Non-Starchy Vegetables

*(can be eaten raw or cooked)*

Broccoli Sprouts  
Butter Leaf Lettuce  
Carrot Balancer *(1 per day)*  
Celery *(can also cook in soups and stir fries)*  
Cucumbers *(remove the seeds)*  
Spinach



# Foods To Focus On *(cont.)*

## Poultry and Pork

*(2-3x/wk, pasture-raised)*

Bacon  
Chicken  
Duck  
Eggs  
Ham  
Pork Ribs  
Turkey

## Shell Fish

*(1-2x/wk)*

Clams  
Lobster  
Mussels  
Oysters  
Scallops  
Shrimp

## Winter Squash & Root Vegetables

*(must be well cooked)*

Acorn Squash  
Beets  
Butternut Squash  
Cassava  
Golden Potatoes  
Jicama  
Parsnips  
Plantains  
Pumpkin  
Radishes  
Red Potatoes  
Rutabaga  
Spaghetti Squash  
Sweet Potatoes  
Turnip  
Yams



# Foods To Eat In Moderation

## Cruciferous Vegetables

*(steamed or sauteed)*

Bok Choy  
Collard Greens

## Flours

Cassava Flour (tortillas)  
Coconut Flour  
Tapioca Flour

## Non-Gluten Grains & Legumes

*(Soaked 1-8 hours before cooking or slow cooked for 8 hours. Cook with half water and half broth and add ½ inch of kombu sea vegetable for better digestibility)*

Black Beans  
Black Rice  
Chickpeas  
Lentils  
Organic Corn Tortillas *(not more than 2x/week)*  
Quinoa

## Nuts and Seeds

Almonds  
Almond Butter  
Cashew Butter  
Pumpkin Seeds  
Sunflower Seeds  
ReCode Trail Mix



*Let food be thy  
medicine and let  
medicine be thy  
food.*

*- Hippocrates*

