

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)

Apricots Apricots Bananas Cherries Dates Grapes Guava Kiwi Lemon Lime Lychee

Apples

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 frys)

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

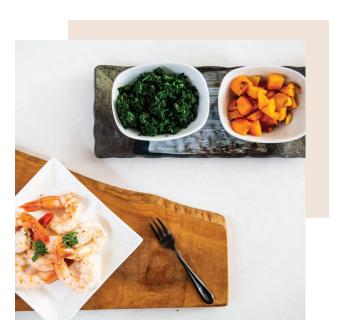
Cassava

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

Nuts and Seeds

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

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



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

- Hippocrates