



Food List

Consume very little sugar in any form including artificial sweeteners

Consume no bad fats and increase healthy fats

If you are having difficulty losing weight consume no fruit (berries in moderation only)

Men – 20 grams of protein per meal only

Women – 15 grams of protein only per meal

Proteins

Beef

Chicken

Lamb

Venison

Whey Protein (Grass Fed)

Duck

Goose

Pheasant

Eggs

Salmon

Mahi-Mahi

Raw Cheese

Cottage Cheese

Ricotta Cheese

Mackerel

Sardines

Healthy Fats

Almonds
Cashews
Walnuts
Macadamia Nuts
Sesame
Sunflower
Pine Nuts
Pecans
Almond Butter
Butter (Grass Fed)
Cashew Butter
Coconut Milk, Oil
Cod Liver Oil
Flax
Flaxseed Oil
Grape Seed Oil
Hemp
Hemp Oil (3 to 1 ratio)
Cod Liver Oil
Raw Cheeses
Canned Sardines
Eggs
Grass Fed Meat
Full Plain Yogurt
Raw Cheeses

High Fiber Vegetables

Spinach
Arugula
Cabbage

Collard Greens
Hearts of palm
Mustard Greens
Asparagus
Bamboo Shoots
Bean Sprouts
Cucumber
Chives
Watercress
Turnip Greens
Summer Squash
Spaghetti Squash
Shallots
Snow Peas
Snap Beans
Radicchio
Parsley
Kale
Jalapeno Peppers
Green Beans
Ginger Root
Fennel
Garlic
Eggplant
Lettuce
Cauliflower
Bell Peppers
Broccoli
Brussel Sprouts
Mushrooms
Onions
Celery
Radishes

Endive
Coriander
Dandelion Greens
Cassava
Beet Greens

Carbohydrates – Consume in moderation if you are trying to lose weight or are weight loss resistant.

Tomato
Turnips
Sweet Potatoes
Split Peas
Yams
Squash
Pumpkin
Peas
Okra
Leeks
Legumes
Lentils
Chick Peas
Yellow Beans
White Beans
Pinto Beans
Navy Beans
Lima Beans
Kidney Beans
French Beans
Great North Beans
Black Beans

Adzuki Beans
Artichokes

Low Glycemic Index / High Antioxidant Fruit Choices

Limes
Lemons
Grapefruit
Kiwi
Strawberries
Granny Smith Apples
Avocados
Raspberries
Blackberries
Blueberries
Boysenberries
Elderberries
Gooseberries
Loganberries