

Protein

Fat

Starchy
Carbs

Fruit &
Crunchy
Veggies

Pasture-raised chicken and turkey
Wild US-sourced fish
Grass-fed beef and lamb
Sea food
Organic bacon
Lentils
Tofu
Tempeh

Walnuts
Peanuts
Cashews
Pecans
Pumpkin and sunflower seeds
Flax, chia, and hemp seeds

Avocado and avocado oil
Coconut
Coconut oil
Organic beef tallow
Grass-fed butter and cream

Protein

Fat

Black beans
Garbanzo beans
Pinto beans

Starchy
Carbs

Fruit &
Crunchy
Veggies

Wild rice
Quinoa
Squash
Beets
Parsnip
Rutabaga
Turnip

Berries
Apples
Lemon/lime
Carrots
Celery
Bell pepper
Leafy greens (kale, spinach, lettuce,
turnip greens, chard...
Cucumber
Radish
Broccoli
Brussels sprouts
Cauliflower