

Good Foods You Can Eat

- **Low Glycemic Fruit** that is not moldy (Keep it to 1 serving per day: Berries (Especially Blueberries), Pomegranate, Plum, Nectarine, Peach, Apricot, Pears, Green Apples, Grapefruit, Lemon, and Lime (see the Foods to Eat with Caution list).
- **Low Glycemic Vegetables:** Green Leafy Vegetables (Spinach, Arugala, Kale, Chard, Mustard Greens, Turnip Greens, Beet Greens, Lettuce, Cabbage, Bok Choy, Mesclun, Purslane, Endive, Horseradish, Raddichio, Fiddlehead Ferns, Etc...) Cauliflower, Broccoli, Asparagus, Cucumber, Sprouts, Tomato, Raw Carrot, Turnip, Rutabega, Kohlrabi, Jicama, Bell Pepper, Artichoke, Summer Squash (Zucchini, Yellow Squash, Okra), Spaghetti Squash, Pumpkin, Radish, Peas, Green Beans, Eggplant, Seaweed.
- **All Herbs, Spices and Alliums** that are not moldy: Garlic, Onion, Scallion, Shallot, Leek, Ginger Root, Fennel And Fennel Seed, Coriander, Nutmeg, Cinnamon, Chiles, Pepper, Salt, Basil, Oregano, Thyme, Rosemary, Sage, Parsley, Cilantro, Mint, Etc...
- **Protein** that is free of Antibiotics, Hormones, and Parasites (Organic, Free Range, and Grass Fed are the best!) Antelope, Beef, Buffalo, Goat, Lamb, Organ Meats , Pork, Rabbit, Veal, Venison, Wild Game, Alligator, Chicken, Cornish Hen, Duck, Goose, Pheasant, Quail, Turkey.
- **Fresh Fish** that is low in Mercury content and Wild Caught (Farm Raised tends to have High Mercury Content) Shell Fish (Shrimp, Lobster, Clam, Mussels, Crab, Oysters, Scallops, Crayfish, Abalone), Octopus, Squid, Sardines, Anchovies, Caviar, Cod, Scrod, Haddock, Grouper, Catfish, Perch, Flounder, Salmon, White Sea Bass, Sole, Tilapia, Trout, Red Snapper, Mahi Mahi, and Turbot.
- **Foods and Oils that contain Good Essential Fats:** Real Butter, Cream, Ghee, Unsweetened Plain Yogurt, Unsweetened Plain Kefir, Avocado, Olives (Not In Vinegar), Coconut, Coconut Oil, Unsweetened Coconut Milk, Almond Milk, Olive Oil, Flax Seed Oil, Sesame Oil, Walnut Oil, Linseed Oil, Evening Primrose Oil, Pumpkin Seed Oil, and Macadamia Oil.
- **Stevia** is a great sugar substitute.

Serving sizes needed per day :

(Serving sizes will vary from person to person and based on activity level. This is a basic guideline ONLY.)

Fruit= 1 serving (1/2 C sliced or one whole fruit)

Vegetables= 6 servings (1/2 C per serving/Leafy greens=1 C per serving)

Quality Meat with correct fatty acid profile= 8-12 ounces

Good Essential Fats=30% of foods

(Carbs come from fruit and vegetables, they are necessary, don't skip them! You should have approximately 100-150 grams (~3.5 to 5.5 oz) of carbs per day to maintain weight.)