

Fuel To Feel Better. Fuel To Move Better. Fuel To Perform Better.

FOOD FOR LIFE

Note: Choose produce and animal products generally in this order: **Produce:** Certified Organic, Organic, and Locally Farmed. **Animal Products:** Wild, Organic Pasture Raised, Organic, and Locally Raised.

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| PRIMARY PROTEIN/FATS | Bass, Beef, Bison, Buffalo, Chicken, Clams, Crayfish, Duck, Eggs with yolks, Elk, Emu, Game Hens, Goose, Grouse, Halibut, Lamb, Lobster, Mackerel, Mahi Mahi, Mussels, Mutton, Organ Meats, Oysters, Pork, Rabbit, Red Snapper, Salmon, Sardines, Scallop, Tuna, Trout, Turkey, Veal, Venison, Wild Game |
| FATS & OILS | Avocado, Avocado Oil (cold pressed), Bacon Fat, Chicken Fat, Coconut Butter, Coconut Milk, Coconut Oil, Duck Fat, Flax Oil (cold pressed), Ghee, Lard, Olives, Olive Oil (cold pressed), Tallow, Sesame Oil (cold pressed) |
| NUTS & SEEDS | Almonds, Almond Butter, Brazil Nuts, Cashews, Cashew Butter, Chestnuts, Flax Seeds, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts Note: Nuts should be preferably raw, and perhaps soaked spouted. |
| DAIRY | Raw Butter, Raw Cheeses, Raw Cultured Dairy products (Kefir, Yogurt), Raw Milk |
| VEGETABLES | Low/Medium-Starchy Vegetables (incl. but not limited to): Artichoke, Asparagus, Beet Greens, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Cilantro, Collards, Cucumber, Dandelion, Eggplant, Endive, Green Onions, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Peppers, Radish, Rutabaga, Sea Vegetables, Spinach, Swiss Chard, Tomatillos, Tomato, Turnip Greens, Turnips, Yellow Squash, Watercress, Zucchini Starchy Vegetables* (incl. but not limited to): Beet, Parsnip, Pumpkin, Sweet Potatoes, Winter Squash, Yams * Consume starchy vegetables in small amounts. They are best eaten directly after exercise. |
| FRUITS (Limit fruit to 2-3 servings per day) | (incl. but not limited to): Apricot, Berries of all types*, Cantaloupe, Casaba Melon, Cherries, Coconut*, Figs, Grapefruit, Grapes, Guava, Green Apples*, Honeydew Melon, Kiwi, Kumquat, Lemon, Lime, Mango, Melon, Nectarine, Orange, Papaya, Passion Fruit, Peaches, Pears*, Persimmon, Pineapple, Plums, Pomegranate, Raisins, Red Apples * Indicates fruits lower in sugar and preferable for those seeking fat loss. |
| SUGARS, FLOUR PRODUCTS, GRAINS, & BEANS | Avoid them all as best as possible. If you are having difficulty adjusting to this, small amounts of Beans, Rice, Buckwheat, Quinoa, Millet, Corn, and Gluten-Free Oats are acceptable. Note: Stevia, Xylitol, and Unheated, Unfiltered Honey are acceptable in moderation. |
| BEVERAGES | Consume about half your body weight in ounces of filtered water daily, preferably between meals. For variety, have coconut water, herbal tea, and/or fresh vegetable or fruit juice. |

RESTORATIVE NUTRITION

