

FOOD GROUP	LOTS OF THIS	LESS OF THIS
<b>PROTEIN</b>	Wild salmon, sardines, grass-fed beef, grass-fed lamb, pasture-raised eggs, pasture-raised pork, organic chicken, bone broths, beans, lentils	Grain-fed beef or lamb, non-organic chicken, soy
<b>FRUIT</b>	All berries (blueberries, blackberries, cranberries, raspberries, strawberries), lemons, limes, grapefruits, tangerines, pineapples, pomegranates, olives, avocados, banana, apples (esp. green)	Fruit juice (this is all sugar and no fiber), dried fruit containing sugar or preservatives
<b>VEGETABLES</b>	Cruciferous vegetables, cabbage, broccoli, Brussel sprouts, cauliflower, sweet potatoes, zucchini, carrots, kale, bok choy, asparagus, celery, cucumber, avocado, collards, spinach (not too much raw), radish, summer squash, butternut squash, lettuce, rocket, artichokes, green beans, green onion, shallots, leeks, pumpkin, beets, fermented vegetables, sauerkraut, sea vegetables (kelp, nori, arame, wakame, dulse), all sprouts	
<b>HERBS &amp; SPICES</b>	Turmeric, ginger, garlic, coriander, parsley, oregano, rosemary, sage, thyme, lavender, cinnamon, cloves, mustard, sea salt, apple cider vinegar	
<b>NUTS &amp; SEEDS</b>	Coconuts, almonds, cashews, hazelnuts, macadamias, pecans, chestnuts, walnuts, LSA (linseed, sunflower seed, almonds), pumpkin seeds (pepitas), sunflower seeds, chia seeds	
<b>GRAINS &amp; STARCHES</b>	Rice (purple, black, wild, basmati, Australian grown), cassava, taro, plantain, essence breads (sprouted breads), buckwheat, quinoa, amaranth	Wheat, gluten, cereals, bread, soy
<b>OILS &amp; FATS</b>	Ghee, grass-fed butter, coconut oil, MCT oil, cacao butter, avocado oil, macadamia oil, virgin olive oil, nut butters (almond/hazelnut/walnut/cashew), sunflower seed butter, bacon fat, krill oil, fish oil, grass-fed beef and lamb fat	Margarine, hydrogenated fats (found in fast foods), vegetable shortening
<b>DAIRY</b>	Egg yolks, ghee, grass-fed butter, full-fat raw milk, full-fat raw yoghurt, goat's yoghurt, sheep's yoghurt, goat's cheese, sheep's cheese	Pasteurized milk, pasteurized yoghurt (pretty much all commercial dairy products)
<b>SWEETS</b>	Raw honey, dark chocolate, stevia, cacao	Glucose, fructose, maltodextrin, dextrose, sugar, syrup, corn syrup
<b>BEVERAGES</b>	Herbal tea, kombucha (fermented tea drink), kefir  If you are going to have alcohol choose organic sulphite-free red wine, dry white wine.  If you are going to drink coffee make sure it's organic good quality coffee and drink it black.	Late's, flat whites, caffeine, etc. alcohol, beer, spirits, sodas, fruit juices