

QUICK REFERENCE FOOD LISTS

These lists will become essential when you begin planning your own meals and if you want to substitute an ingredient with another food in the same category in your meal plans. Foods within each section of the list can be used interchangeably for substitutions if you don't like a certain food in the recipes.

At the beginning you will automatically be following these food lists when you are following the meal plans. When you are ready to use these lists as your main reference for planning meals (we discuss when and how to do this in the program), focus on foods in the green categories, moderate intake of foods in the yellow category, and avoid foods in the red category.

For now, print out these lists and keep them for reference to get yourself familiar with the foods you will be eating and avoiding.

QUICK REFERENCE FOOD LISTS

FAT	PROTEIN	CARBS	EXTRAS
Avocado Avocado Oil Mayonnaise Olives Coconut Oil MCT Oil Coconut Coconut Milk (full fat, canned) Oils (avocado, olive, sesame, etc.) Almonds Brazil Nuts Macadamia Nuts Walnuts Seeds (sunflower, pumpkin, sesame etc.) Nut or Seed Butters Chia Seeds Flax Seeds Hemp seeds (hemp hearts) Butter Ghee Heavy Cream Egg Yolks Bacon Fattier Cuts Of Meat Dark Chocolate (90%+)	Eggs Liver Ground beef Steak Roast Sausages Bacon Ground pork Pork Rinds Ribs Collagen/Gelatin Salmon Sardines Shellfish Other Fish (all) Lamb Game Meats Chicken Thighs Chicken Wings Whole Chicken Tofu Tempeh	Broccoli Garlic Kale Avocados Raw Coconut Mixed Greens (all) Asparagus Green peppers Cabbage Cauliflower Celery Cucumbers Radish Kohlrabi Mushrooms Shallots Turnips Zucchini Olives Tomatoes Blueberries Edamame pasta	ACV (apple cider vinegar) Bone Broth Fermented Foods (kimchi, sauerkraut) Coffee Tea Cacao Powder Nutritional Yeast Lemon Juice Unsweetened Coconut Chips Kale Chips Meat Sticks (the fewer preservative the better) Pickles Seaweed Herbs Tamari Horseradish Hot Sauce Mustard Erythritol/ Stevia/Xylitol

QUICK REFERENCE FOOD LISTS

STARCHY VEGETABLES, FRUIT, OTHER CARBS	AVOID
Artichoke Beets Brussels Sprouts Squash Carrots Onion Potatoes Sweet Potatoes Pees Parsnips Blackberries Strawberries Watermelon Green Apples Bananas Oranges Peas Kiwi Quinoa Ryvita Crackers	Canola Oil Hydrogenated Oils Sugar Aspartame Splenda Pop Grains Pasta Bread Crackers Oats Beans Legumes Processed Foods Candy Honey Fructose Agave Cereal Granola Low Fat Yogurt Fruit Juice Milk

QUICK REFERENCE FOOD LISTS

SNACK IDEAS

***Add in these snacks when you're still hungry outside of the meal plan**

- 1 Ryvita crisp (multigrain) with peanut butter (unsweetened) *watch other sources of carbs for the day
- ½ avocado with sea salt & pepper
- Whisp crackers (parmesan cheese) dipped in beet hummus (or plain)
- Turkey roll ups (turkey slices-nitrate free-rolled up dipped in mustard)
- Green olives
- Handful of Brazil Nuts/Macadamia Nuts/Almonds
- Celery sticks alone or dipped in beet hummus
- Pickles (watch for sugar in the brine recipe)
- Hard boiled eggs or scrambled eggs with olive oil
- Bone broth (surprisingly filling)
- Unsweetened coconut chips
- Dark Chocolate (as close to 100% cacao as you can find)
- Kale chips
- Meat sticks (sugar free jerky etc)
- Nut and seed butters
- Pickles
- Pork rinds cooked in fat
- Seaweed chips
- Fat Bombs (recipe in your meal plans)
- Baked Tofu - choose organic tofu (slice tofu, marinate in Tamari (wheat free soy sauce), garlic and ginger for as long as you want-30min to overnight-then bake at 400F for about 20-30 minutes depending on how crispy you like it. Great to top salads with as well