



Rebalancing Diet

Foods to Focus On

Incorporate a variety of these foods into your daily diet to ensure balanced nutrition.



Non-Starchy Veggies

- Arugula
- Artichoke
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Fresh herbs
- Garlic
- Ginger
- Green beans
- Hearts of palm
- Jalapeno peppers
- Kale
- Lettuces
- Mushrooms
- Onions
- Radishes
- Radicchio
- Snap beans
- Snow peas
- Shallots
- Spinach
- Summer squash
- Swiss chard
- Tomatoes
- Turnip greens
- Zucchini

Load up on
herbs & spices!

Low Sugar Fruits

(1 cup max daily)

- Apples
- Blueberries
- Blackberries
- Lemons
- Limes
- Kiwi
- Pomegranate
- Raspberries



Quality Protein

- Wild caught seafood
- Grass-fed & finished, pastured raised meat
- Wild caught game
- Pasture raised eggs & poultry
- Sprouted beans & legumes
- Sprouted nuts & seeds



Quality Fats

- Avocados & avocado Oil
- Coconut & coconut oil
- Olives & olive oil
- Duck fat
- Grass-fed butter & ghee
- Wild caught seafood
- Grass-fed/finished & pasture raised meat
- Soaked & sprouted, raw & dry roasted nuts and seeds
- Nut & seed butters
- Cocoa butter



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Foods to Avoid

Remove these foods from your diet for at least 30 days to reduce inflammation & promote weight loss, energy, sleep & hormone balance.



"Fast" Carbohydrates

- Bread
- Pasta
- White Rice
- Tortillas
- Chips
- Pizza
- Fries
- Crackers
- Cereals
- Granola
- Grain flours
- Wheat
- Oats
- Corn
- Potatoes
- Popcorn
- Pastries
- Cake
- Cookies
- Desserts
- Anything fried



Refined & artificial sugars

(1/2 tsp of honey or maple syrup is ok)

- Juice
- Soda
- Cane sugar
- Corn syrup
- Maltodextrin
- Erythritol
- Aspartame
- Saccharin
- Sucralose
- there's too many to list..



Junk Oils

- Vegetable
- Canola
- Soybean
- Cottonseed
- Safflower
- Hydrogenated
- Margarine

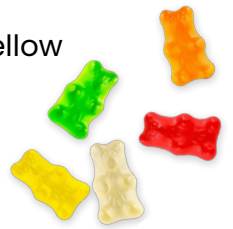


High Sugar Fruits

- Ripe Bananas
- Grapes
- Mango
- Dried fruit
- Juice
- Etc...

Chemical Additives and Artificial Flavors

- Monosodium Glutamate (MSG)
- Sodium nitrate/nitrite
- Sodium benzoate
- Sulphur dioxide
- Potassium bromate, Carrageenan
- Artificial flavoring
- Blue 1, Red 40, Yellow 5, Yellow 6, caramel coloring
- Etc...



Focus on foods that don't come in a package. If it does, READ THE INGREDIENTS!
If you don't know what it is, put it back on the shelf!



Focus on Quality Protein

Think of protein as a side dish to compliment your veggies.

Always Choose:

Meat, Poultry & Fish that is: Pasture Raised, Grass-Fed & Finished, Wild Caught, Organic
Beans & Legumes that are: Organic, Soaked and Sprouted (easier to digest and assimilate nutrients)



Fish & Seafood
*Wild & sustainably caught
*Sustainably farmed



Eggs
Poultry
*Pasture-raised
*Organic



Beef, Lamb, Goat,
Wild Game
*Pasture Raised
*Grass-fed & finished



Organ Meats
*Always pasture raised
or
grass-fed & finished



Beans
Lentils
*Soaked & sprouted



Tofu, Tempeh
*Must be organic



Sheep & Goat Dairy
*Pasture raised
*Grass-fed
*Raw



Nuts & Seeds
*Sprouted
*Raw
*Lightly roasted



Avocado
Olives



Incorporate plenty of Quality Fats

Dietary fat is ESSENTIAL to good health. It provides you with energy and is used by the body to make cells, hormones & neuro-transmitters. You have a strong immune system, detoxify and feel good over-all.



Fish & Seafood
*Wild & sustainably caught
*Sustainably farmed



Eggs
Poultry
*Pasture-raised
*Organic



Beef, Lamb, Goat,
Wild Game
*Pasture Raised
*Grass-fed & finished



Organ Meats
*Always pasture raised
or
grass-fed & finished



Beans
Lentils
*Soaked & sprouted



Tofu, Tempeh
*Must be organic



Cooking Oils:
350+
Ghee · Avocado Oil · Coconut Oil ·
Duck Fat · Tallow
Below 350°
Olive Oil · Butter · Sesame



Nuts & Seeds
*Sprouted
*Raw
*Lightly roasted



Avocado
Olives





Enjoy unlimited Non-Starchy Veggies

Enjoy these foods - raw or cooked - in unlimited quantities.



Arugula
Artichoke
Asparagus
Bean sprouts
Beet greens



Bell peppers
Broccoli
Brussels sprouts
Cabbage
Cauliflower



Celery
Chives
Collard greens
Cucumber
Dandelion greens



Eggplant
Endive
Fennel
Garlic
Ginger root



Green beans
Hearts of palm
Jalapeno peppers
Kale
Lettuces



Mushrooms
Mustard greens
Onions
Parsley
Radishes



Radicchio
Snap beans
Snow peas
Shallots
Spinach



Summer squash
Swiss chard
Tomatoes
Turnip greens
Watercress
Zucchini

Organic · Unrefined · Expeller Pressed · Raw · Grass-Fed

Best for 400°+

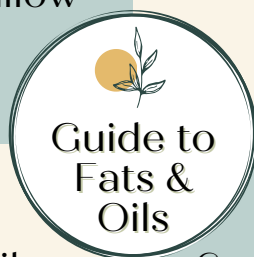
Ghee · Avocado Oil
Coconut Oil · Duck Fat
Pasture Raised Tallow

Frying, searing, stir-frying,
roasting and broiling

Good up to 350°

Olive Oil · Butter
Sesame Oil
Peanut Oil

Baking, light sautéing
& low temp roasting



Drizzle

Flax Oil · Hemp Oil
Pumpkin Seed Oil
Walnut Oil
Extra Virgin Olive Oil

Drizzling, dipping &
dressings

AVOID!!

Canola Oil · Rapeseed Oil
Soybean Oil · Safflower Oil
Vegetable Oil · Corn Oil
Cottonseed Oil · Margarine
Shortening · Hydrogenated Oil

Oxidized + high in
Omega-6s

BETTER BELLY NUTRITION