

# WHAT TO EAT ON LEVEL 1

**Antibiotic/hormone free, organic foods and wild-caught fish are preferred.**

You should always consult your physician for your individual needs.

## What To Eat

When creating meals or choosing a snack:

### Proteins

- Beef
- Bison
- Chicken
- Eggs
- Shellfish
- Most White Fish

### Vegan/Vegetarian Proteins

- Chickpeas
- Edamame
- Hemp Seeds
- Lentils
- Nutritional Yeast
- Quinoa
- Spirulina
- Tofu
- Tempeh
- Mung Beans

### Fermented Foods

- Kimchi
- Sauerkraut
- Kefir
- Any Fermented Vegetables

### Fruits

- Apples
- Blueberries
- Grapefruit
- Kiwi
- Lemons
- Limes
- Oranges
- Raspberries
- Strawberries
- Tomatoes

### Vegetables

- Alfalfa Sprouts
- Asparagus
- Beets
- Bok Choy/Cabbage
- Brussel Sprouts
- Celery
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green Beans
- Jicama
- Leafy Greens
- Okra
- Onions
- Peppers
- Red Radishes
- Spaghetti Squash
- Zucchini

## What To Add

To add flavor:

### Dressings, Sauces, Oils, & Broths

- Bragg® Products: Apple Cider Vinegar, Liquid Aminos, Vinaigrettes, & Ginger Sesame Dressing
- Low Sodium Broths: Chicken, Beef, & Vegetable
- Oils: Hemp, Olive, Avocado, Flax, Grape Seed, & Coconut
- Dijon Mustard
- Siete® Hot Sauce
- Tomato Paste

### Seasonings

- Any Herbs (Fresh or Dried)
- Any Spices (Fresh or Dried)
- Himalayan or Gray Sea Salt
- Redmond Real Salt®

## What To Drink

- 40-60oz. of water daily
- Enjoy coffee, tea, and sparkling water *sparingly*

*Optional sweeteners:*

- 100% Liquid Stevia
- 100% Monk Fruit
- Raw & Unfiltered Honey

## Activity Fuels

**Add these foods to a meal or snack only on days when you are more active.**

They provide an extra boost of energy to support your body's demands during physical activity.

- Almonds
- Avocado
- Chia Seeds
- Cottage Cheese
- Eggs
- Hemp Seeds
- Milled Flaxseed
- Quinoa
- Sweet Potato
- Walnuts

## What To Avoid

### Protein

- Pork
- Salmon
- Tuna
- Turkey
- Tilapia

### Vegetables

- Broccoli
- Cauliflower

### Grains/Bread

### Dairy Products

### Artificial Sweeteners

### Dyes & Bleaching

### Preservatives

### Chemical Fillers

Look out for these ingredients in your skincare products and supplements as well.