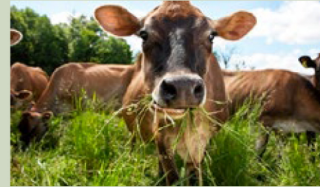


SWAP THIS

FOR THIS

Any grain fed antibiotic injected animals:
Beef, chicken



Organic, grass fed free range bison, beef, chicken

* Farm raised fish:
Farmed salmon (light orange color)



* Wild caught fish:
Wild salmon (deep red color)

Dairy products.
Milk from cows



Non-dairy products.
Unsweetened nut milk, coconut milk

Table sugar



Organic honey, Stevia

Bread, cereals



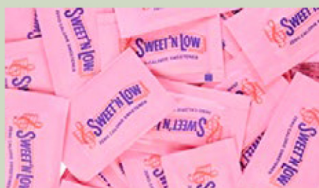
Sweet potatoes, gluten free oats

Canola, vegetable, soybean, corn oil



Coconut oil, extra virgin olive oil, avocado oil

Artificial sweeteners, sucrose, aspartame



Stevia, monk fruit

* When purchasing fish make sure it says wild caught on package. If not, assume it is farmed raised.