

CARBOHYDRATES

Squashes:

- Acorn Squash
- Butternut Squash
- Delicata Squash
- Kabocha Squash
- Pumpkin

Grains & Cereals:

- Oats (Steel Cut or Old Fashioned)
- Buckwheat
- Quinoa
- Brown Rice
- Any Sprouted Grain Bread
- Sourdough Bread
- Rice Cake
- Rice
- Lovebird Cereal
- Siete Tortillas

Legumes and Beans:

- Lentils
- Edamame
- Lentil or Chickpea Pasta
- Beans

Starchy Vegetables:

- Sweet Potato
- Yam
- Red Potato
- Gold Potato
- Russet Potato
- Cassava

Vegetables:

- Carrots
- Beets
- Sugar Snap Peas
- Broccoli
- Brussel Sprouts

Berries:

- Cherries
- Blueberries
- Blackberries
- Raspberries
- Strawberries

Other Fruits:

- Apples
- Oranges
- Pineapple
- Mango
- Cantaloupe
- Watermelon
- Honeydew Melon
- Kiwi
- Banana
- Peach
- Grapes
- Plum
- Pear



FATS

Oils:

- Tallow Oil
- Ghee
- Avocado Oil
- Extra Virgin Olive Oil
- Coconut Oil
- MCT Oil

Dairy:

- Heavy Cream
- Raw Cheese
- Raw Butter

Nuts and Seeds:

- Flax Seeds
- Chia Seeds
- Macadamia Nuts
- Brazil Nuts
- Walnuts
- Almonds
- Pecans
- Hazelnuts
- Pumpkin Seeds
- Nut or Seed Butter

Other:

- Avocado
- Hummus
- Coconut Milk



PROTEIN

Poultry:

- Chicken Breast
- Skinless Chicken Thigh
- Ground Turkey
- Turkey Breast
- Turkey Bacon
- Duck

Red Meat:

- Ground Beef
- Steak
- Venison
- Lamb
- Bison
- Pork Tenderloin

Seafood:

- Scallops
- Shrimp
- Tuna
- Salmon
- Cod
- Halibut
- Sardines
- Oysters

Eggs and Dairy:

- Eggs
- Egg Whites
- Plain Low Fat Greek Yogurt or
Greek Yogurt (Full Fat)
- Raw Milk
- Cottage Cheese

Plant-Based Proteins:

- Tempeh
- Tofu

Supplements:

- Protein Powder

*Look for Pasture-Raised, Grass-Fed



VEGETABLES

- Cauliflower
- Broccoli
- Brussels Sprouts
- Onions
- Celery
- Mushrooms
- Green Beans
- Cucumbers
- Bell Peppers
- Zucchini
- Beets
- Yellow Squash
- Bok Choy
- Asparagus
- Radish
- Spinach
- Kale
- Any Leafy Greens
- Tomatoes
- Artichokes
- Eggplant
- Leeks
- Garlic
- Swiss Chard
- Collard Greens
- Mustard Greens
- Turnip Greens
- Arugula
- Endive
- Romaine Lettuce
- Parsley
- Cilantro
- Dill



SIDES & CONDIMENTS

- Salsa
- Coconut Aminos
- Mustard
- Balsamic Vinegar
- Apple Cider Vinegar
- Lemon/Lime Juice
- Bone Broth
- Unsweetened Almond Milk
- Fresh Herbs
- Sauerkraut

FLAVORFUL SEASONING

- Sea Salt
- Garlic Powder
- Onion Powder
- Basil
- Thyme
- Cinnamon
- Vanilla Extract
- Nutmeg
- Rosemary
- Oregano
- Dill
- Cumin
- Sage
- Paprika
- Taco Seasoning
- Turmeric
- Cayenne Pepper
- Cardamom
- Coriander
- Fennel Seeds
- Mustard Seed
- Ginger Powder
- Black Pepper
- Smoked Paprika
- Curry Powder
- Chili Powder
- Italian Seasoning
- Lemon Pepper
- Allspice
- Garam Masala

