

# The Spartan Diet

## Nutrition based on optimal mental and physical performance

Disclaimer: I am not a doctor nor play one on the internet and this information is not to be intended or construed as a prescription or medical advice. Everybody is different and can experience different effects due to their specific genome. If you have special conditions, contraindications, food sensitivities or allergies, or other limiting factors, this program may not be suitable for you. This particular plan is simply what I would do if I was a healthy and already fit 130lb woman wanting to go from good to great or in other words, wanting to grow younger, look and feel my best, and be more badass in every way possible.

I normally preach that a good consistent program is much better than a perfect failed program. But in this case, I am designing a perfect and consistent program. Imagine the possibilities! Though real food is in most cases much better than processed foods, I have included key processed options like bars and shakes to allow you to be consistent by way of convenience. Let's do this!

### Spartan Diet Description!

1. **THIS IS A PLANT BASED DIET.** 'Eat real food, not much, mainly plants.' We will eat the minimum effective dose of animal products, roughly 20% of your caloric intake. Animal products do contain essential nutrients that are not found in the plant kingdom. If you choose to be 100% plant based, we will design a supplement regiment accordingly.
2. **THIS IS A REAL FOOD DIET.** The only processed foods I will recommend on this diet are for a performance (and maybe convenience and a bit of fun too) based outcome.
3. **THIS IS A QUALITY FOOD DIET.** We will utilize fresh, local, seasonal, organic, possibly wild, and non-gmo based foods, as much as possible.
4. **THIS IS AN ANTI-INFLAMMATORY DIET.** We will minimize inflammatory foods as well as maximize anti-inflammatory foods such as key spices and herbs that will help the body recover. Yes gluten and dairy will be minimized!
5. **THIS IS A NUTRIENT DENSE/SUPERFOOD DIET, NOT A NUTRIENT RESTRICTIVE DIET!** The goal is to flood your body with so much nutrition that the body reaches 'nutrient saturation' where the body is happiest and healthiest and much more is possible.
6. **THIS IS A LOW CARB DIET,** for a low carb athlete. 30% of your caloric load will be in the form of carbohydrates but the majority of that will be indigestible plant sources that do not effect insulin.

### This diet may not be for you if:

1. You can't read the full explanation of this nutrition program before skipping to the actual diet
2. You can't hydrate with a full glass of water (16oz min.) upon waking, prior to coffee
3. You can't drink out of non-plastic containers
4. You can't go one week without more than one bottle of wine or alcohol equivalent.
5. You can't prepare and eat LOTS of veggies.
6. You can't stop scrolling on your phone before bed.
7. You can't go one month without PROCESSED snacks(chips, cookies, etc) breads and pasta's.

\*\*\* Yes there are acceptable breads, pastas, and snacks. I am just asking for a month of discipline!

8. You can't exercise effectively 8 hours per week.

**The nuts and bolts:** Without these two components, becoming a better version of yourself is difficult if not impossible...

1. **Hydration.** The cornerstone of any good diet is fluids. You cannot perform your best at anything if you are not adequately hydrated. I often tell people to not even worry about food until they get their water consumption in check. So, you **MUST** drink a minimum of half your bodyweight in quality water daily. Add approximately 16oz of water, per hour of exercise, on top of your daily requirement. Water should be filtered and consumed from a metal or glass container. Acceptable beverages that count towards your daily hydration requirements are green teas, kombucha, and bone broth, which I recommend having often. I will show you how I recommend these into your day in the actual diet below. *Quality coffee is fine but does not add to your daily totals.*
2. **Sleep.** I cannot even begin to explain the benefits of quality sleep. Many of the top experts in the field of longevity believe that dialing in quality sleep is the biggest step towards any anti-aging and anti-inflammatory program. These experts believe that quality sleep in itself can and will make you the best version of yourself. This restorative state will optimize your hormones to the point that bodyfat dissipates and lean body mass increases both naturally. When you wake up well rested, you tend to start your day motivated which leads to better decisions. Poor sleep leads to low energy, brain fog, and weakness leading to poor decisions. I tend to believe in this theory. Sleep is most likely the missing link in your lifestyle, not food. You **MUST** have quality sleep to achieve results on a performance based fitness program. All results happen during deep sleep. Specific nutrition will be utilized to capitalize on this.

## Nutritional Requirements:

This is based on an already fit 130lb female athlete exercising properly, roughly 8 hours per week. You will consume approximately 7500 calories per week. In the event that you are not a 130 pound female, adjust your weight approximately by 60 calories per 10 pounds daily using the same ratios. I can help you with this...

1. 1000 calories daily. 30% carbohydrate(starchy), 40% fat, 30% protein

\*\*\* This amount does not count in non-digestible carbohydrate sources such as greens... So your actual caloric load should be much higher if you are consuming the recommended veggies listed later.

- A. Approximately 75g of carbohydrates daily
  - You will eat roughly 3 times per day with increasing carbohydrates. 10g or less with meal 1, 20g-30g with meal 2, and 30g-40g with meal 3 and dessert.
- B. Approximately 75g of protein daily
  - You will eat roughly 20g of protein with meal 1 and meal 2 and 30g of protein with meal 3.
- C. Approximately 45g of fat daily
  - You will eat roughly 15g of fat per meal.

\*\*\* I will simplify this later

Another way to look at this is: -from Anthony Diclementi

# Nutrition

- **80% organic plants, mostly vegetables, and most vegetables should be green**
- **20% protein, mostly wild-caught fish & oysters**
- **Lots of healthy plant based fats (extra virgin olive oil, c8 mct oil, coconut oil, avocado, nuts, seeds**

\*\*\* There is a surplus of 500 calories (yes this can be a bottle of wine) built into this plan to fill in nutritional gaps, to boost your metabolism, and simply to keep you happy and sane. Ideally these meals will be split into 2 separate 250 calorie refeeds/splurges consumed post intense exercise. I will discuss and recommend options for this meal below. Specific buying recommendations are listed on the last page.

\*\*\* A serving of meat is roughly 3oz. 3oz. is equivalent to the size of your palm. A serving of fat is roughly 1tbsp (1 tbsp. = 3 tsp.) or 15g. 1 tbsp. of fat is equivalent to the size of your thumb. A serving of carbohydrate is roughly 100 calories or 25g of carbohydrates. 100 calories of carbohydrates is equivalent to the size of your fist. No need to count calories.

\*\*\* Though I don't want you always counting calories, it is good to know approximately what a food is, especially in terms of carbs. - know your macros! For example, like mentioned above, a fist size portion of finished (cooked rice) starchy carbohydrate is roughly 25g of carbs. An apple or banana is roughly 100 calories with 25g of carbs. As is a fist size potato or a handful of rice, beans, or grains (carb load does decrease in foods like beans and quinoa because the protein content is higher.)

\*\*\* You have about 4 options per meal. This is all you need. Don't overcomplicate this and think you need to have something different everyday. Find what works for you and capitalize on it. The happiest and healthiest people I know eat the same damn thing most days. Regarding dinners, there are four main meats, chicken, fish, beef, and shellfish. Pork is more of a terd than meat... There are four main starchy carbs, tubers(potatoes,) rice, other grains like quinoa and couscous, and beans/lentils. The three main fats are fruit and veggie based(olive avocado, coconut, etc) animal based(fish, tallow, butter,etc.)and nut and seed based. Mix up and rotate those 4 options of meat and starches with a

complimentary fat over assorted veggies, mainly greens, and you are there! Breakfast and lunch are based on convenience and should be a piece of cake.

2. You should include the following animal products each week at your desired time/frequency. Custom plans will be incorporated if the list below is unacceptable.

**Animals:**

- A. 6 pastured eggs(cholesterol and B and D vitamins)
- B. 9 oz. of wild, preferably small cold water fish(EPA/DHA, Vitamin D)
- C. 6 oz. of grass fed/ finished beef(B vitamins, CLA)
- D. 6 oz. of shellfish(zinc, iodine)
- E. 2 tbsp. of butter (cholesterol, butyric acid, vitamin A, cholesterol, CLA) – I typically sauté fish in butter or use a tsp. to finish a steak in the oven.

\*\*\* If you are histamine intolerant, do not consume canned fish.

\*\*\* This 30 oz. of meat, along with the collagen protein I recommend below, is equivalent to approximately 1500 calories, which is approximately 20% of your weekly caloric load. This amount should be enough to fulfill your animal based nutritional needs. Everything else should be plants!

**Plants:**

3. You should include the following plant based option on a regular basis.
  - F. Assorted fermented foods(probiotics)
  - G. Sea veggies (iodine.) Ambronite and sardines contain algae. So if you consume either of these multiple times weekly, sea veggies are covered. If not, nori wraps are recommended.
  - H. Assorted greens or at the very least, a good greens powder.
  - I. Assorted oils.

\*\*\* In the event that you have a thyroid disorder, goitrogenic foods, like kale, Brussel sprouts and broccoli can inhibit iodine uptake which can interfere with your thyroid. In the event that you are going to eat these foods, cooking lowers the goitrogenic compounds in the foods.

\*\*\* Oxalates commonly found in spinach and sweet potatoes can also adversely affect the thyroid.

\*\*\*It is estimated that about 40% of the population has a thyroid disorder. Eating foods rich in goitrogens and oxalates shouldn't be an issue if consumed in moderation. But if you are in this percentage you may want to limit these foods and green smoothies to a few servings per week.

**Nutritional Strategies:**

1. - Dinner is higher in calories and the majority of your starchy carbohydrates will be consumed in the evening to help optimize sleep and fat utilization. I also believe that dinner is a time of celebration and community that should be cherished and enjoyed to maximize happiness.
  - Breakfast, unless consumed post exercise, will be primarily fats with **little to no starchy carb**. This will help create a cyclical ketogenic rhythm to help with energy, satiety, and inflammation.
  - Lunch will be **low starchy carb**
  - Dinner will be **moderate starchy carb**.
2. Meal 1 can be optional/moved due to morning training. I have always seen the best results from training in the fasted state. However, when adding duration and intensity to training, a few extra calories could be beneficial. You guys should be adding about 20 extra minutes of training to your regiment, which will equate to about 200 extra calories burned. So a 200 calorie pre workout meal would even out. This should only be an option if you have 1-2 hours to eat prior to training. We will experiment with this on an individual basis.
3. Meal 2 and 3 should have a strong veggie base (at least half your plate or blender) Examples are, spinach, kale, arugula, Bok choy etc. brussel sprouts, asparagus, cauliflower, mushrooms, peppers, onions, etc.
4. I do recommend specific nut, seed, and fruit blends to mix with your salads/veggies.

\*\*\* Assorted fruits and nuts are ok on a salad. Just be conscious of the quality and amount. If you choose to create your own mix, keep the calories in line with the specific amounts below. The difference is in the detail here guys!

*A note on fruit. Certain wild, seasonal, and fresh fruits, can be very beneficial and extremely high in antioxidants when eaten in moderation. But make no mistake, fructose in excess will cause high blood sugar, fat storage, inflammation, and glycation. The majority of the fruit available today is 100% gmo, full of glyphosate, and is not doing you any favors. Think of fruit as nature's dessert. Have a bit every now and then when you need something sweet. I tend to have and recommend the equivalent of a handful of organic berries and cherries daily.*

5. Dinner (meal 3) should be the most nutrient dense meal of the day and it is recommended to make an extra serving for lunch the following day. A specified serving of starchy carbs is recommended at dinner.
6. These dinners are designed to be calorie dense assuming you are active throughout the day. If you are sick or sedentary or miss a workout, fewer calories should be consumed at dinner. In this situation, eliminate some of the grains and dessert.
7. Dinners should rotate meats, veggies, starchy carbs, and fats to optimize nutrient variety. For example, Monday could be chicken, sweet potato, broccoli, avocado. Tuesday, steak, quinoa, cauliflower, drizzled in olive oil. Wednesday, fish, black beans, asparagus, cooked with butter. Get my drift? Rinse and repeat...
8. Dinner should ideally be in the form of a stir fry, stew, or salad for nutrient density/variety. With these options you can use lots of herbs, spices, and additional complimentary veggies. I am not opposed to just fish, rice, and, asparagus, it is just generally less nutritious.

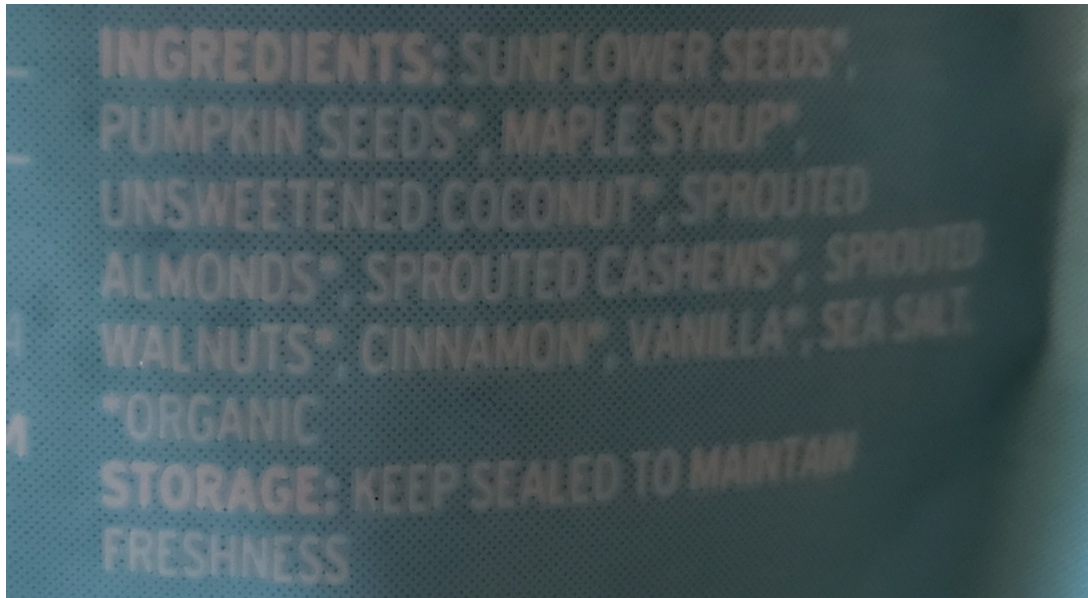
9. Refeeds and splurge meals are ideally where you fill in nutritional gaps. For example, this particular diet is low in high glycemic fruits and veggies. Yet, I do feel that there is a benefit to consuming these foods around activity. So, having a banana, watermelon, carrots and hummus, or even a yogurt/kefir can work for you depending on your condition. I personally splurge every weekend on a big mug of kefir, fruit, and paleo granola I get from thrive market post exercise. I also believe that quality wine and cheeses can be paired up without much consequence/inflammatory response if done methodically, again post exercise. Dairy can be a good source of iodine if you aren't consuming many sea veggies. Just make sure these meals DO NOT put your calories above the 7500 calorie weekly limit.

\*\*\* A note on alcohol. Alcohol is a toxin and is inflammatory within the body. But, happiness is very healthy and anti-inflammatory. So, IF alcohol truly brings you happiness, I don't see the harm in enjoying a few spirits a week. However, this is a diet geared towards accelerated results and this will not be achieved with excess alcohol. I think you will be able to see great results with 3-4 drinks per week or more specifically one bottle of wine a week. A small drink every night is ideal, but a larger glass every other night or 2 drinks twice a week is ok too. **If you truly need to binge on more than two drinks on any night, than this program is not for you.**

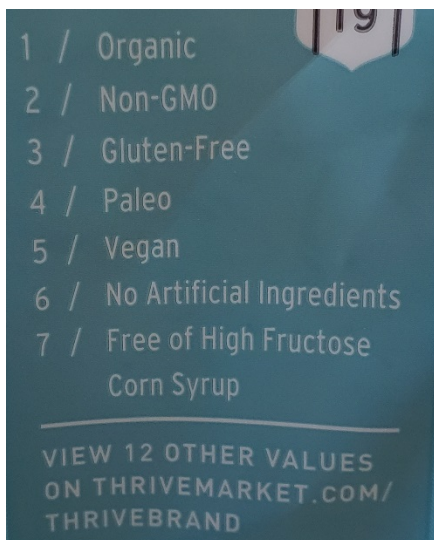
Here are five questionably beneficial splurge meals. Each meal is around 200-300 calories, so ideally you would have 2 per week in addition to your normal daily routine.

- A. Tomato stacks (not recommended if sensitive to nightshades,) 1 tomato with 1 oz. cheese (Kerrigold), 1 tsp. olive oil, herbs, vinegar, and a glass of wine. Calories, 250, Carb 30g, Fat 15g, Protein 12g.
- B. 4 tbsp. of hummus and 2 carrots. Calories 200, Carb 25g, Protein 8, Fat 7g.
- C. Apple and 1 tbsp. almond butter. Calories 210, Carb 25g, Protein 5g, Fat 9g.
- D. 1 cup cooked oatmeal with a few crushed walnuts(about 5), a small handful of berries or a small peach, a tbsp. of collagen mixed and topped with a few dashes of Ceylon cinnamon. Calories, 300 calories, Carb 40g, Protein 15g, Fat 10g.
- E. Granola (1 serving), fruit (1/2 banana, pineapple, or equivalent or whatever fruit you are craving,) and 1 cup plain Greek yogurt (or cottage cheese.) Calories 300, Carb 25g, Protein 12g, Fat 18g.

\*\*\* I totally recommend the granola option as your 'go to' splurge. Go to Thrive Market, the link is on the last page, and order all flavors of their grain free granola. They are extremely nutrient dense. I put the label below. Mix these into yogurt, kefir, or even an Ambronite shake (this is my favorite option.) If you are not sensitive to dairy, there is a benefit to the whey protein in the dairy too. Between this option and the multiple flavors of Bulletproof bars (your breakfast) your pallet should not get bored. Check out these ingredients:



\*\*\*\* If you do cheat off of the recommended diet, make sure your cheat follows the Thrive standards below. Organic, Non- GMO, etc. etc. Make sure there are not any hidden vegetable oils in whatever you are eating too.



\*\*\* Here is a pic of my splurge meal post training on weekends. Yes it is larger than your 300 calorie option, but I am a bit larger.





\*\*\* Pizza, burgers, Mexican, etc. can all be made within this diet with some creativity. My family has each of those weekly in an extremely healthy and tasty way. I am not going to list all of these recipes here (because this is really based on convenience), but I can get this stuff to you separately if desired. I learned all of these recipes from [www.paleomagonline.com](http://www.paleomagonline.com). Just subscribe!

## Diet.

**First and Foremost:** Upon waking. Hydrate. Preferably drink a large Pellegrino with 1 tsp of apple cider vinegar, ½ squeezed lemon, and a pinch of sea salt. If carbonated water isn't your thing, purified water of your choice is fine. **DO NOT HAVE COFFEE BEFORE HYDRATING!** – Unless your goal is aged and crepey skin.

**Meal 1.** Yes you can eat breakfast in this program if you have 1-2 hours prior to training. 1-2 cups of black coffee or with acceptable creamer and a Bulletproof Bar. Calories 210, Carb 13, Protein 12, Fat 14. \*\*\* calorie count does not include creamer... Supplements, 1. D3/K2, 2. B complex 3. Fish oil. \*\*\* Amount of supplements will be discussed on an individual basis.



**Option 1.** 1-2 cups of black coffee or with acceptable creamer and a tbsp. of collagen powder and 2 eggs. Calories 180,  
Same supplements.  
Carb 0 g, Protein 20 g, Fat 10 g. \* This does not include creamer...

**Option 2.** MY FAVORITE! Gorilla Coffee: 1-2 cups  
of black coffee. 1 tbsp. of walnut butter, 1 tsp. of cacao powder, 1 tbsp. collagen powder. 1 tsp. of coconut manna. You will need to blend this. Then top with a few dashes of Ceylon Cinnamon. It's Badass! Calories 190, Carb 3g, Protein 7g, Fat 15 g. same supplements...

\*\*\* Matcha green tea can be substituted for coffee.

\*\*\* Adaptogenic mushrooms can be added to coffee and teas

\*\*\* I highly recommend a matcha adaptogenic blend midday – referenced on last page.

**Option 3.** 1 serving of Organifi Complete Protein Calories 170,  
Carb 7g, Protein 20g, Fat 6g.

**Meal 2.** Leftovers from previous night. – In a perfect world... This meal would be a smaller serving than meal 3. Ideally meal 2 is around 220 calories, so think 2/3 of what you had for dinner.

**Option 1.** A 'Big Ass Salad' Mixed greens  
sprinkled with 1 serving of Sunfoods trail mix, - Mango macadamia adventure or Berry Adventure.  
Topped with a tbsp. of Primal Kitchen dressing.

Calories 220, Carb 15, Protein 3, Fat 17 \*\*\* Since this is  
\*\*\*  
fairly low in protein (which is ok,) I find that this is a good time to mix in some canned fish or oysters if that's your thing.

Crushing up and topping with nori wraps (seaweed) is a very nutritious addition in the absence of canned fish/oysters

**Option 2.** 1.5 servings of Ambronite with water.  
Calories 240g, Carb 25g, Protein 15g, Fat 10g

**Option 3.** Kion Bar. Calories  
210g, Carb 19g, Protein 10g, Fat 13g.

\*\*\* Fermented foods are good to snack on around this time and are mostly calorie free. Quality pickles, asparagus, green beans, okra, and beets, are great options. I highly recommend these snacks as well as a kombucha with lunch as well as during the 'car line' slump from 3-4pm.

\*\*\* If fermented foods are not a consistent option, taking a probiotic could be beneficial.

**Meal 3.** At least 50% of your plate full of mixed greens - the more the better!, ½ cup (fist full) cooked/sprouted grains, beans, or small potato, ¼ avocado or a tbsp. of olive oil (a thumbs worth) (If a tbsp. of Primal Kitchen dressing is used or if meat is cooked in butter, other fats are not necessary) and 3

oz. of meat (palm size.)

Calories 320, Carb 20, Protein 30, Fat 15.

\*\*\* Leftovers of this meal should be prepared for lunch the following day when possible.

**Bonus:** 1 cup of turmeric and coconut infused bone broth. – Simply heat up 1 serving of Kettle and Fire broth and add a tsp. of Curcumin Gold (turmeric) and a tsp. of coconut manna. Stir and enjoy!  
Calories 100g, Carb 0g, Protein 6g, Fat 7g.

**Dessert.** ½ oz. of the darkest chocolate possible or preferably 1 tbsp.(10 g) of cacao nibs, 1 tsp. of raw honey, 1 oz. of tart cherries. Calories 150g, Carb 20g, Protein 2g, Fat 6g

\*\*\* If you go out to a meal, try to keep your calories and macros similar to the plan. This is easier to do than you think.

\*\*\* Nighttime supplements: take magnesium prior to bed. Amount will be discussed on an individual basis.

\*\*\* I find that the combination of honey, tart cherries, and magnesium help with sleep.

## Supplements:

Other products can be used if the nutritional profile is similar.

1. Vitamin D3/K2: [https://www.amazon.com/PuraTHRIVE-Absorption-Liposomal-Delivery-Provides/dp/B071158H9H/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/PuraTHRIVE-Absorption-Liposomal-Delivery-Provides/dp/B071158H9H/ref=sr_1_4_s_it?tag=xrproducts-20)
2. B Complex: [https://www.amazon.com/Vitamin-Complex-Purathrive-electrolytes-performance/dp/B07CZ5JBBB/ref=mp\\_s\\_a\\_1\\_2?tag=xrproducts-20](https://www.amazon.com/Vitamin-Complex-Purathrive-electrolytes-performance/dp/B07CZ5JBBB/ref=mp_s_a_1_2?tag=xrproducts-20)
3. Ambronite: [https://www.amazon.com/dp/B0785X67M6/ref=mp\\_s\\_a\\_1\\_1\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B0785X67M6/ref=mp_s_a_1_1_a_it?tag=xrproducts-20&th=1)
4. Organifi Complete Protein: [https://www.amazon.com/dp/B075KWBPZ1/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B075KWBPZ1/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1)
5. Matcha/Mushroom Elixir: [https://www.amazon.com/dp/B075T8FS8T/ref=mp\\_s\\_a\\_1\\_5\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B075T8FS8T/ref=mp_s_a_1_5_a_it?tag=xrproducts-20&th=1)
6. Matcha: [https://www.amazon.com/Jade-Leaf-Matcha-Green-Powder/dp/B00PFDH0K0/ref=sr\\_1\\_4\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Jade-Leaf-Matcha-Green-Powder/dp/B00PFDH0K0/ref=sr_1_4_a_it?tag=xrproducts-20&th=1)
7. Collagen: [https://www.amazon.com/dp/B005KG7EDU/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1)
8. Magnesium: [https://www.amazon.com/dp/B0058HWV9S/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B0058HWV9S/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1)
9. Fish Oil: [https://www.amazon.com/dp/B0000V5M7G/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B0000V5M7G/ref=mp_s_a_1_3_a_it?tag=xrproducts-20)
10. Seaweed: <https://www.amazon.com/dp/B00I01ZXYE?tag=xrproducts-20&th=1>
11. Turmeric: [https://www.amazon.com/Curcumin-Liposomal-Supplement-PuraTHRIVE-Absorption/dp/B074PCCBS8/ref=sr\\_1\\_1\\_sspa?tag=xrproducts-20](https://www.amazon.com/Curcumin-Liposomal-Supplement-PuraTHRIVE-Absorption/dp/B074PCCBS8/ref=sr_1_1_sspa?tag=xrproducts-20)

12. Bone Broth: [https://www.amazon.com/Beef-Bone-Broth-Kettle-Fire/dp/B01B510T8A/ref=sr\\_1\\_2\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Beef-Bone-Broth-Kettle-Fire/dp/B01B510T8A/ref=sr_1_2_a_it?tag=xrproducts-20)
13. Coconut Manna: [https://www.amazon.com/Nutiva-Organic-Sustainably-Coconuts-15-Ounce/dp/B004T80BYE/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Nutiva-Organic-Sustainably-Coconuts-15-Ounce/dp/B004T80BYE/ref=sr_1_4_s_it?tag=xrproducts-20&th=1)
14. Salad Dressing: [https://www.amazon.com/dp/B01NGWIE9Z/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B01NGWIE9Z/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1)
15. Probiotic: [https://www.amazon.com/dp/B07F9XF122/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B07F9XF122/ref=mp_s_a_1_3_a_it?tag=xrproducts-20)
16. Trail Mix 1: [https://www.amazon.com/dp/B01MZ3TKSW/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B01MZ3TKSW/ref=mp_s_a_1_3_a_it?tag=xrproducts-20)
17. Trail Mix 2: [https://www.amazon.com/dp/B06ZYLK9BN/ref=mp\\_s\\_a\\_1\\_4\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B06ZYLK9BN/ref=mp_s_a_1_4_a_it?tag=xrproducts-20&th=1)
18. Tart Cherries: [https://www.amazon.com/dp/B07CTYLQ8/ref=mp\\_s\\_a\\_1\\_6\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B07CTYLQ8/ref=mp_s_a_1_6_a_it?tag=xrproducts-20&th=1)
19. Cacao nibs: [https://www.amazon.com/dp/B003XD13PK/ref=mp\\_s\\_a\\_1\\_4\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B003XD13PK/ref=mp_s_a_1_4_a_it?tag=xrproducts-20&th=1)
20. Cacao powder: [https://www.amazon.com/Viva-Naturals-Selling-Certified-Superior/dp/B00HES9CMS/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Viva-Naturals-Selling-Certified-Superior/dp/B00HES9CMS/ref=sr_1_4_s_it?tag=xrproducts-20&th=1)
21. Honey: [https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B01FLUX41A/ref=sr\\_1\\_1\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Wedderspoon-Premium-Manuka-Honey-KFactor/dp/B01FLUX41A/ref=sr_1_1_a_it?tag=xrproducts-20&th=1)
22. Kion Bar: <https://getkion.com/shop/body/kion-bar/>
23. Salmon: <https://www.vitalchoice.com/>
24. Sardines: [https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr\\_1\\_2\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr_1_2_s_it?tag=xrproducts-20&th=1)
25. Oysters: [https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr\\_1\\_2\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr_1_2_s_it?tag=xrproducts-20&th=1)
26. Beef: <https://grasslandbeef.com/>
27. Thrive Market: Miscellaneous stuff: I get granola (Thrive Brand), sauerkraut and fermented beets, all my condiments (primal kitchen) and much more here. <http://thrv.me/xrproducts>. Yes I get \$\$\$ when you use this website. Go to Thrive brand to find all of the granola options.
28. Walnut butter: [https://www.amazon.com/dp/B005ET3E32/ref=mp\\_s\\_a\\_1\\_5\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B005ET3E32/ref=mp_s_a_1_5_a_it?tag=xrproducts-20&th=1)
29. Adaptogenic mushroom blend: [https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PMOM/ref=sr\\_1\\_1\\_sspa?tag=xrproducts-20&th=1](https://www.amazon.com/Four-Sigmatic-Mushroom-Blend-dual-extracts/dp/B01D52PMOM/ref=sr_1_1_sspa?tag=xrproducts-20&th=1)
30. Ceylon Cinnamon: [https://www.amazon.com/dp/B071HSW2MY/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/dp/B071HSW2MY/ref=mp_s_a_1_3_a_it?tag=xrproducts-20&th=1)