

REAL FOOD EATING CHART

PROTEINS

Organic, Free-Range,
Grass-fed, Wild, Local

INCLUDING BUT NOT LIMITED TO:

Beef	Catfish
Bison	Clam
Boar	Grouper
Buffalo	Halibut
Chicken Breast	Herring
Chicken Thigh	Lobster
Duck	Mackeral
Game Meats	Mahi Mahi
Lamb	Oyster
Organ Meats	Salmon
*liver	Sardines
*kidney	Scallops
Ostrich	Shrimp
Pork	Snapper
Rabbit	Swordfish
Turkey	Trout
Veal	Tuna
Venison	

NUTS/SEEDS

Raw is Best

INCLUDING BUT NOT LIMITED TO:

Almonds	Pine
Brazil Nut	Pistachios
Chestnut	Pumpkin
Hazelnut	Sunflower
Macadamia	Walnut
Pecans	

BEVERAGES

"0" Calorie

Unsweetend Almond Milk,
Coconut Milk, Coconut Water,
Unsweetened Herbal Teas
Black Coffee (1-2 Cups Max), Water

VEGETABLES

INCLUDING BUT NOT LIMITED TO:

Artichoke	Leeks
Asparagus	Lettuce
Beets	Mushrooms
Bok Choy	Mustard Greens
Broccoli	Okra
Brussels Sprouts	Onions
Cabbage	Peppers
Carrots	Radish
Cauliflower	Seaweed
Celery	Snap Peas
Chard	Spinach
Collards	Squash
Cucumber	Sweet Potato
Daikon	Tomato
Garlic	Watercress
Green Beans	Yam
Jicama	
Kale	

HEALTHY FATS OILS

INCLUDING BUT NOT LIMITED TO:

Avocado & Oil	Lard
Bacon Fat	Macadamia Oil
Butter	Olive Oil
Coconut Oil	Palm Oil
Coconut Milk	Sesame Oil
Duck Fat	Walnut Oil
Ghee	

ACCEPTABLE DAIRY FERMENTED FOODS

Vegetables (Kimchi), Kefir, Kombucha
Grass-fed Butter/ghee, Goat Milk
Unsweetened Greek Yogurt

FRUITS

1-2 Servings
Max For Fat Loss

INCLUDING BUT NOT LIMITED TO:

Apples	Lime
Apricot	Mango
Avocado	Melon(S)
Banana	Oranges
Blackberries	Peaches
Blueberries	Pears
Cherries	Pineapple
Cranberries	Plantain
Figs	Plum
Grapefruit	Pomegranate
Grapes	Raspberries
Guava	Strawberries
Kiwi	Watermelon
Lemon	

HERBS & SPICES

INCLUDING BUT NOT LIMITED TO:

Basil	Ginger
Bay Leaf	Lavender
Carob	Lemongrass
Cayenne Pepper	Licorice
Celery Seed	Mint
Chili Pepper	Mustard
Chive	Oregano
Cilantro	Paprika
Cinnamon	Parsley
Clove	Pepper
Cumin	Rosemary
Curry	Thyme
Dill	Tumeric
Fennel	Vanilla
Fenugreek	Wasabi
Garlic	