# REAL FOOD EATING CHART

## PROTEINS
- **Organic, Free-Range, Grass-fed, Wild, Local**
- **Including but not limited to:**
  - Beef
  - Bison
  - Boar
  - Buffalo
  - Chicken Breast
  - Chicken Thigh
  - Duck
  - Game Meats
  - Lamb
  - Organ Meats
  - “Liver”
  - “Kidney”
  - Ostrich
  - Pork
  - Rabbit
  - Turkey
  - Veal
  - Venison
  - Catfish
  - Clam
  - Grouper
  - Halibut
  - Herring
  - Lobster
  - Mahi Mahi
  - Oyster
  - Salmon
  - Sardines
  - Scallops
  - Shrimp
  - Snapper
  - Swordfish
  - Trout
  - Tuna

## VEGETABLES
- **Including but not limited to:**
  - Artichoke
  - Asparagus
  - Beets
  - Bok Choy
  - Broccoli
  - Brussels Sprouts
  - Cabbage
  - Carrots
  - Celery
  - Chard
  - Collards
  - Cucumber
  - Daikon
  - Garlic
  - Green Beans
  - Jicama
  - Kale
  - Leeks
  - Lettuce
  - Mushrooms
  - Mustard Greens
  - Okra
  - Onions
  - Peppers
  - Radish
  - Seaweed
  - Snap Peas
  - Spinach
  - Squash
  - Sweet Potato
  - Tomato
  - Watercress
  - Yam

## FRUITS
- **Including but not limited to:**
  - Apples
  - Cranberries
  - Lime
  - Plantain
  - Apricot
  - Figs
  - Mango Avocado
  - Plum
  - Melon
  - Grapefruit
  - Oranges
  - Pomegranate
  - Blackberries
  - Grapes
  - Peaches
  - Raspberries
  - Peaches
  - Strawberries
  - Pears
  - Kiwi
  - Cherries
  - Watermelon
  - Pineapple
  - Lemon

## NUTS/SEEDS
- **Raw is Best**
- **Including but not limited to:**
  - Almonds
  - Brazil Nut
  - Chestnut
  - Hazelnut Macadamia
  - Pecans
  - Pine
  - Pistachios
  - Pumpkin
  - Sunflower
  - Walnut
  - Oyster
  - Salmon
  - Sardines
  - Scallops
  - Shrimp
  - Snapper
  - Swordfish
  - Trout
  - Tuna

## BEVERAGES
- **Unsweetened Almond Milk**
- **Coconut Milk**
- **Coconut Water**
- **Unsweetened Herbal Teas**
- **Black Coffee (1-2 Cups Max)**
- **Water**

## HEALTHY FAT OILS
- **Including but not limited to:**
  - Avocado & Oil
  - Bacon Fat
  - Butter
  - Coconut Oil
  - Coconut Milk
  - Duck Fat
  - Ghee
  - Lard
  - Macadamia Oil
  - Olive Oil
  - Palm Oil
  - Sesame Oil
  - Walnut Oil

## ACCEPTABLE DAIRY FERMENTED FOODS
- **Vegetables (Kimchi)**
- **Kefir**
- **Kombucha Grass-fed Butter/ghee**
- **Goat Milk**
- **Unsweetened Greek Yogurt**

## HERBS & SPICES
- **Including but not limited to:**
  - Basil
  - Bay Leaf
  - Carob
  - Cayenne Pepper
  - Celery Seed
  - Chili Pepper
  - Chive
  - Cilantro
  - Cinnamon
  - Clove
  - Cumin
  - Curry
  - Dill
  - Fenugreek
  - Garlic
  - Ginger
  - Lavender
  - Lemongrass
  - Licorice
  - Mint
  - Mustard
  - Oregano
  - Paprika
  - Parsley
  - Pepper
  - Rosemary
  - Thyme
  - Turmeric
  - Vanilla
  - Wasabi

---

LIMITLESS 365.com