

## Animal Protein

Fish 6 ounces per serving, all other meat 4 ounces per serving, a serving of eggs is 2.



## Core Foods (in order of preference)

- Wild-caught cold-water fatty fish (no white fish, no bottom feeders— ONLY the following):
  - Alaskan wild salmon
  - Ahi tuna
  - Atlantic herring
  - Atlantic mackerel
  - Sardines
  - Trout
- Game meats, all types: venison, elk, buffalo/bison, pheasant, etc., 4 ounces per serving
- Lamb, 4 ounces per serving
- Lean grass-fed beef, 4 ounces per serving
- Organic-only poultry (chicken, turkey, duck, etc.), 4 ounces per serving
- Organic eggs

## Use Sparingly (in order of preference)

- Scallops, 4 ounces per serving
- Shrimp, 4 ounces per serving, should be wild-caught only from the Pacific, not the Atlantic or Gulf

Note: Avoid shrimp from India, Indonesia, Bangladesh, Vietnam, Thailand, and Mexico as well as all shrimp that is farmed, grown in ponds, or caught with bottom trawling.

- All other shellfish, 4 ounces per serving: crab, lobster, clams, oysters, langostino, etc.

## Plant Protein

1/2 cup or 4 ounces per serving.



### Use Sparingly (if you are vegetarian, these can be core foods)

- Beans, peas, lentils, edamame (canned, rinsed, and drained, or prepared from dried)
- Hummus
- Non-GMO organic tofu
- Non-GMO organic tempeh

## Non-starchy Veggies (Fresh or Frozen)

Serving sizes unlimited.

### Core Foods

- All, preferably organic (e.g., all leafy greens, broccoli, cauliflower, Brussels sprouts, asparagus, onions, garlic, mushrooms, etc.) and brightly colored vegetables (tomatoes, peppers, carrots, summer squashes, zucchini, etc.)

## Starchy Veggies (Fresh)

Serving size 1 medium or 1/2 cup cooked.

### Use Sparingly

- All except white/yellow/red potatoes, preferably organic (such as sweet potatoes, yams, purple/blue potatoes, winter squashes like acorn and butternut, pumpkin, fresh peas, fresh corn, parsnips, rutabagas, turnips)

## Fruits

Serving size 1 medium piece or 1 cup raw.



Note: No more than 1 cup or piece of fruit per day, preferably in the morning or before exercise.

## Core Foods

- All berries, fresh or frozen, unsweetened, no additives

## Use Sparingly

- All other fresh or frozen, unsweetened, no additives

## Oils/Fats

Serving size 1 tablespoon.

## Core Foods

- Extra-virgin olive oil, to eat on salads
- Olive oil for cooking
- Avocado oil
- Grapeseed oil

## Use Sparingly

- Coconut oil, only small amounts for cooking (no coconut milk)  
(Children can have more.)
- Cold-pressed raw nut or seed oils, for flavor, all, such as walnut oil, almond oil, sesame oil, hazelnut oil, etc.

## Grains: Gluten-Free Only!

Serving size 1/2 cup cooked.



### Use Sparingly

- Gluten-free ancient grains only: quinoa, amaranth, millet, buckwheat, and certified gluten-free oats
- Organic brown rice

## Dairy

Serving sizes 1 cup milk, 6 ounces or 1/2 cup of yogurt, 2 ounces or 1/4 cup cheese.

### Use Sparingly

- Goat's milk, or yogurt or cheese made from goat's milk
- Sheep's milk, or yogurt or cheese made from sheep's milk
- Non-dairy milks, yogurts, and cheeses made from organic nuts, seeds, or gluten-free grains; must be unsweetened (such those made from almonds, coconuts, oats, hemp, cashew, hazelnut, etc.)

## Nuts/Seeds, Raw Only, Never Roasted, Salted, Or Flavored

2 tablespoons total per serving in any recipe.

### Core Foods

- Walnuts, almonds, pistachios, Brazil nuts, sesame seeds, pumpkin seeds, flaxseeds, and chia seeds

### Use Sparingly

- All other nuts, such as cashews, pecans, hazelnuts, macadamia nuts

## Herbs And Spices, Pure Only, No Purchased Store Mixes



### Core Foods

- All, fresh or dried, use liberally—these have many health benefits, unlimited serving size
- Natural unprocessed salt, such as natural sea salt, Himalayan salt, black salt, gray salt, etc., no more than 1 teaspoon per serving in any recipe
- Pepper, all types (black, white, red), unlimited serving size

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### Sweeteners, Natural Only

Serving size max 1 tablespoon.

### Use Sparingly

- Real maple syrup
- Raw honey
- Agave nectar
- Pure date syrup
- Coconut sugar
- Molasses
- Brown rice syrup

## Beverages



## Core Foods

- Spring water, unlimited
- Green tea, no more than 4 cups of tea total per day
- White tea, no more than 4 cups of tea total per day

## Use Sparingly

- Organic black coffee, no more than 16 ounces per day
- Organic black tea, no more than 16 ounces per day
- Wine, no more than 4 ounces per day
- Beer, no more than 12 ounces per day
- Unsweetened alcoholic drinks, no more than 2 ounces of alcohol per day, must be gluten-free