

		DO IT!	PASS IT UP!
Proteins and Fats	PRIMARY PROTEINS/ FATS	Bass, beef, bison, buffalo, chicken, clams, crayfish, duck, eggs with yolks, elk, emu, game hens, goose, grouse, halibut, lamb, lobster, mackerel, mahi mahi, mussels, mutton, organ meats, oysters, pork, rabbit, red snapper, salmon, sardines, scallop, tuna, trout, turkey, veal, venison, wild game	Lunch meats, hot dogs, any other processed meat, shark, swordfish, orange roughy (these fish are high in mercury), most protein powders (see page 81)
	FATS & OILS	Avocado, avocado oil (cold pressed), bacon fat, chicken fat, coconut butter, coconut milk, coconut oil, duck fat, flax oil (cold pressed), ghee, lard, olives, olive oil (cold pressed), palm oil, tallow, sesame oil (cold pressed)	Canola oil, cottonseed oil, Crisco, hydrogenated oils, imitation butters (if it's not butter, then what the heck is it?), shortening, soybean oil, vegetable oil
	NUTS & SEEDS	Almonds, almond butter, brazil nuts, cashews, cashew butter, chestnuts, flax seeds, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts Note: nuts should be preferably raw.	Roasted, salted, or sugar-coated nuts and seeds Note: If you have allergic reactions to nuts, please continue to avoid them.
	DAIRY	(Avoid until after the 8th day) raw butter, raw cheeses, raw cultured dairy products (kefir, yogurt), raw milk	All other organic or commercial dairy products, including butter
Carbohydrates	VEGGIES	Low/Medium-Starchy Vegetables (including but not limited to): Artichoke, asparagus, beet greens, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cilantro, collards, cucumber, dandelion, eggplant, endive, green onions, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, peppers, radish, rutabaga, sea vegetables, spinach, swish chard, tomatillos, tomato, turnip greens, turnips, yellow squash, watercress, zucchini Starchy Vegetables* (including but not limited to): Beet, parsnip, pumpkin, sweet potatoes, winter squash, yams * Consume starchy vegetables in small amounts. They are best eaten directly after exercise.	
	FRUITS Limit fruit to 2-3 servings per day	(Including but not limited to): Apricot, bananas, berries of all types*, cantaloupe, casaba melon, cherries, coconut*, figs, grapefruit, grapes, guava, green apples*, honeydew melon, kiwi, kumquat, lemon, lime, mango, melon, nectarine, orange, papaya, passion fruit, peaches, pears*, persimmon, pineapple, plums, pomegranate, raisin, red apples * Indicates fruits that are lower in sugar and preferable for those seeking fat loss	Canned fruits
	SUGARS, FLOUR PRODUCTS, GRAINS, & BEANS	Avoid them all as best as possible. If you are having a tough time adjusting to this, small 1/3 cup servings of cooked beans, rice, buckwheat, quinoa, millet, corn, and gluten-free oats are acceptable. Coconut and almond flours are also acceptable. Note: Stevia, xylitol, and unheated, unfiltered honey are acceptable in moderation.	
	BEVERAGES	Consume about half your body weight in ounces of filtered water daily, preferably between meals. For variety, have coconut water, herbal tea, and/or fresh vegetable or fruit juice.	