**PROTEINS**

*Servings/day _____*  

**Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.**

### Animal Protein:
- **Egg**
- **Fish**: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.
- **Meat**: Beef, buffalo, elk, lamb, venison, ostrich, etc.
- **Poultry (skinless)**: Chicken, Cornish hen, duck, pheasant, turkey, etc.

### Plant Protein:
- **Black soybeans**
- **Edamame**
- **Hemp tofu**
- **Mung bean/Edamame pasta**
- **Flaxseed**
- **Hemp seeds**
- **Pumpkin seeds**
- **Sunflower seeds**
- **Walnut halves**

Average protein serving is 3-4 oz (size of palm of hand).

**NOTES:** Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

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**DAIRY ALTERNATIVES**

*Servings/day _____*  

**Unsweetened, organic preferred**

- **Yogurt**: Coconut (plain) 2-6 oz
- **Kefir**: Coconut (plain) 2-6 oz
- **Nut/seed milk**: Almond, cashew, coconut, flaxseed, hazelnut, hemp 2-8 oz

1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

**NO DAIRY ALLOWED**

**NUTS & SEEDS**

*Servings/day _____*  

**Unsweetened, unsalted, organic preferred**

- **Almonds**
- **Brazil nuts**
- **Cashews**
- **Chia seeds**
- **Coconut (dried)**
- **Coconut wraps**
- **Flaxseed (ground)**
- **Hazelnuts**
- **Hemp seeds**
- **Macadamias**

1 serving = 45 calories, 5 g fat

**FATS & OILS**

*Servings/day _____*  

**Unrefined, cold pressed, organic, non-GMO preferred**

- **Avocado**
- **Coconut butter**
- **Coconut milk**
- **Ghee/clarified butter**
- **Oils, salad**

1 serving = 45 calories, 5 g fat
### VEGETABLES Non-starchy Carbs

<table>
<thead>
<tr>
<th>Servings/day ______</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brassicales</strong> (i.e. Cruciferous)</td>
</tr>
<tr>
<td>□ Arugula</td>
</tr>
<tr>
<td>□ Broccoliflower</td>
</tr>
<tr>
<td>□ Broccoli</td>
</tr>
<tr>
<td>□ Broccoli sprouts</td>
</tr>
<tr>
<td>□ Brussels sprouts</td>
</tr>
<tr>
<td>□ Cabbage</td>
</tr>
<tr>
<td>□ Cauliflower</td>
</tr>
<tr>
<td>□ Horseradish</td>
</tr>
<tr>
<td>□ Kohlrabi</td>
</tr>
<tr>
<td>□ Radishes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Other Non-Starchy Vegetables</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Artichokes</td>
</tr>
<tr>
<td>□ Asparagus</td>
</tr>
<tr>
<td>□ Celery</td>
</tr>
<tr>
<td>□ Sprouts, all</td>
</tr>
</tbody>
</table>

**Detoxifying Leafy Greens**

| □ Bok choy |
| □ Chard/Swiss chard |
| □ Chervil |
| □ Cilantro |
| □ Endive |
| □ Escarole |
| □ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. |
| □ Microgreens |
| □ Parsley |
| □ Radicchio |

**Thiols**

| □ Chives |
| □ Daikon radishes |
| □ Garlic |
| □ Leeks |
| □ Onion |
| □ Scallions |
| □ Shallots |

**Liver & Kidney Support**

| □ Artichokes |
| □ Asparagus |
| □ Celery |
| □ Sprouts, all |

**Unsweetened, no sugar added**

- Blackberries—¾ c
- Blueberries—¾ c
- Cherries—12
- Cranberries—¾ c
- Kiwi—1 med

1 serving = 60 calories, 15 g carbs

**NO OTHER FRUITS ALLOWED**

### FRUITS Carbs

<table>
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</tbody>
</table>

1 serving = 60 calories, 15 g carbs

### BEVERAGES

Unsweetened, no sugar added

- □ Broth (organic):
  - Bone, meat
- □ Coconut water kefir
- □ Filtered water

**NO COFFEE, ALCOHOL, CAFFEINE, SODA**

### CONDIMENTS

- □ Coconut aminos
- □ Lemon/lime juice (fresh)
- □ Miso
- □ Mustard: Dijon, stone ground

Use sparingly; suggest 1 T or less per serving.

**NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT IS NOT LIMITED TO) ASPARTAME, SPLENDA, STEVIA, AND SUGAR ALCOHOLS.**

### HERBS & SPICES

- □ Basil
- □ Bay leaf
- □ Black pepper
- □ Cayenne pepper
- □ Chili powder
- □ Cilantro
- □ Cinnamon
- □ Cloves
- □ Cacao powder
- □ Coriander seed
- □ Cumin
- □ Curry powder
- □ Dill
- □ Fenugreek
- □ Garlic powder
- □ Ginger
- □ Himalayan salt
- □ Nutmeg
- □ Onion powder
- □ Oregano
- □ Parsley
- □ Paprika
- □ Pumpkin spice
- □ Red curry paste
- □ Rosemary
- □ Sage
- □ Sea salt
- □ Thyme
- □ Turmeric
- □ Vanilla bean (whole)

### Organic, non-GMO fruits, vegetables, herbs and spices preferred

Organic, non-GMO fruits, vegetables, herbs and spices preferred