



CONSUME FOODS THAT HEAL.....AVOID FOODS THAT INFLAME

Vegetables:

(p) = Prebiotic rich sources
(i) = Iodine rich sources

- **1. Broccoli**
- **2. Asparagus (p)**
- **3. Kale**
- **4. Bell Peppers**
- **5. Garlic (p)**
- Collard Greens
- Artichoke (p)
- Sweet Potatoes
- Turnip Greens
- Spinach (i)
- Cabbage
- Swiss Chard (i)
- Carrots (i)
- Onions (p)
- Mustard Greens
- Cauliflower
- Zucchini
- Romaine Lettuce
- Celery
- Mushrooms
- Cucumber
- Arugula
- Watercress (i)

☆ lightly steam if needed

Fill grocery cart, as many servings as you wish!!!

Fruits:

☆ Around 20 net grams of carbs—sugars/ serving.

- **6. Avocado**
- **7. Apples (p)**
- **8. Raspberries**
- **Blackberries**
- **Blueberries**
- **Strawberries (i)**
- Bananas (p..i)
- Pears (i)
- Cranberries (i)
- Cherries
- Oranges
- Nectarines
- Pineapple
- Kiwi
- Peaches
- Grapefruit
- Grapes (i)
- Cantaloupe
- Watermelon
- Olives

*3 servings per day

*1 cup or medium size

Nuts and Seeds:

☆ zero to minimal lectin content

☆ use for snacks (2/day @ 1-2 ounces)

- **9. Walnuts**
 - **10. Chia seeds (3-4 servings/day) (p)**
 - Pistachios
 - Almonds
 - Pecans
 - Brazil Nuts (i)
 - Macadamia Nuts
 - Sesame seeds (i)
 - Flax (golden flax) seeds (p)
- NON roasted or salted (raw)*

Poultry and Fish: 3-4/day of 4 oz.

- **11. Oily fish—salmon, tuna, mackerel (i)**
- **12. Poultry—turkey & chicken**
- **13. Omega 3 eggs (both white and yolk) (i)**
- *Beef - clean grass feed if possible! (1/day)

10 Spices for cooking poultry

- Black Pepper, Cilantro, Parsley, Sage, Rosemary, Turmeric, Oregano, Thyme, Cardamom, Cumin

Misc. Items:

- **14. Green Tea**
- **15. Olive Oil / MCT oil (2-3/day @ 1 tbsp.)**
- Lemon/Lime for salad & cooking
- Apple Cider Vinegar (p)
- Almond Milk / Flax Milk (8 oz/day)
- Dark Chocolate (1-2 oz. / day) (p)
- Nut butters (except peanut butter)
- Stevia for sweetener
- *Wine (1-2 glasses/day)

***LIMIT TO ONCE A DAY OR EVERY OTHER DAY.**

***BOLD NUMBERS 1-15 ARE MY TOP 15 FOODS FOR OPTIMAL HEALTH.**

INFLAMMATORY ELIMINATION—AVOID FOR 10 DAYS

- Grains of any kind (bread, rice, pasta, etc.)
- Dairy of any kind
- Beans / legumes of any kind
- Night shade veggies—*tomato, squash, corn, potatoes, eggplant, other peppers*
- Red meat / Pork / Soy
- Alcohol

**Crucial Moment: What to Eat?*

**Vital Behavior: Plan/Prep against that Question!*

NEXT 10 DAYS....

(BEGIN TO RE-INTRODUCE CERTAIN FOODS)

Tip: Keep it Simple!

Breakfast:

1. *2-4 Eggs / Cup Berries / 1 oz. Cheese / (1-2) tbsp. MCT oil / 1 slice Rye bread \$3-4
2. Oikos Greek Yogurt with Chia Seeds / Berries / (1-2) tbsp. MCT oil \$3
3. Avocado / Cup of Berries / MCT or other oil / 2-4 oz. of meat / 1 oz. cheese \$3-4
4. Steak and eggs / Berries \$4-5

Lunch:

1. 4/5 oz. of meat / mixed veggies / 1 oz. Cheese / Oil of choice / Berries \$4-6
2. Mixed greens Chicken salad / Olive oil dressing / Berries / walnuts \$4-6
3. Chicken or Turkey on Rye (1 slice) / MCT oil / Veggies \$4-6
4. Mediterranean Salad with olives / Oil / Veggies \$4-6

Dinner:

1. Salmon / mixed veggies / Oil / Cauliflower rice 4-6 oz. / full plate \$4-6
2. Chicken / veggies / sweet potato 4-6 oz. / full plate \$4-6
3. Mixed Greens Chicken Salad / Olive oil 4-6 ounces \$4-6
4. Steak / Mixed Veggies / Salad / Bake Potato 4-6 ounces \$4-6

Snacks:

- | | | | |
|--------------------|---------------|-----------|--------------------|
| 1. Walnuts/Nuts | 1 ounce | .50 cents | Healthy fats/ALA |
| 2. Banana or Apple | Medium pieces | .50 cents | Potassium/Fiber |
| 3. Dark Chocolate | 1 ounce | .66 cents | Fiber/healthy fats |
| 4. Meat of choice | 3-4 ounces | \$1.35 | Protein |

Top 5 Supplements:

1. Probiotics - make sure it has 10 strains and 10-25 billion cultures (fruitfullyield.com)
2. Super Enzymes - catalysts for digestion (fruitfullyield.com)
3. Vitamin D - essential!! (thorne.com)
4. Spirulina - superfood multivitamin (nutrex-hawaii.com)
5. Curcumin (turmeric) - massive anti-oxidant (fruitfullyield.com)
6. Bonus Supplement — MCT oil - fat burner, healthy fuel, energy (fruitfullyield.com)

*Never eat 3 hours before retiring for night to sleep

*Try to keep total carb count around 50 grams/day if you are Insulin Resistant, overweight or tired!