

Foods to Eat

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While the foods to remove list may seem long, there are far more foods that you can eat than can't. The foods allowed are slightly different depending on if you are on Path 1 or Path 2. It will be noted anywhere that there are exceptions to foods being used for both Paths.

Vegetables

As mentioned, vegetables should make up most of your diet. On Path 1, there are **no limitations**. There are a few notes to make though.

I would encourage you to eat organic whenever possible. Conventionally grown vegetables are still good for you, no question, but there are some downsides. For the most part, vegetables are sprayed with herbicides and pesticides, which add to the toxic load on your body. In fact, they add to it a lot. There is also the consideration of genetically modified organisms (GMO). This is a rather big topic wrought with misinformation, however, there is enough evidence pointing to some forms of GMO's being unhealthy at best and damaging at worst. Again, it is best to avoid them when possible.

Do your best to eat as many different colors of vegetables as possible. Also, mix it up. Try new vegetables.

Don't let this become a pre-occupation. Do your best, eat organic when possible. But if you must choose between eating organic and not eating, then eat the non-organic.

If you are on Path 2, remember to avoid nightshade vegetables. Nightshades include:

- Tomatoes (all varieties, and tomato products like marinara, ketchup, etc.)
- Tomatillos
- Potatoes (white and red potatoes need to be avoided, however, sweet potatoes are not nightshades)
- Eggplant
- All peppers (bell peppers, jalapeno, chili peppers, and hot peppers)
- Red spices (curry powder, chili powder, cayenne powder, red pepper)
- Paprika
- Pimentos
- Tobacco
- Goji berries
- Ground cherries (different from regular cherries)
- Ashwagandha

Fruit

All fruits are acceptable, but once again there are a few considerations.

Just as with vegetables, whenever possible choose organic, for the same reasons. While all fruits are on the table of what you can eat, be mindful of the fact that fruits do indeed raise your blood sugars levels. Fortunately, the sugars found in fruits are bound to fibers, which slow down the rate in which your body absorbs sugar.

There are two fruits I would say to consume less of: apples and bananas. This may seem strange as they are staple fruits for the most part, but both of these fruits increase blood sugar levels quite rapidly, which, as we know, is not ideal.

Protein

Clean Animal Sources of Protein

When choosing animal protein, there are a few things to keep in mind. Do your very best to buy high quality organic. When buying poultry look for free range or wild game. When buying meat look for grass-fed. Fish should be the main source of animal protein you eat. When buying fish look for fish that is sustainably caught, I really stress this fact as overfishing is a major issue.

Fish

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|---|------------------------------------|
| • Alaskan salmon, wild-caught | • Bass (saltwater, striped, black) |
| • Albacore tuna (U.S., Canada, wild, pole-caught) | • Butterfish |
| • Anchovies | • Catfish |
| • Arctic char | • Clam |
| • Atlantic mackerel | • Cod (Alaskan) |
| | • Crab (domestic) |

- Crawfish/crayfish
- Croaker (Atlantic)
- Flounder
- Herring
- Lobster
- Mahi-mahi
- Mussels
- Oysters
- Pollock
- Rainbow trout
- Sardines
- Scallops
- Shrimp
- Skipjack tuna (U.S., Canada, wild, pole-caught)
- Sole (Pacific)
- Squid (calamari)
- Tilapia

- Tuna (canned chunk light) – be mindful of the amount, tuna can have higher mercury content.
- Whitefish

Meat

- Beef
- Bison
- Elk
- Lamb
- Pork
- Rabbit
- Venison

Poultry

- Chicken
- Duck
- Goose
- Ostrich
- Quail
- Turkey

High Quality Plant Sources of Protein

All of the plants listed below are high in protein. On Path 1, all of them are acceptable. On Path 2, there are a few exclusions.

- Almond butter
- Chickpeas
- Hemp protein powder
- Hemp hearts/hempseed
- Lentils
- Mung beans
- Natto (organic non-GMO)
- Sacha inchi seed protein powder
- Tempeh (organic non-GMO)

If you are on path 2, avoid the foods above. The foods below are still on the table!

- Artichokes
- Asparagus
- Avocado
- Broccoli
- Brussels sprouts
- Chlorella or spirulina
- Maca powder
- Nutritional yeast

- Spinach

Fats

Healthy fats make up a large part of a healthy diet. It is important to consider how we are consuming fats, as some ways are healthier than others. Whether a fat is considered healthy or not depends, in part, on whether or not we are heating the oils. Ideally, oils are not heated. Using fats for cooking is acceptable, however, make sure that when you are heating your oils and fats, that you do not let them heat to the point of smoking or changing color in the pan. When a fat starts to smoke, it has oxidized which leads to a dramatic increase in free radicals.

Ideal fats for cooking

Low Heat

- Extra-virgin olive oil
- Extra-virgin avocado oil
- Extra-virgin coconut oil

High Heat

- Lard
- Avocado oil
- Coconut oil
- Grass-fed ghee
- Macadamia nut oil (only on Path 1)
- Olive oil (not extra virgin)

Herbs and Spices

Adding fresh herbs and spices to your meals is not only a way to make them tastier, but herbs and spices are also packed full of essential vitamins and minerals, and many of them are anti-inflammatory. There is no limit in herbs and spices, simply be mindful of the source. Do your best to buy organic.

Beverages

One big culprit to avoid is fruit juice. Often sold as a healthy alternative, fruit juice is incredibly high in sugar. Here is a list of beverages to enjoy:

- Bone broth (organic)
- Carbonated water (make sure there is no sugar added)
- Green juices
- Kombucha (be mindful of added sugar)
- Organic coconut water
- Tea (organic)