

wine, coffee dark chocolate

Serving = sparingly

Tea



herbal, green, rooibos Serving = 2+ cups daily

Fresh Herbs/Spices

thyme, oregano, garlic, ginger, cumin, cayenne
Servings = use liberally!



Fruit

Any fruits, but berries are best
Serving = 1 medium piece or 1/2c
2-3 servings daily



High Quality Protein

grass-fed beef, bison, eggs, venison, free range chicken, wild Alaskan salmon, sardines Serving = 3oz or 2 eggs 3-4 servings daily

Complex Carbohydrates

beans, whole grains, legumes, sprouted grains, sweet potato, winter squash Serving = 1/2c cooked 3-5 servings daily



Healthy Fats

Extra Virgin Olive Oil, avocado, nuts/seeds, coconut oil, grass-fed butter/ghee, ground flax seeds

Serving = 1tsp oil/fat or 1oz nuts/seeds

5-7 servings daily



Dark Leafy Vegetables

spinach, collard greens, swiss chard, kale, red and green leaf romaine, broccoli, mustard greens

Serving = 1c raw or 1/2c cooked 1-3 servings daily

Colorful Vegetables

orange/yellow: carrots, yellow bell peppers blue/purple: purple cabbage, purple asparagus red: beets, radishes, red bell peppers, red onion green: artichoke, arugula, asparagus, brussel sprouts white: cauliflower, jicama, kolrabi, mushrooms, parsnips Serving = 1c raw or 1/2c cooked 4-7 servings daily

