

**Unlimited Amounts**

- Cook All Vegetables- until soft. Do not overcook. Any method is appropriate.
- Cooked Vegetables should be eaten 2-3 meals daily with protein and fat \*see below. Organic is best if possible.
- Very little raw is needed. 1-2oz/day of raw is OK- may be in the form of *herbal/spice condiment*.
- 1-2oz/day or less of *herbs and spices only*. Please use salt generously. Sea Salt only. **NO** Table Salt

All Cabbage	Broccoli	Rutabagas
Brussel Sprouts	Beet Leaves	Beet Roots
Peas / Green Beans	Dandelion Greens	Watercress
Bamboo Shoots	Spinach	Carrot Roots
Leeks	Rhubarb	Arugula
Mustard Greens / Collard Greens	Chard	Sprouts
Micro Greens/Sprouts (eat less often)	Black Radish / Red Radish / Rainbow	Wheat Grass (needs to be juiced, and sipped)
Celery / Celery Root	Chives	Endives
Radicchio	Turnips	Asparagus *eat less
Bok Choy	Kohlrabi	Garlic
Cauliflower	Daikon	Scallions / Green Onions/ All Onions
Burdock Root	Parsnips	Lettuces
Artichokes *eat less	Chicory Greens	Watercress
Rosemary / Basil/ Thyme	Mustard seed/Sesame seed	Parsley / Cilantro
Fennel/ Dill	Cayenne/ Cumin/ Lemon Grass	Turmeric Root / Ginger Root
Sea Salt ONLY (Pink Himalayan Salt and Redmonds Real Salt is the best)	Arrowroot Powder	Tarragon

Very little juice is recommended- 8 oz per day is ok. Needs to be sipped. Carrot, greens, wheat grass is the best.

**2-3 Times Daily**

- 10- 12 oz of meat total per day. Recommended 3-4oz at each meal. If person is over 185lbs- may need more.
- All meat must be raised without antibiotics and hormones. Should be pasture raised when possible

Dark/White Chicken	Eggs (yoke should always be a little runny)
Dark/White Turkey	Duck/other fowl

**3 Meals Per Week**

- Red Meat needs to be eaten 2-3 meals per week. Follows the same guidelines as other meat above.

Lamb *highly recommended	Elk
Venison (deer) *highly recommended	Antelope
Buffalo *eaten less often	Cow *eaten less often

Bone Broth should be eaten weekly if possible. All bones are good except pork and fish. Needs to be sipped.

**1 Meal Daily Or Less**

- NO wheat at all. NO gluten at all. All corn must be organic.

Wild Rice (no other type of rice)	Quinoa
Amaranth	Buckwheat
Lentils/legumes	Chickpeas/hummus
Blue Corn / Yellow Corn (corn chips are recommended)	Sweet Potato / Yam (no white Potato)
Winter squashes / jicama *2 meals/week or less	Fermented Veggie- Sauerkraut only *1 meal/week or less
Roasted Almonds * eat less often (rarely other nuts, roasted only)	Toasted Sesame Seeds *eat less often (rarely other seeds, roasted only)
Olives *eaten less often	Nutritional Yeast/ Apple cider Vinegar *with one meal/week or less

**1-3 Times Weekly**

- Dairy must be raw or fermented only. No pasteurized dairy should be eaten at all.
- If sensitive to cow, you may eat sheep/goat. Eat no dairy at all if you are sensitive to the recommendations below.

Sheep cheese, yogurt, kefir, cream, or milk.	Goat cheese, yogurt, kefir, cream, or Milk.
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**1-3 Tablespoons Daily**

- If eating meat/dairy with high fat- no need to add oils. If taking oil supplement- rarely add more oils to diet.

Olive Oil (do not cook with this, heat sensitive)	Coconut Oil (can be heated)
Sesame oil / flax (heat sensitive)	Animal lards- beef tallow, duck/ rabbit fat/ fish oil (can be heated)

**Other Beverages**

- 2-3 liters of Spring Water daily
- 1 cup of coffee daily is ok, if needed
- 1 cup of tea daily is ok, if needed. (no red tea at all)

Please do not eat any: fish, seafood, pork, pasteurized dairy, table salt, wheat, wheat flour, white flour, fruit, night shade vegetables, white and red potatoes, refined foods, canned food, foods in aluminum cartons, sea greens in excessive amounts (chlorella and spirulina), fat in excessive amounts, protein powders, meal replacement shakes, smoothies, alkaline water, well water, reverse osmosis water, kombucha, and red teas.