



CARBOHYDRATES/GRAINS (COMPLEX)

- Brown rice/wild rice
- Quinoa
- Amaranth
- Sweet potato/ yams
- White, yellow, purple potato
- Buckwheat
- Pumpkin
- Rolled oats/Steel cut oats
- Brown rice cakes
- Sprouted Bread (i.e. Ezekiel)
- Shiritaki Noodles (not exactly a normal carb, but a great substitute for pasta and very low carb)
- Chickpeas/Black Beans/Lentils
- Gluten-Free Pasta (i.e. Bean, lentil, spinach, cauliflower, rice)

PROTEIN

- Organic chicken breast
- Organic, grass-fed beef or bison (leaner is better)
- Organic ground turkey or turkey breast
- Organic lamb
- Wild fish (salmon, halibut, haddock, etc)

- Tuna in water
- Sardines, anchovies
- Crab/lobster
- Organic eggs
- Tofu
- Vegan protein powders (hemp, rice, pea, etc)

FAT

- Avocado
- Fats for cooking – coconut oil, avocado oil, ghee, grapeseed oil
- Fats for baking/eating - grass fed organic butter, extra virgin olive oil, MCT oil,
- Natural, organic nut butters (like almond or cashew)
- Nuts (almonds, pistachios, walnuts, cashews, Brazil, etc).
- Raw cheese
- Goat, feta cheese
- Hemp seeds/ hemp seed oil
- Fresh/dried coconut
- Flaxseed/flaxseed oil
- Chia seed
- Seeds – pumpkin, sunflower, etc.

BEANS/LEGUMES

- Black beans
- Kidney beans
- Garbanzo beans/chickpeas
- Lentils

VEGETABLES (NON-STARCHY)

- Broccoli
- Cauliflower
- Green beans
- Squash
- Asparagus
- Bok choy
- Carrots
- Cucumber
- Mushrooms
- Bell Peppers
- Spinach
- Celery
- Tomatoes
- Eggplant
- Zucchini
- Onion

- Cabbage/sauerkraut/kimchi
- Kale
- Beets
- Broccoli
- Brussels sprouts
- Peas
- Celery

FRUIT

- Apples
- Bananas
- Plantain
- Organic Berries: raspberries, blackberries , wild blueberries, strawberries
- Oranges
- Plums
- Cherries
- Mango
- Grapefruit
- Watermelon
- Grapes
- Cantaloupe
- Peaches
- Pineapple
- Just about any other fresh, organic fruit

HERBS AND SPICES

- Turmeric
- Basil
- Thyme
- Rosemary
- Pink Himalayan sea salt
- Black pepper
- Cilantro
- Oregano
- Cumin
- Sage
- Holy basil
- Ginger
- Garlic
- Cayenne/chili pepper
- Parsley
- Nutritional Yeast
- Cinnamon
- Just about any other herb or spice you can think of!