

Vegetables

Fibrous in abundance, starchy in moderation

Meat, Fish, Eggs

Grass-fed and finished, wild caught, pasture raised, organic

Healthy Fats

*properly raised animal fats, grass-fed butter, ghee
avocado, olive, coconut oils and products*

Nuts, Nut Butters, and Seeds

raw or dry roasted

FRUIT

BERRIES, STONE FRUITS, MELONS

Herbs and Spices

Full-Fat, Organic Dairy
un-sweetened, aged, raw