

PROTEINS



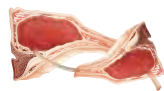
Beef

- Brisket
- Ground
- Liver
- Ribs
- Roast
- Sausage
- Steak



Pork

- Bacon
- Ground pork
- Pork loin
- Pork roast
- Pork shoulder
- Sausage
- Spare Ribs



Lamb

- Loin
- Sirloin
- Rib chops
- Roast



Poultry

- Eggs
- Chicken
- Turkey



Plant Proteins

- Seeds
- Seed Butter
- Nuts
- Nut Butter

NOTE

Look for words on the packaging such as 100% grass-fed, pasture-raised, no antibiotics, no hormones, wild-caught, organic, Non-GMO

AVOID

Avoid foods with words on the packaging such as artificial colorings, nitrates, nitrites, gluten, sugar, milk, whey, farm-raised, MSG



Protein Powders

- Beef
- Chia
- Collagen
- Egg
- Hemp



Wild Game

- Bison
- Deer
- Elk



Seafood

- Cod
- Crab
- Lobster
- Mackerel
- Mahi
- Salmon
- Sardines
- Shrimp
- Trout
- Tuna

FATS



Oils

- Almond Oil
- Avocado Oil
- Coconut Oil
- Flaxseed Oil
- Hazelnut Oil
- Hemp seed Oil
- Macadamia Oil
- MCT Oil
- Olive Oil
- Palm fruit Oil
- Walnut Oil



Nuts

- Almond/Almond butter
- Brazil nuts/Brazil nut butter
- Cashews
- Hazelnuts/Hazelnut butter
- Macadamia nuts/Macadamia butter
- Pecans/Pecan butter
- Pine nuts
- Pistachios
- Walnuts/Walnut butter



Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds



Other

- Avocado
- Ghee
- Lard
- Tallow

FRUITS



- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cranberries
- Cherries

- Grapefruit
- Grapes
- Kiwi
- Lemons
- Mango
- Melon

- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plum

- Pomegranate
- Raspberries
- Strawberries
- Tangerine
- Watermelon

VEGETABLES



- Acorn Squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussel sprouts
- Butternut squash
- Cauliflower
- Celery

- Chard
- Coconut
- Collards
- Cucumbers
- Daikon
- Eggplant
- Escarole
- Fennel
- Garlic
- Jicama
- Kale
- Kimchi

- Kombucha
- Lettuce
- Mushrooms
- Okra
- Olives
- Onion
- Parsnips
- Pumpkin
- Radishes
- Rhubarb
- Rutabaga
- Sauerkraut

- Seaweed
- Shallots
- Snow peas
- Spaghetti Squash
- Spinach
- Sweet Potato
- Swiss chard
- Tomatoes
- Turnips
- Watercress
- Zucchini

HERBS & SPICES



- Allspice powder
- Basil
- Bay leaves
- Black pepper
- Cajun seasoning
- Cardamom
- Cayenne pepper
- Chili powder
- Chives

- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger

- Lemongrass
- Mint
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper
- Rosemary

- Sage
- Sea Salt
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Wasabi

PANTRY



- Almond flour
- Apple cider vinegar
- Arrowroot flour
- Balsamic vinegar
- Beef broth
- Cacao

- Cassava flour
- Chicken broth
- Coconut Aminos
- Coconut flour
- Coconut sugar
- Horseradish

- Hot sauce
- Mustard
- Pickles
- Red wine vinegar
- Stevia
- Tapioca flour/starch

- Tomato paste/sauce
- Vegetable broth
- White wine vinegar

DRINKS



- Almond milk
- Apple cider
- Cashew milk

- Coconut milk
- Coconut water
- Coffee

- Hemp Milk
- Tea
- Water