



Eat This

FATS:

- Saturated Fats like coconut oil, MCT oil, butter, ghee, grass-fed butter, lard
- Monounsaturated Fats like extra-virgin olive oil, avocado oil, macadamia nut oil
- Avocado oil mayonnaise

Protein:

- Eggs-free range is best
- Grass-fed fatty cuts of beef like ribeye steaks and 85/15 or 80/20 ground beef
- Bacon-sugar free is best if you can find
- Wild caught fatty fish and seafood like salmon and shrimp
- Fatty cuts of pork such as pork shoulder and pork chops, pork belly
- Free-range chicken (if possible) with skin: chicken thighs, drumsticks, wings

Dairy (IF you can tolerate; no more than 4oz daily):

- Full fat, organic dairy products including heavy whipping cream, sour cream, cream cheese, mascarpone, cheese (hard, soft, blue)
- Plain, full fat Greek yogurt

Veggies:

- Leafy greens: swiss chard, bok choy, spinach, lettuce, endive, radicchio
- Cruciferous veggies: dark leaf kale, radishes
- Celery, asparagus, cucumber, zucchini

Fruit:

- Avocado
- Blackberries
- Strawberries

Flours:

- Almond Flour
- Hazelnut Flour
- Coconut Flour
- Flaxseed Meal

Nuts and Seeds:

- Macadamia Nuts
- Pecans
- Almonds
- Hazelnuts
- Brazil Nuts
- Sunflower Seeds
- Chia Seeds
- Unsweetened coconut flakes

Milk:

- Unsweetened almond/cashew/coconut milk
- Full fat coconut milk and coconut cream

Sweeteners and Baking Supplies:

- Stevia
- Erythritol/Swerve
- Xanthan gum
- Guar gum
- Lily's SF dark chocolate
- Extra dark chocolate without soy lecithin
- Unsweetened cocoa powder

Beverages:

- Water
- Coffee
- Unsweetened tea

Other:

- Pork rinds-plain, not flavored
- Broth/bouillon/Bone Broth (NOT low-sodium)
- Rao's or another low carb, sugar free tomato sauce

Booze:

- Dry red wine, spirits (but try to avoid all together)



Not That

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| <p><u>Fats:</u></p> <ul style="list-style-type: none">• Polyunsaturated Fats marketed as “heart healthy” like margarine• Trans Fats (except the ones naturally occurring in meat)• Corn oil• Canola oil• Vegetable oil• Safflower oil• Sunflower Oil• Mayonnaise <p><u>Protein:</u></p> <ul style="list-style-type: none">• Sausages• Meat covered/mixed with breadcrumbs• Hot dogs• Processed lunch meats• Soy• Whey Protein Isolate <p><u>Dairy:</u></p> <ul style="list-style-type: none">• Low Fat/Fat Free Dairy products• Yogurts, cottage cheese• Cow’s Milk <p><u>Vegetables:</u></p> <ul style="list-style-type: none">• Root vegetables: potatoes, parsnip, beets, carrots• Corn• Sugar Snap Peas <p><u>Fruit:</u></p> <ul style="list-style-type: none">• All other fruit (blueberries and raspberries are OK in certain recipes) | <p><u>Nuts:</u></p> <ul style="list-style-type: none">• Cashews, pistachios, chestnuts <p><u>Grains:</u></p> <ul style="list-style-type: none">• All grains, even “whole grains”, quinoa, rice, barley, millet, wheat flours/wheat gluten• Beans and legumes <p><u>Beverages:</u></p> <ul style="list-style-type: none">• Soda diet or regular, juice <p><u>Sweeteners:</u></p> <ul style="list-style-type: none">• Sugar – table sugar, high-fructose corn syrup, agave syrup, maple syrup, honey, fructose• Artificial sweeteners – equal, aspartame, acesulfame, sucralose, saccharin, Sweet & Low, Splenda <p><u>Other:</u></p> <ul style="list-style-type: none">• “Low Fat”, “Low Carb” and “Zero Carb” products (Atkins bars/products)• Processed foods containing carrageenan, MSG and sulfites <p><u>Booze:</u></p> <ul style="list-style-type: none">• Beer, sweet wines, sugary cocktails |
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