

Foods To Consume Freely

Meats

- Beef (Preferably Grass-fed)
- Poultry (Preferably Free Range)
- Wild Game Meats
- Organ meats (Grass-fed only!)
- Venison
- Nitrite Free Beef/Deer Jerky
- Pork (not necessary but ok)
- Goat
- Sheep/Lamb
- Buffalo

Eggs

- All Eggs from any edible bird (free range when possible)

Fish/Shellfish

- Anchovies
- Cod
- Mahi Mahi
- Mackerel
- Salmon
- Tilapia
- Sardines
- Tuna (not albacore)
- Any wild caught fish (sustainable source)
- Clam
- Crab
- Crawfish
- Lobster
- Mussels
- Oysters
- Shrimp
- Scallops

Vegetables

- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets
- Bok Choy
- Broccoli
- Green Beans
- Broccoli Rabe
- Cauliflower
- Greens (any kind)
- Cucumbers
- Parsnips
- Eggplant
- Peppers
- Endive
- Pumpkin
- Fennel
- Radishes
- Sea Vegetables
- Kale
- Chard
- Spinach
- Lettuce
- Squash
- Zucchini
- Acorn Squash
- Cabbage
- Carrots
- Tomatoes
- Mushrooms
- Celery
- Olives
- Onions
- Spaghetti Squash
- Brussels Sprouts
- Sweet Potatoes
- Any other vegetables

Fruits

- Strawberries
- Blackberries
- Blueberries
- Cranberries
- Boysenberries
- Other Berries

Nuts, Seeds, Oils and Fats

- Almonds
- Walnuts
- Brazil Nuts
- Macadamia (and oil)
- Hazelnuts
- Pecans
- Pumpkin Seeds
- Pistachios
- Sunflower Seeds
- Coconut (Milk/Oil/Whole etc)
- Butter/Ghee
- Avocado (and oil)
- Lard
- Tallow
- Olives (and oil)
- Nut Butters (not peanut)

Herbs, Spices and Condiments

- Sea Salt/Celtic Salt
- Pepper
- Garlic
- Anise
- Cumin
- Peppermint
- Basil
- Dill
- Peppermint
- Fennel
- Rosemary
- Cayenne
- Ginger
- Sage
- Chili Pepper
- Mint
- Cilantro
- Mustard Seeds
- Coriander Seeds
- Nutmeg
- Thyme
- Oregano
- Cloves
- Paprika
- Cinnamon
- Oregano
- Dandelion
- Red Raspberry
- Nettle
- Alfalfa
- Apple Cider Vinegar
- Mustard
- Homemade ketchup or barbecue sauce with no sugar
- Coconut Aminos or natural fermented soy sauce
- Tamari
- Natural Vanilla
- Natural Vinegars (apple cider, balsamic, wine, etc)
- Homemade Mayo
- Other natural herbs and spices to taste

Drinks and Desserts

- Pure Water
- Sparkling water
- Herbal and Decaf teas
- Kombucha
- Water Kefir
- Veggie Smoothies
- Homemade Desserts (see recipes)