



Recommended Foods and Nutritional Guide

Recommended Foods List:

PROTEINS:	FATS:	CARBS:
<ul style="list-style-type: none"> • BEEF • LAMB • PORK • CHICKEN • EGGS • FISH • TURKEY • DEER • ELK 	<ul style="list-style-type: none"> • EGG YOLKS • WHOLE RAW MILK • BUTTER • CHEESE • LARD • TALLOW • EXTRA VIRGIN OLIVE OIL • COCONUT OIL • AVOCADO OIL 	<ul style="list-style-type: none"> • PAPAYA • MANGO • PINEAPPLE • BERRIES • SWEET POTATO • CUCUMBER • CARROT • DATES • MELON • SQUASH

Protein

- ✓ Prioritize protein
- ✓ Eat whole cuts of naturally raised meat as the main focus of every meal.
- ✓ If possible strive for meat from animals that were raised on pasture, grass-finished, and hormone-free.

Fat

- ✓ This is where you should get the majority of your calories from.
- ✓ Don't be afraid of fat.

Carbohydrates

- ✓ Stick with organic fruits and vegetables as much as possible.