



YOUR FOOD OPTION MENU

Protein Options

These options are lean protein options. The best protein options are free-range, hormone-free and antibiotic free. Three ounces is the size of a women's palm or the size of a deck of cards.

Chicken /Turkey (all white meat/no skin) (No Turkey Bacon or Turkey Sausage)	3 ounces
Beef (Ex: Round, Sirloin, Flank, Tenderloin, London Broil, Lean Hamburger)	3 ounces
Elk, Buffalo, Veal, Venison, Duck, Bison (No Pork)	3 ounces
Eggs	2 whole
Fresh Fish, (No shellfish) (No Shrimp, Clams, Lobster, mussels etc.)	3 ounces
Nuts (Almonds, Cashews) **Raw/Organic	6 whole

****If it is NOT listed here, DO NOT eat it****

Vegetables Options

The best vegetable options are organic to reduce or eliminate intake of toxins from pesticides.

*Servings for all vegetables are **2 SERVINGS =1 cup cooked OR 2 cups raw***

	<u>Fiber</u>		<u>Fiber</u>		<u>Fiber</u>
Cucumber	(.5 g)	Radish	(.5 g)	Mushrooms	(2 g)
Lettuce	(1 g)	Artichoke Hearts	(4 g)	Greens (collard)	(7 g)
Celery	(2 g)	Green/String Beans	(2 g)	Okra	(2 g)
Cabbage	(2 g)	Brussel Sprouts	(3 g)	Winter Squash	(4 g)
Broccoli	(5 g)	Cauliflower	(2 g)	(Acorn, Butternut, Pumpkin, Spaghetti)	
Spinach	(7 g)	Eggplant	(4 g)	Summer Squash	(3 g)
Tomato	(1 g)	Peppers	(1 g)	(Zucchini, Yellow)	
Swiss chard	(2 g)	Asparagus	(1 g)	Zucchini	(3 g)
Greens (Kale)	(7 g)	Leek	(1 g)	Onion	(1 g)
Endive	(1 g)	Watercress	(1 g)		

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Essential Fats (Healthy Fats)

*The best options are from Mono and Polyunsaturated Fat Options with the consumption of Saturated Fat Options always coming from Organic and/or Raw sources. All options listed below are 1 serving. ***Be careful on portions/measurements****

Oil (coconut, olive, grape seed)	1 tsp. 
Avocado	1/8 medium
Olives, black/large	6 (1/2 gram of Fiber)
Olives, Kalamata	6 (1/2 gram of Fiber)
Olives, green	6 (1/2 gram of Fiber)
Real Butter (No Margarine)	1 teaspoon. 
Vegenaise or Avocado Oil Mayo (Sir Kensington's)	1 Tablespoon 
Seeds (pumpkin, sunflower)	1 Tablespoon 
Cream (Organic half/half) (no flavors)	2 Tablespoons 
Nut butter Almond (raw/organic)	2 teaspoons 
Tahini	2 teaspoons 
Shredded Coconut (dried & unsweetened)	2 Tablespoons  (3 g of Fiber)

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Healthy Fats to Fry or Cook with ONLY

Coconut oil

Grape Seed oil

*Most oils break down at high heat (frying) and then transform into damaged and harmful fats that your body has a difficult time metabolizing. These oils have a HIGH FLASH point and do not break down under high heat. **(Do not Fry with Olive Oil)** You can use olive oil in salads, when baking or drizzled on after frying but do not fry with it as it becomes a damaged fat. Olive oil has a low heat threshold.*



Fruits

If possible, choose organic to reduce/eliminate added toxins.

	<u>Serving</u>	<u>Fiber</u>		<u>Serving</u>	<u>Fiber</u>
Apples, Granny Smith	1 small	(4g)	Peach	1small	(2g)
Strawberries	1 cup	(4g)	Honey Dew	1 Cup	(1g)
Raspberries	1 cup	(8g)	Cantaloupe	1Cup	(1g)
Blueberries	1 cup	(4g)	Watermelon	1 Cup	(1g)
Blackberries	1 cup	(4g)	Orange	1 small	(3g)
Boysenberries	1 cup	(4g)	Grapefruit	½ of medium	(1g)

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Sweeteners

To add a little sweetness to your diet without all the calories or toxins try Stevia or Xylitol. A little goes a long way!!! Recommend Sweet Leaf Brand found on our Amazon shopping page.

Seasonings

*****Any Seasonings you use MUST NOT contain Sugar or other forms of sugar or artificial sweeteners (See list but not limited to)*****

Fructose	Sucralose	Dextrose	Truvia	Lactose	Brown Rice
Cane Sugar	Corn Syrup	High Fructose	Splenda	Dextrine	Beet Sugar
Saccharose	Xylose	Maltose	Galactose	Erythritol	Agave

You may use any seasonings without sugar:

Sea Salt (Pink Himalayan)	White or Black Pepper
Cinnamon	Rosemary
Dill	Nutmeg
Cumin	Red Pepper flakes
Tarragon	Parsley
Mint	Basil
Garlic	Cardamom
Oregano	Cloves
Mrs. Dash (assorted flavors)	Onion powder
Chili seasoning	Worcestershire Sauce
Ketchup (Recipe ONLY)	