



Quickstart Guide to Eating

Basic Principles

- Eat real food, as close to the natural state as possible
- Avoid processed foods
- When eating, eat until you are full
- Eat at a table
- Be mindful of what you are eating and avoid eating while doing something else
- Reduce added sugars and refined grains
- Avoid highly processed seed oils
- Avoid fast foods
- No snacking

Foods to Eat

- Meat
- Poultry
- Fish and shellfish
- Seafood
- Eggs
- Natural fats: avocado oil, coconut oil, butter, ghee, beef tallow, duck fat, extra virgin olive oil, macadamia nut oil
- Avocados
- Olives
- Leafy greens
- Non-starchy vegetables: artichokes, asparagus, bean sprouts, broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumber, eggplant, leeks, mushrooms, peppers, tomatoes, zucchini
- Seeds: pumpkin seeds, sunflower seeds

Foods to Eat Sparingly

- Full fat dairy: cream, yogurt, sour cream, mayonnaise, cheese
- Nuts
- Berries: strawberries, raspberries, blackberries, blueberries
- Starchy vegetables: butternut squash, parsnips, potatoes, sweet potatoes, taro, yams
- Legumes and lentils

Foods to Avoid

- Fruits: apples, mangos, melons, nectarines, oranges, peaches, papaya
- Fruit juices
- Sodas and diet sodas
- Sugar
- Sweeteners: agave, aspartame, erythritol, fructose, honey, maple syrup, stevia, sucrose, swerve, xylitol
- Refined grains: bread, cakes, corn, corn flour, corn starch, biscuits, crackers, pasta, rice, oatmeal, noodles, potato starch
- Commercial sauces or marinades (often contains sugars)
- Seed oils: vegetable, sunflower, corn, canola
- Processed meats: lunch meats, bologna, hot dogs
- Protein powders or shakes



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