

The Ultimate Food Guide for a Healthier Body

The key to dietary change is variety & creativity. Explore new foods & recipes. Do not overeat, but enjoy!

Vegetables*	Portion
Alfalfa Sprouts	to taste
Arugula	to taste
Avocado	½ Avocado
Bean Sprouts	to taste
Broccoli	to taste
Brussel Sprouts	to taste
Cabbage	to taste
Carrots	to taste
Cauliflower	to taste
Celery	to taste
Cilantro	to taste
Corn (organic <u>only</u>)	to taste
Cucumber	to taste
Garlic	to taste
Kale	to taste
Lettuce	to taste
Mushrooms	to taste
Mustard Greens	to taste
Olives	to taste
Onions	to taste
Radish	to taste
Snow Peas	to taste
Spinach	to taste
String Beans	to taste
Sweet Potato /Yam	½ Potato
Swiss Chard	to taste
Tomato - fresh, whole	to taste
Water Cress	to taste
Zucchini	to taste

Fruits*	Portion
Apple	1 medium
Blackberries	4 oz
Blueberries	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	4-8 oz
Black Beans	4-8 oz
Chicken - breast - free rang	4-8 oz
Cod	4-8 oz
Eggs - free range	2-3 eggs
Halibut	4-8 oz
Lamb	4-8 oz
Lentils	4-8 oz
Pinto Beans	4-8 oz
Red Beans	4-8 oz
Red Snapper	4-8 oz
Salmon - wild caught only	4-8 oz
Shrimp	4-8 oz
Tuna	4-8 oz
Turkey - breast / bacon	3-6 slices
Whitefish	4-8 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day

Beverages may be sweetened using approved sweeteners listed below.

Sweeteners	Portion
Honey	½ Tbsp
Stevia	To Taste

*Organic Produce & Protein Preferred

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

Do not eat foods that you know you have sensitivities to, even if it is on the list

Sample Daily Menus

Day One	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Lean Protein ½ Avocado Salad	Chicken Vegetable Vegetable	1 Fruit Raw Almonds
Day Two	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled Large Grapefruit	Chicken Salad	Turkey Vegetable Vegetable ½ Avocado	1 Fruit Raw Cashews
Day Three	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled Gluten-free toast Almond Butter	Turkey Vegetable Salad	Fish Vegetable Vegetable	1 Fruit Raw Pecans
Day Four	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) 2 eggs, scrambled	Fish Salad	Beef Vegetable Vegetable	1 Fruit Raw Walnuts
Day Five	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Beef Salad Vegetable	Chicken Vegetable Vegetable ½ Avocado	1 Fruit Raw Almonds
Day Six	Breakfast	Lunch	Dinner	Snacks
	2 egg veggie omelet Gluten-Free bread	Chicken Vegetable Salad	Turkey Vegetable Vegetable	1 Fruit Raw Cashews
Day Seven	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Turkey Vegetable Salad	Fish Vegetable Vegetable ½ Avocado	1 Fruit Raw Pecans