Healthy Fats – 3-5 servings per day

Eat:
• Coconut Oil
• Coconut Meat
• Olive Oil
• Macadamia Nut Oil
• Avocados
• Olives
• Organic Grass-Fed Butter
• Organic Yogurt (Full-Fat)
• Ghee
• Free Range Eggs (With Yolk)
• Grass-Fed Beef, Bison or Buffalo or Lamb
• Sardines, Anchovies or Haddock in Water or Olive Oil
• Wild Salmon, Trout, Tilapia or Flounder
• Triglyceride-Based Fish Oil
• Pure Cod Liver Oil

Moderate:
• Raw Nuts (Except Peanuts)
• Raw Seeds
• Almond Butter
• Palm Oil
• Cold Press Flax Oil
• Bacon
• Mayonnaise
• Organic Peanut Butter
• Coconut Ice Cream
• Dark Chocolate

Avoid:
• Roasted Nuts
• Roasted Seeds
• Regular Peanut Butter
• Regular Butter
• Non-Organic Meats
• Margarine
• Any 'Spreadable' Condiments
• Farmed Fish
• Commercial Salad Dressings
• Safflower Oil
• Sunflower Oil
• Canola Oil
• Cottonseed Oil
• Commercial Flax Oil
• Soy Ice Cream
• Regular Ice Cream
• Milk Chocolate
Vegetables – 3-5 servings per day

Eat:
• Sprouts
• Avocados
• Olives
• Asparagus
• Broccoli
• Cauliflower
• Cabbage
• Naturally Fermented Sauerkraut
• Naturally Fermented Pickles
• Bok Choy
• Collards
• Swiss Chard
• Kale
• Mustard Greens
• Nori (Seaweed)
• Organic Greens Powder or Capsule

Moderate:
• Sweet Potatoes
• Yams
• Plantains
• Potatoes
• Corn
• Peas
• Carrots
• Celery
• Cucumber
• Squash
• Zucchini
• Romaine Lettuce
• Red Lettuce
• Iceberg Lettuce
• Fennel
• Radishes

Avoid:
• Canned Vegetables
• Non-Organic, Un-Rinsed Vegetables

Also avoid if autoimmune disease or nightshade sensitivity:
• Potatoes
• Tomatoes
• Peppers
• Garlic
• Onions
• Eggplant

Proteins – 2-4 servings per day

Eat:
• Free Range Eggs (With Yolk)
• Grass-Fed Beef, Bison or Buffalo or Lamb
• Pasture-Raised, Organic Pork
• Sardines, Anchovies or Haddock in Water or Olive Oil
• Wild Salmon, Trout, Tilapia or Flounder
• Organic Whey/Casein Protein Powder
• Organic Rice/Pea Protein Powder
• Organic Hemp Protein Powder
• Organic Yogurt (Full-Fat)

Moderate :
• Yogurt Cheese
• Raw Cheese from Grass Fed Cows
• Organic Cottage Cheese
• Naturally preserved or dried meats
• Miso, tempeh, tamari or natto
• Egg protein powder
• Soaked or sprouted beans and legumes
• Raw seeds and nuts
• Raw nut butter

Avoid :
• Non-Organic Dairy Products
• Processed Cheeses
• Non-Organic, Commercially Processed Meat
• Chemically Preserved Or Dried Meats
• Protein Powders With Artificial Sweeteners
• Textured Vegetable Proteins
• Soy Protein Powder
• Tofu
• Roasted Seeds And Nuts
• Roasted Nut Butter
• Regular Or Canned Beans And Legumes

Non-Vegetable Carbohydrates: 1-2 servings per day

Eat:
• Wild Rice
• Brown Or White Rice
• Sprouted, Organic Quinoa, Amaranth Or Millet
• Sprouted Legumes (Beans & Lentils)
• Gluten-Free Oats
• Organic Full-Fat Yogurt

Moderate:
• Soaked Legumes (Beans & Lentils)
• Raw Seeds & Nuts
• Soaked, Organic Quinoa, Amaranth Or Millet
• Regular Oats
• Fresh Milled Kamut Wheat
• Soaked & Sprouted Wheat Products
• Non-GMO Corn
Avoid:
• Canned Legumes
• Any Regular Wheat Products
• GMO Corn
• Roasted Seeds & Nuts
• Fava Beans
• Soy Beans
• Soy Nuts
• Regular Yogurt
• Cookies
• Biscotti
• Scones
• Crackers
• Bagels
• Bread
• Cereal

Fruit – 1-2 servings per day

Eat:
• Apples
• Apricots
• Bananas
• Berries
• Cherries
• Cantaloupe
• Grapefruit
• Kiwi
• Mangoes
• Nectarines
• Oranges
• Papayas
• Peaches
• Pears
• Pineapple
• Plum
• Watermelon

Moderate :
• Lemons
• Limes
• Grapes
• Strawberries
• Dates
• Figs
• Natural Dried Fruit
• Fruit Juices

Avoid :
• Canned Fruit
• Fruit in Syrup
• Fruit Candy
• Sugar Coated Dried Fruit
• Packaged Dried Fruit
Herbs, Spices & Sweeteners – Use When Needed

Eat:
• Cinnamon
• Cloves
• All-spice
• Stevia
• Xylitol
• Maltitol
• Turmeric
• Curry
• Cumin
• Fennel
• Star Anise
• Garlic
• Ginger

Moderate:
• Raw, Pollinated Honey
• Organic Maple Syrup
• Natural Fruit Sweeteners
• Blackstrap Molasses
• Sucanat
• Truvia
• Regular Table Salt
• Red Pepper
• Black Pepper
• Fermented Soy Sauce
• Apple Cider Vinegar
• Brewer’s Yeast

Avoid:
• Processed Sugar
• Candy
• High Fructose Corn Syrup
• Regular Honey
• Agave Syrup
• Aspartame
• Sucralose
• Acesulfame
• MSG

For a custom meal plan or nutrition consultation with Ben Greenfield, please visit http://www.pacificfit.net, or click here to contact Ben.