



The Superhuman Food List

from BenGreenfieldFitness.com

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](#).