Eat This

**Remember:   
When it says: “wild caught” “grass fed” “organic” “free range”  
Those may be ideal**

**You need to buy what fits your budget!**

**FATS**

* **Saturated Fats** like coconut oil, MCT oil, butter, ghee, grass-fed butter, lard
* **Monounsaturated Fats** like extra-virgin olive oil, avocado oil, macadamia nut oil

Avocado oil mayonnaise

**PROTIEN**

* Pasteurized eggs
* Grass-fed fatty cuts of beef like ribeye steaks and 85/15 or 80/20 ground beef
* Uncured center-cut bacon
* Wild caught fatty fish and seafood like salmon and shrimp
* Organic fatty cuts of pork such as pork shoulder and pork chops
* Free-range chicken with skin: chicken thighs, drumsticks, wings

**DAIRY**

*Full fat, organic dairy products including*

* heavy whipping cream
* sour cream
* cream cheese
* mascarpone
* cheese (hard, soft, blue)

**VEGGIES**

* **Leafy greens**: swiss chard, bok choy, spinach, lettuce, endive, radicchio
* **Cruciferous veggies**: dark leaf kale, radishes
* Celery
* Asparagus
* Cucumber
* Zucchini

**FRUIT**

* Avocado
* Blackberries (very minimal amounts – adds sugar quickly)
* Strawberries (very minimal amounts – adds sugar quickly)

**NUTS & SEEDS**

* Macadamia Nuts
* Pecans
* Almonds
* Hazelnuts
* Brazil Nuts
* Sunflower Seeds
* Chia Seeds
* Unsweetened coconut flakes

**FLOURS**

* Almond Flour
* Hazelnut Flour
* Coconut Flour
* Flaxseed Meal

**MILK**

* Unsweetened almond/cashew/coconut milk
* Full fat coconut milk and coconut cream

**SWEETENERS & BAKING SUPPLIES**

* Stevia
* Erythritol/Swerve
* Xanthan gum
* Guar gum
* Konjac Flour (Glucomannan Powder)
* Lily’s Sugar Free dark chocolate
* Extra dark chocolate
* Unsweetened cocoa powder

**BEVERAGES**

* Water
* Coffee
* Unsweetened tea

**OTHER**

* Pork rinds (not flavored!)
* Broth (NOT low-sodium and check ingredients)
* Rao’s or another low carb, sugar free tomato sauce

**ALCOHOL**

Dry red wine, spirits ***(but try to avoid all together)***

Not That

**FATS**

* Polyunsaturated Fats marketed as “heart healthy” like margarine
* Trans Fats (except the ones naturally occurring in meat)
* Corn oil
* Canola oil
* Vegetable oil
* Safflower oil
* Sunflower Oil
* Mayonnaise

**PROTIEN**

* Sausages
* Meat covered/mixed with breadcrumbs
* Hot dogs (check ingredients!)
* Processed lunch meats
* Soy
* Whey Protein Isolate

**DAIRY**

* Low Fat/Fat Free Dairy products
* Yogurts
* Cottage cheese
* Cow’s Milk

**VEGETABLES**

* **Root vegetables:** potatoes, parsnip, beets, carrots
* Corn
* Sugar Snap Peas

**FRUIT**

* All other fruit (blueberries and raspberries are OK in certain recipes)

**NUTS**

* Cashews
* Pistachios
* Chestnuts

**GRAINS**

* All grains, even “whole grains”
* Quinoa
* Rice
* Barley
* Millet
* Wheat flours/wheat gluten
* Beans and legumes

**BEVERAGES**

* Soda
* Juice

**SWEETNERS**

* **Sugar**
  + table sugar
  + high-fructose corn syrup
  + agave syrup
  + maple syrup
  + honey
  + fructose
* **Artificial sweeteners**
  + equal
  + aspartame
  + acesulfame
  + sucralose
  + saccharin
  + Sweet & Low
  + Splenda

**OTHER**

* “Low Fat”, “Low Carb” and “Zero Carb” products (i.e.Atkins bars/products)
* Processed foods containing carrageenan, MSG and sulfites

**ALCOHOL**

* Beer
* Sweet wines
* Sugary cocktails