

DIET PLAN 1 – DAILY FOODS

Meat / Fish		Vegetables	Fruits
Beef	Anchovies	Artichoke	Apple
Buffalo (Bison)	Clam Crab	Asparagus	Apricot
Elk	Crayfish	Avocado	Berries
Lamb	Herring	Bean sprouts	Cherries
Organ meats:	Lobster	Cauliflower	Coconut
Liver	Mussel	Carrot	Grapes
Kidney	Oyster	Celery	Nectarine
Heart	Perch	Collard greens	Peach
Pork(chops, ham)	Salmon	Corn	Pear
Wild game	Sardines	Green beans	Plum
Chicken (dark)	Scallop	Lettuce	
Leg and thigh	Shrimp	Olives	
Duck	Trout	Peas	
Goose	Tuna (dark)	Spinach	
Pheasant		Squash	
Turkey (dark)		Sweet potato	
Leg and thigh		Turnip	
		Turnip greens	
Grains	Beans*	Fats and oils	
Whole grain breads	All	Butter (organic, full fat) Coconut oil (virgin) Fish oil(contaminate-free) Flax oil (not for cooking) Olive oil (extra virgin) Sesame seed oil	
Whole grain cereals	*best if eaten with flesh protein		
Barley	Nuts and Seeds		
Cornmeal	All		
Oat/Oatmeal			
Quinoa			
Rice:			
Basmati	Dairy / Eggs		
Brown	Full-fat dairy		
Wild			
Rye	Eggs (may not be a sufficient source of protein)		
Wheat			

DIET PLAN 2 – DAILY FOODS

Meat / Fish		Vegetables	Fruits
Beef Buffalo (Bison) Elk Lamb Organ meats: Liver Kidney Heart Pork(chops, ham) Wild game Chicken (dark) Leg and thigh Duck Goose Pheasant Turkey (dark) Leg and thigh	Anchovies Clam Crab Crayfish Herring Lobster Mussel Oyster Perch Salmon Sardines Scallop Shrimp Trout Tuna (dark)	Artichoke Asparagus Avocado Bean sprouts Cauliflower Carrot Celery Collard greens Corn Green beans Lettuce Olives Peas Spinach Squash Sweet potato Turnip Turnip greens	Apple Apricot Berries Cherries Coconut Grapes Nectarine Peach Pear Plum
Grains	Beans*		Fats and oils
Whole grain breads Whole grain cereals Barley Cornmeal Oat/Oatmeal Quinoa Rice: Basmati Brown Wild Rye Wheat	All *best if eaten with flesh protein <div style="text-align: center;">Nuts and Seeds</div> All <div style="text-align: center;">Dairy / Eggs</div> Full-fat dairy Eggs (may not be a sufficient source of protein)	Butter (organic, full fat) Coconut oil (virgin) Fish oil(contaminate-free) Flax oil (not for cooking) Olive oil (extra virgin) Sesame seed oil	