



**Cup
(8 oz)**

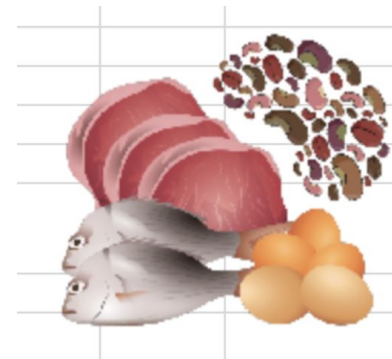
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Personalized Portions and Whole Food List



Inside Palm
(3-5oz or 25g)
PROTEINS
5

Fish	Shellfish	Cultured Cottage Cheese	Tempeh
Chicken	Venison	Plain Greek Yogurt	Legumes
Turkey	Lamb	Organic Cheeses	Lentils
Beef	Bison	Minimally Processed Sausages	
Pork	Eggs	Protein Powders	



Look For:

No hormones/antibiotic
Wild caught seafood
Grass fed beef
Nitrite / Nitrate free / Uncured

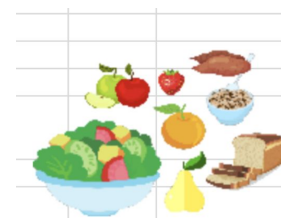
Limit:

Non-organic protein powders
Non-organic dairy
Fried meats
Processed soy



Cupped Hand
(15g net or 20g total)
CARBS
6

Oats	Sprouted grains	Broccoli	Brussel Sprouts	Potatoes
Quinoa	Kale	Cauliflower	Cucumbers	Apples
Brown rice	Collards	Squashes	Cabbages	Berries
Barley	Lettuces	Asparagus	Tomatoes	Citrus
Millet	Spinach	Carrots	Mushrooms	



Look For:

Sprouted grains
Low glycemic fruits
Organic greens
Eat the rainbow

Limit:

Fruit's juices
Processed grains (bagels, muffins, cakes, cookies)
Chips / pretzels / crackers
Canned fruits



Thumb Size
(1 Tbl)
FATS
7

Almonds	Nut Butters	Avocado	Avocado Oil	Red Palm Oil
Pistachios	Seed Butters	Dark	Butter	Organic Whole Cream
Cashews	Pecans	Chocolate	Ghee	Organic Whole Sour Cream
Brazil Nuts	Walnuts	Olive Oil	Flaxseed Oil	Uncured Clean Bacon
Seeds	Fresh Coconut	Walnut Oil	Sesame Oil	Organic Cheeses
		Coconut Oil		



Look For:

Extra virgin
Organic
Cold pressed
Raw Nuts

Limit:

Processed oils in clear containers (canola, sunflower, corn, cottonseed)
Hydrogenated oils and trans fats
Shortening / Margarine
Fried Foods



Cup
(8oz)
WATER
10

Filtered Water
Mineral Water
Spring Water

- Add tiny pinch of sea salt to $\frac{1}{2}$ daily intake (must be colored salt)
- Add electrolyte powder like Ultima
- Drink upon rising and in between meals throughout the day
- Use glass or stainless-steel water bottle

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