

Guide to Real Food

Real food are the foods that nature gives us. Plants, roots, fruits, nuts, seeds, meats, egg, milk and those made from it. At some point it was alive, not created in a chemical lab. Real food has been minimally processed and has less than 5 ingredients which you can pronounce and understand what they are. If it grew, flew, ran or swam eat it. Otherwise, ask questions.

PROTEIN

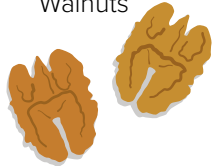
INCLUDING BUT NOT LIMITED TO

Beef	Rabbit	Salmon
Bison	Turkey	Sardines
Boar	Veal	Scallops
Buffalo	Venison	Shrimp
Chicken	Catfish	Prawns
Duck	Carp	Snails
Eggs	Clams	Snapper
Game meats	Grouper	Sword-fish
Goat	Halibut	Trout
Goose	Herring	Tuna
Organ Meat	Lobster	
Lamb	Mackerel	
Mutton	Mahi mahi	
Pork	Mussels	
Quail	Oysters	



FAT

Avocado oil	Walnut oil	Pistachios (FM)
Butter	Almonds	Pumpkin seeds
Coconut milk	Brazil nuts	Sesame seeds
Coconut oil	Chestnuts	Sunflower
Ghee	Hazelnuts	seeds
Macadamia oil	Flax	Walnuts
Olive oil: Cold	Pinenuts	
Pressed	Macadamia	
Sesame oil:	Pecans	
Cold Pressed	Pine nuts	



HEALING FOOD

GRASS-FED DAIRY:

Butter, Ghee

ORGAN MEATS:

Liver, Kidneys, Heart, etc.

SEA VEGETABLES:

Dulse, Kelp, Seaweed

BONE BROTH:

Homemade (not canned or boxed)

FERMENTED FOODS:

Sauerkraut, Carrots, Beets, Kefir, Kombucha

OTHERS

Bone Broth	Nut Milk
Coconut Milk	Sparkling Water
Coconut Water	Water
Herbal Tea	All Fresh Herbs/Dry
Komheechee	Single Spices
Mineral Water	

CARBS

INCLUDING BUT NOT LIMITED TO

VEGGIES

Artichokes (FM)
Asparagus (FM)
Arugula
Beets (FM)
Bok Choy ♦
Broccoli (FM) ♦
Brussels Sprouts (FM) ♦
Cabbage (FM) ♦
Carrots
Cassava
Cauliflower (FM) ♦
Celery
Chard
Chikory (FM)
Collard Greens ♦
Cucumbers
Daikon
Dandelion Greens (FM)
Eggplant (FM)
Endive
Fennel (FM)
Garlic (FM)
Green Beans
Green Onions (FM)
Kale ♦
Leeks (FM)
Lettuce
Lotus Roots
Mushrooms (FM)
Mustard Greens (FM)
Okra (FM)
Onions (FM)

Parsley
Parsnips
Peppers (FM)
Radicchio
Radishes ♦
Rapini ♦
Rutabagas
Seaweed
Shallots (FM)
Snap Peas
Spinach ♦
Squash
Sugar Snaps
Sunchokes (FM)
Sweet Potatoes ♦
Taro
Tomatillos
Tomatoes
Turnip Greens ♦
Turnips ♦
Watercress ♦
Yams

FRUITS

Apples (FM)
Apricots (FM)
Avocados (FM)
Bananas
Blackberries (FM)
Blueberries
Cherries (FM)
Cranberries
Figs (FM)
Grapefruit

Grapes
Guavas
Kiwis
Lemons
Limes
Lychees (FM)
Mangoes (FM)
Melons
Nectarines (FM)
Oranges
Papayas
Passionfruit
Peaches (FM) ♦
Pears (FM) ♦
Pineapples
Plantains
Plums (FM)
Pome-Granates
Raspberries
Rhubarb
Star Fruit
Strawberries ♦
Tangerines
Watermelon (FM)



GRAINS & BEANS

I recommend completing an elimination diet to understand if you can tolerate grains and beans. If you are in the process of healing a condition, I recommend eliminating grains and beans for the duration of the healing period. I recommend eating only gluten free grains. All grains and beans must be prepared following my guide to proper preparation.

GLUTEN FREE GRAINS

Amarath
Millet
Rice
Quinoa
Organic
Corn
Buckwheat
Teff
Sorghum
Oats

BEANS

Lima Beans
White & Navy
Beans
Lentils
Peas, Split
Peas
Adzuki Beans

Underlined= Nightshades

♦ = Goitrogenic

FM = Food maps