

Foods To *Love* / Foods to *Avoid*

<i>Eat Plenty of:</i>	<i>Avoid where Possible:</i>
✓ Fresh Vegetables (esp leafy greens)	✗ Processed Sugar
✓ Fresh Fruit	✗ Processed Carbs
✓ Healthy Fats:	✗ Packaged Foods
○ Avocado	✗ Fried/processed/hydrogenated fats
○ Coconut oil – extra virgin/organic	✗ Wheat/gluten
○ Olives & olive oil (extra virgin/organic)	✗ Any foods you are sensitive to (cause bloating, discomfort etc)
○ Nuts (1 handful per day)	
○ Seeds (esp chia & lindseed)	
<i>Try adding to Smoothies or meals:</i>	<i>Reduce:</i>
✓ Bone Broth	☹ Dairy - some grass fed butter and cream is fine)
✓ Hydrolyzed Collagen (grass fed)	☹ Caffeine
✓ Maca powder	☹ High Carb Vegetables
✓ Green powder (Spirulina & Chlorella)	☹ Grains
✓ Turmeric, cinnamon, rosemary, coriander	☹ Wild/free range animal proteins 50-100g total protein per day