

 OBJECTIVES **EAT**

**vegetables, healthy fats** (e.g.: grass-fed butter, coconut oil, ghee), & **high quality protein** (e.g.: grass-fed beef, pastured eggs, and low-mercury fish). Refer to the **FOOD LIST** for the highest quality options.

**REDUCE**

**(or eliminate) sugar.** This includes fruit juice & sport drinks that contain high-fructose corn syrup. Eat moderate starches (e.g.: wheat, rice, corn, potato) and limit fruit consumption to a couple servings per day (choose low fructose fruits like berries and lemons over watermelon and apples).

**COOK**

**lightly (or eat raw).** Incorporate water, butter or coconut oil into your cooking whenever possible and use low temperatures. Do not use a microwave or fry.

 RECOMMENDATIONS **Eliminate gluten.**

This includes bread, cereal, & pasta. Do not make the mistake of resorting to gluten free junk food, which can be almost as bad.

**Remove grains, grain derived oils & vegetable oils.**

These include corn, soy, & canola. Remove unstable polyunsaturated oils (e.g.: walnut, flax, and peanut oil).

**Eliminate all synthetic additives, colorings & flavorings.**

This includes aspartame, MSG, dyes, & artificial flavorings.

**Reduce legumes.**

This includes peanuts, beans, and lentils. If you eat beans, then soak, sprout (or ferment), and cook them.

**Remove all processed, homogenized & pasteurized dairy.**

High fat items can be pasteurized, but they should be grass-fed. Full fat, raw, whole dairy from grass-fed cows can be tolerated by most people.

**Add spices & other flavorings.**

Favor herb based fresh spices such as thyme and rosemary over powders.

 PERSPECTIVE **Small variations do not constitute failure.**

If you absolutely must have some form of junk food, then have it, and don't act like you've failed. But realize that the more you venture off track, the less you'll benefit. Conversely, the more you stick to the diet principles, the healthier you'll be.

**Do not count calories in an attempt to lose weight.**

Eat until satiety and then stop. Try not to snack.

**"I don't have time" is not an excuse.**

Nourishing your mind and body is not optional. If you are relatively consistent, you'll gradually develop a low inflammation, high performance, high energy lifestyle. If you don't make time to take care of yourself now, you'll need to make time to be sick later.