

Meat

Bear	Ahi	Clams	Chicken
Beef	Catfish	Crab	Duck
Buffalo	Cod	Lobster	Goose
Elk	Haddock	Mussels	Game Hen
Goat	Halibut	Oysters	Ostrich
Lamb	Herring	Prawns	Partridge
Pork	Mackerel	Scallop	Pheasant
Rabbit	Mahi Mahi	Scampi	Quail
Venison	Salmon	Shrimp	Squab
	Sardines		Turkey
	Snapper		
	Swordfish		
	Tilapia		
	Trout		
	Tuna		
	Walley		
	White Fish		

Eggs:

Chicken – Duck – Goose – Ostrich – Quail

Dairy – Heavy whipping Cream & Ghee

Fats:

MCT oil (97% SFA, less than 1% PUFA) Can be heated - use at low to moderate temperature, no higher than 320 F

Coconut oil (92% SFA, 1.9% PUFA) Can be heated - use for cooking at higher temperatures

Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at higher temperatures

Beef Tallow (49.8% SFA, 1.3% PUFA) Can be heated - use for cooking at higher temperatures

Lard (41% SFA, 12% PUFA) Can be heated - use for cooking at higher temperatures

Duck Fat (25% SFA, 13% PUFA) Can be heated - use for cooking at higher temperatures

Extra-virgin olive oil (14% SFA, 9.9% PUFA) Use only at low heat temperatures or at room temperature as in salad dressings

Palm Kernel Oil (82% SFA, 2% PUFA) Can be heated - use for cooking at higher temperatures

Grass-fed ghee (48% SFA, 4% PUFA) Can be heated - use for cooking at higher temperatures

Fruit & Veggies:

Fruit:	Veggies:	
Avocado	Arugula	Garlic
Lemon	Asparagus	Kelp
Lime	Bok Choy	Lettuce
Olives	Broccoli	Mushrooms
Tomato (Keep this to min)	Cabbage	Onions
	Capers	Peppers
Smaller quantities but Okay	Cauliflower	Radishes
Brussel Sprouts	Celery	Seaweed
Green Beans	Collard Greens	Spinach
Pumpkin	Cucumbers	Swiss Chard
	Eggplant	Watercress
	Endive	Zucchini

Bevarages:

Coffee (3 cups max)	WATER	Green Tea
Herbal Tea	Electrolyte Drink Mixes (Zero Cal – no fake sugars – ULTIMA preferred	

Herbs & Spices:

Anise	Curry	Rosemary
Basil	Dill	Saffron
Bay Leaf	Fenugreek	Sage
Black Pepper	Galangal	Spearmint
Caraway	Garlic	Star Anise
Cardamom	Ginger	Tarragon
Cayenne Pepper	Lemongrass	Thyme
Celery Seed	Licorice	Turmeric
Chervil	Mace	Vanilla Bean
Chili Pepper	Marjoram	Cilantro
Mustard Seeds	Cinnamon	Oregano
Cloves	Paprika	Coriander
Parsely	Cumin	Peppermint

Flavor enhancers and other canned goods (remember to check labels for any added sugars, choose ones with no added sugars. Really you can do it)

Apple Cider Vinegar	Canned coconut milk (full-fat)	Fermented Sauerkraut
Coconut aminos (this is high carb)	Canned oysters	Tomato sauce no sugar added
Coconut vinegar	Canned Sardines	Tomato Paste
Fish Sauce	Canned Salmon	Olives
Organic Tamari	Canned Tuna	Boxed beef and Chicken Broth
Capers	Canned anchovies	Fermented Pickles – no sugar added.