



AC NUTRITION AND WELLNESS

Foods to Enjoy

NOTE: This is not a comprehensive list, but a foundation for a nutrient-dense diet.

Non-Starchy Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets/Beet Greens*
- Bok Choy
- Broccoli*
- Brussels Sprouts*
- Cabbage*
- Carrots
- Collard Greens*
- Cucumbers
- Eggplant
- Endive
- Fennel
- Garlic*
- Green Beans
- Jicama*
- Kale*
- Kohlrabi
- Leeks
- Mushrooms*
- Mustard Greens
- Onions
- Parsnips
- Peppers
- Radish
- Romaine Lettuce

- Rutabaga
- Sea Vegetables*
- Spinach
- Summer squash
- Swiss Chard
- Tomatoes
- Turnip Greens
- Watercress*

Starches

- Cassava^M
- Potatoes
- Quinoa^M
- Sweet Potatoes*
- Wild Rice^M
- Winter Squash*^M
- Yams*^M

Protein

- Beef*
- Chicken
- Eggs*
- Pork
- Lamb*
- Turkey
- Goat
- Venison
- Bison
- Salmon*

- Mackerel*
- Anchovies
- Sardines*
- Herring*
- Most wild-caught fish
- Clams*
- Oysters*
- Mussels*
- Other shellfish

Organ Meat, etc

- Heart*
- Liver*
- Tongue*
- Kidney
- Bone Marrow
- Sweetbreads*
- Oxtail*
- Tendon*
- Tripe
- Bone Broth*

* AC's favorites ^M use moderation ^T if tolerated

Fruit

- Avocado*
- Blueberries*
- Blackberries*
- Coconut
- Cranberries*
- Olives
- Raspberries*
- Strawberries*
- All other fruit^M

Nuts/Seeds

- Almonds*
- Brazil Nuts*
- Hazelnuts*
- Macadamia*
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds*
- Sesame Seeds
- Sunflower Seeds
- Walnuts
- Derivative butters
- Derivative flours

Fats/Oils

- Avocado Oil
- Butter/Ghee^T
- Coconut Oil
- Duck fat
- Lard
- Macadamia oil
- Olive oil
- Sesame oil
- Tallow

Spices/Herbs

- Anise
- Basil
- Black Pepper*
- Chili Pepper*
- Cilantro
- Coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Ginger*
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric*

Fermented Foods (raw)

- Aged cheese^T
- Kefir*
- Kimchi*
- Kombucha
- Pickled vegetables
- Sauerkraut*
- Yogurt*^T

Supplements

- Collagen protein
- Fish oil
- Multivitamin
- Probiotics
- Vitamin D3
- Whey protein^T

Other

- Coffee
- Full-fat dairy^T
- Tea

Occasional Indulgences

- Dark chocolate*^M
- Junk-free “treats”^M
- Dry wines^M

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