

Rucker Integrative Medicine

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Proteins	Vegetables	Fats	Herbs & Spices
Eggs	Asparagus	Avocado Oil	Allspice
Chicken Breast	Avocado	Coconut Oil	Basil
Chicken Thigh	Artichoke Hearts	Ghee	Bay Leaf
Turkey	Brussel Sprouts	Lard	Black Pepper
Flounder	Beets*	Macadamia Oil	Cardamom
Snapper	Broccoli	Olive Oil	Chili Powder
Trout	Cauliflower		Cillantro
Halibut	Carrots		Cinnamon
Mackerel	Celery		Cumin
Bass	Daikon		Curry – Red
Salmon	Fennel Root		Curry – Green
Shrimp	Kale		Curry – Yellow
New York Strip	Chard		Dill
Rib Eye Steak	Dandelion Greens		Fenugreek
Round Beef	Spinach		Garlic
Beef Ribs	Acorn Squash*		Garman Masala
Rump Roast	Butternut Squash*		Ginger
Beef Stew Meat	Yam*		Herbs de Provence
Pork Loin	Sweet Potato*		Oregano
Pork Chop	Green Pepper		Paprika
Pork Ribs	Red Pepper		Rosemary
Baby Back Ribs	Yellow Pepper		Salt
Bacon	Red Cabbage		Thyme
Pork Roast	Green Cabbage		
Lamb Chops	Napa Cabbage		
Lamb Rack			
Venison Steaks			
Ground Bison	<p><i>*Dense Carbohydrate Avoid until diet goals have been reached. Upon hitting goals eat in moderation.</i></p>		

This is a list we have compiled which will give you a good start for how we want you to eat. This is not an end all be all list. Fish should be wild caught preferably, and Meats/Eggs Organic. Avoid carbohydrates, processed foods, and high fructose corn syrup. Try to drink at least eight glasses of water a day. The foods on this list are not for quick fix results, these are foods you can incorporate in your diet for the **rest of your life**.