

**Grass-fed meats**

Turkey

Chicken

**Fish and Seafood (grilled or steamed)**

Shrimp

Lobster

Clams

Salmon

Halibut

Tuna in water

Crab

Oysters

**Healthy Oils**

Avocado oil

Coconut oil

Olive Oil

**Fresh Vegetables**

Asparagus

Avocado (in moderation)

Artichoke hearts

Brussels sprouts

Broccoli

Celery

Peppers

Cauliflower

Parsley

Spinach

Zucchini

Green beans

All lettuce

Cucumbers

Tomatoes

Kale

Alfalfa sprouts

Kidney beans

Lentils green

Butter beans

**Extras**

Eggs and egg whites

Almond butter

Protein powder

Stevia for sweetening

Salt & pepper seasonings

Turmeric

Any seasonings

Almonds

Walnuts

**Foods to Avoid**

Grains, legumes, dairy, refined sugar, all potatoes, carrots, beets, pasta, starchy veggies, processed foods, salty foods, and refined vegetable oils. Fruit juices, milk or dairy products, nothing fried, alcohol one day per week (vodka is best), crackers, breads, peanuts, fruits (except for those on the low glycemic index:

**Good Low Glycemic index fruits:**

All berries, apple, grapefruit, lemon, lime, plums.