

Name: _____

Day: _____

Date: _____

7, 5, 3, 2, 1, 1, 1/2

Category 1 veggies (7) ___ ___ ___

Oils (5) ___ ___ ___ ___ ___

Protein (3) ___ ___ ___

Fats (2-5) ___ ___ ___ ___ ___

Nuts & Seeds (1) ___

Fruit (1) ___

Category 2 veggies (1/2) ___

Extras: _____

(7) Category 1 Veggies (1 cup)

- Artichokes
- Asparagus
- Bell peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber
- Endive
- Garlic
- Kale
- Leafy greens
- Lettuce
- Mushrooms
- Radicchio
- Spinach
- Zucchini
- *Cruciferous veggies not listed

(5) Oils (1 Tbsp)

- Avocado
- Olive

(3) Protein (deck of cards or check book for fish)

- 3 eggs & 3 bacon or sausage
- Beef
- Bison
- Poultry (chicken, turkey)
- Pork
- Wild Game (bison, duck, elk, venison)
- Fish (salmon, trout, sardine, shell)
- Protein powder (1 scoop)
- Applegate cold cuts per package

(2 -5) More Fats (1 Tbsp. or as noted)

- Coconut Butter, 2 T. Chia Seeds, 2 T.
- Coconut Cream, 2 T. Flax Seeds, 2 T.
- Coconut Oil
- Hemp Heart, 3 T.
- Ghee
- MCT oil
- Grass Fed Butter
- Fat Bomb (1)
- Lard (pork fat)
- Tallow (beef fat)

(1) Nuts & Seeds (1 ounce/small Dixie cup)

- Brazil, Pecan, Macadamia, Walnuts, 1T. nut butter, Pumpkin, Sesame, Sunflower seeds

(1) Fruit (1 cup)

- Berries (1 cup), 1/2 grapefruit, 1 small pear, 1/2 green apple

Category 2 veggies (1/2 cup)

- Squash, carrots, sweet potato or yam, egg plant, tomato, onion

Dairy Products: grass fed cheese, goat cheese, sheep cheese will be introduced if there is no pain or autoimmunity, 1 – 3 servings of 1-2 oz

Wake Up time:
Morning Meal & Time _____
Snack & time:
Lunch Meal & Time _____
Snack & time:
Dinner Meal & Time _____
Ounces of water:
Activity time & duration:
Relaxation type & duration:
Sleep time & quality
Bowel movements times and type

Foods to avoid: alcohol, beans, legumes, grains, peanut butter, all sugars includes artificial, refined oils (canola, corn, cottonseed, hydrogenated) sugar alcohol, sodas

All herbs, spices, 1-3 cup bone broth, 1 avocado, 2-3 lemons/limes, 1oz pork rinds, jerky, 1 cup unsweetened coconut yogurt, stevia, erythritol, monk fruit, 1 oz dark chocolate, unsweetened nut milk, coffee, tea, gelatin, almond flour, coconut flour, coconut aminos, maca, cacao powder