

ORGANIC ANIMAL PROTEINS

Pasture-Raised, Organic & Certified Humane:

Chicken Eggs

Duck Eggs

Quail Eggs

Turkey Eggs

Goose Eggs

Organic and Pasture-Raised:

Chicken

Turkey

Nitrate/Nitrite Free Bacon, No sugar added

Nitrate/Nitrite Free Deli Meats (moderation)

Wild Game

Beef (100% grass-fed, grass-finished)

Buffalo/Bison

Lamb

Forested Pork

ORGAN MEATS

Pasture-Raised, Organic & Certified Humane:

Lamb Kidney

Beef Organs (liver, kidney & heart)

Chicken Liver

Goose Liver

Duck Liver

WILD CAUGHT SEAFOOD PROTEINS

Alaskan Salmon

Halibut

Cod

Haddock

Skipjack Tuna

Sardines

Mackerel

Herring

Anchovies

Arctic Char

Shrimp

Lobster

Scallops

Oysters

Clams

ORGANIC VEGETABLES

Collard Greens

Kale

Spinach

Arugula

Swiss Chard

Endive

Chives

Mustard Greens

Romaine Lettuce

Bok Choy

Beet Greens

Broccoli

Green Cabbage

Cauliflower

Celery

Brussels Sprouts

Onions

Broccoli Sprouts

Red Clover Sprouts

Wild & Garden Asparagus

Radishes

Zucchini

Cucumbers

Turnips

Turnip Greens

Rutabaga

Garden Cress

Summer Squash

Snow Peas

Kohlrabi

Watercress

Shallots

Nori

Bell Peppers

Leeks (moderation)

Jerusalem Artichokes

Globe Artichokes

Dandelion Greens & Root

Bitter Melon

Lemon Zest, Rind & Juice

Cherry Tomatoes (moderation)

Red Chili Peppers (moderation)

Habaneros (moderation)

Scotch Bonnet Peppers (moderation)

Beets (moderation)

ORGANIC OILS & FATS

Avocado Oil

Cold-pressed Extra-virgin Olive Oil (glass bottle)

MCT Oil

Coconut Oil

Black Cumin Seed Oil

Duck Fat

Sesame Oil

Walnut Oil

Coconut Cream

Mayonnaise made with Avocado Oil

Grass Fed Tallow

Lard from pastured/forested Pork

ORGANIC NUT FLOURS

Macadamia Nut Flour (moderation)

Pecan Flour (moderation)

Almond Flour (moderation)

Coconut Flour (moderation)

DAIRY

Pasture-Raised, Whole Fat, Raw Dairy:

Ghee

Butter

Heavy Whipping Cream (moderation)

Sour Cream (moderation)

Cream Cheese (moderation)

Goat Milk

SWEETENERS

Stevia (moderation)

Monk Fruit (moderation)

Chicory Root (moderation)

Bocha Sweet (moderation)

Xylitol (if tolerated in moderation)

Sukrin Gold (moderation)

CONDIMENTS

Mustard

Umeboshi Vinegar

Natto

Horseradish

Unpasteurized Fermented & Cultured Foods■ (Sauerkraut, Kir

HERBS & SPICES

Paprika

Epazote

Oregano

Basil

Garlic

Parsley

Shepherd's Purse

Purslane

Coriander

Cumin

Turmeric

Thyme

Rosemary

Ginger

Fennel

Real, Non-iodized Salt (Real Salt, Redmond's)

MUSHROOMS

Turkey Tail

Maitake

Shiitake

Lion's Mane

Reishi

Cordyceps

Chaga

HEALTHY SNACKS

Miracle Noodles

Pork Rinds

Kelp Noodles

Organic Shirataki Noodles

Unpasteurized Fermented & Cultured Foods

like Sauerkraut, Kimchi, and lacto-fermented condiments

SWEETS

85% or higher Organic, Fair trade chocolate, cacao nibs, or cacao powder (moderation)

ORGANIC FRUITS

Black Raspberries (moderation)

Olives

Persimmons (moderation)

Barbados Cherry (moderation)

Avocado

Capers

Bilberries (moderation)

Black Currants (moderation)

Black Elderberry (moderation)

Lingonberries (moderation)

Green Wild Apples (moderation)

Green Apples (moderation)

BEVERAGES

Filtered Water

Unsweetened Herbal Tea

Sparkling Water

Lemon Water

Organic, Pasture-Raised, Chicken Bone Broth

Broth made from Wild Caught Fish Bones

Organic, Pasture-Raised, Beef Bone Broth

Aloe Vera Juice

Organic, sustainably grown, dry-farmed Red Wine (moderation)

ORGANIC RAW NUTS & SEEDS

Soaked, Sprouted

Flaxseeds (moderation)

Hemp Seeds

Sprouted Radish Seeds

Black Currant Seeds

Macadamia Nuts

Soaked Pumpkin Seeds

Chia Seeds (moderation)

Walnuts

Pecans