

FOODS FOR GUT LINING SUPPORT, BLOOD SUGAR SUPPORT, INFLAMMATORY RESPONSE SYSTEM SUPPORT, WEIGHT MANAGEMENT, AND HORMONE SUPPORT

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives.

VEGETABLES

Unlimited amounts (3% or less carbs in these vegetables)

Asparagus	Chards	Mushrooms
Bamboo Shoots	Chicory	Mustard Greens
Bean Sprouts	Collard Greens	Parsley
Beet Greens	Endive	Radishes
Bok Choy Greens	Escarole	Salad Greens
Broccoli	Garlic	Sauerkraut
Cabbage	Kale	Spinach
Cauliflower	Kohlrabi	Turnip Greens
Celery	Lettuce	Watercress

Up to twice per day (6% or less carbs in these vegetables)

Bok Choy Stems	Olives	Sweet Potato
Chives	Pickles	Water Chestnuts
Green Onion	Pimento	
Okra	Rhubarb	

Up to once per day (7-9% or less carbs in these vegetables)

Artichokes	Carrots	Rutabagas
Avocado	Jicama	Turnips
Beets	Leeks	
Brussels Sprouts	Onion	

NUTS

Macadamia	Pistachios	Coconuts
Walnuts	Chestnuts	Flax seeds
Pecans	Hazelnuts	Hemp seeds

BEVERAGES

Bone broth (chicken or beef)
Filtered or Spring Water
Herbal Teas (green tea or other caffeine-free teas)
Red Wine only (max 1 glass per day)

FLOURS

Coconut	Cassava	Arrowroot
Almond	Hazelnut	Green banana

SWEETENERS (limited quantity on limited basis - shakes or snacks)

Stevia	Xylitol	Monk Fruit	Erythritol
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MEAT & PROTEIN (2-3 servings per day)

– Portion size is the size and thickness of your palm
Eggs (organic and pasture raised if possible)
Fish (wild caught Mackerel, Salmon, Sardines, Anchovies) (low mercury)
Fowl (chicken, turkey etc.) (organic and pasture raised)
Red meat (grass fed and grass finished)

HEALTHY FATS

Extra Virgin Cold Pressed	Grass fed butter
Olive and Coconut Oils	Coconut yogurt
MCT Oil	Goat Cheeses
Avocado Oil	Sheep Cheeses

