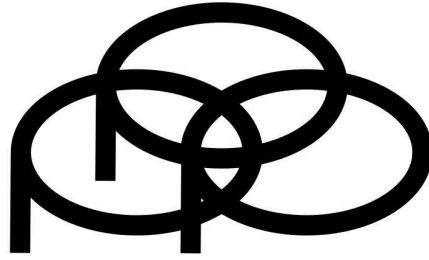




The Ultimate Nutrition Guide

Principles for Developing Quality Nutrition Practices



PRIMARY PREVENTION PERFORMANCE

The Ultimate Nutrition Guide

The Ideal Human Diet

An Ideal diet that fits every human who walks the earth is an impossible task. Context is everything when it comes to developing health and fitness.

This is why the fad diets we see online are often unsustainable and lead to plateaus or reversion to prior poor nutrition habits.

Engaging with the food you eat is a process of learning how your food can fuel your body and unlock higher levels of mental and physical performance.

In our coaching practice, We focus on improving our client's vitality. Vitality is a state of physical strength with mental energy & focus. Simply this means that when we are moving towards a state of higher vitality we are consistently refining our behaviors to focus on those that increase our physical and mental well-being.

Components of an Ideal Diet

1. Eating Real Food
2. Improving Vitality
3. Maintaining a Healthy Body Composition

Objective measures (weight loss, strength metrics, calorie burn) are byproducts of our efforts to improve vitality. They should not be the goal of your efforts. The data collected is important to gauge an aspect of your progress, however, if the changes you make are not simultaneously improving your vitality they will not be sustainable long-term.

Whole Food Nutrition

Whole food nutrition refers to consuming foods that are minimally processed and as close to their natural state as possible. These foods include fruits, vegetables, whole grains, nuts, seeds, and legumes. Whole foods provide essential nutrients such as vitamins, minerals, antioxidants, fiber, and phytonutrients in their natural forms, which are often lost or reduced during processing.

The concept of whole-food nutrition emphasizes the importance of eating a balanced diet that includes a variety of nutrient-dense foods to support overall health and well-being. Unlike processed foods, which often contain added sugars, unhealthy fats, and artificial ingredients, whole foods offer numerous health benefits and can help prevent chronic diseases such as heart disease, diabetes, and obesity.

Incorporating whole foods into your diet can promote better digestion, improve energy levels, support healthy weight management, and enhance overall vitality. Additionally, consuming whole foods can contribute to a more sustainable food system by reducing food waste and supporting local farmers and producers.

Components of Nutrition

Calories

Calories are the units of energy we get from the food we eat. Generally speaking, Protein has four calories per gram, carbohydrates have four calories per gram, and fats have nine calories per gram.

Human body composition has long been thought of as a function of calories coming in versus calories going out. This theory gives us a starting point for determining your energy needs each day, however, falls short when we assess long-term results and sustainability.

Nutrient density with appropriate caloric balance is essential in refining your body. Nutrient density comes from real food sources. The issue we find with calories in versus calories out is that while consuming adequate calories there is no focus on the nutrient intake we need to thrive as humans.

Your Body Composition is not a function of your caloric intake but rather an expression of your nutrient density.

Macronutrients

Macronutrients are the large molecules that are broken down when we consume food. The three macronutrients are protein, fats, and carbohydrates.

Protein

Prioritizing protein is a recurring topic in our discussion around nutrition. Protein is one of two essential macronutrients (fat being the other) that serve as the building block for your entire body. Almost every time we review a client's food log we find that they are dramatically under eating protein.

Here are the benefits of eating more protein:

- Appetite suppression
- Increased metabolism (caloric burn)
- Increase in lean body mass/maintenance of muscle mass
- Increased bone density and connective tissue strength
- Improved Recovery
- Promotes proper hormone production and balance
- Improved immune function
- Lowers blood pressure and normalizes blood markers

What is protein and why is it essential to our health?

Protein is the building block for the structure and function of our bodies. Proteins consist of twenty different amino acids that we acquire from our diet. Nine of these amino acids are essential (EAA's) and must be consumed through the diet whereas the others can be produced within our body.

Without adequate protein consumption, our body has a reduced ability to focus on growth. Instead, our body will focus on survival and spare most of the protein we consume for essential functions related to our organs. Depletion of resources stunts our mental and physical abilities.

Nutrient Deficiencies increase the risk of mental health issues and physical degradation of everything from our skin to our bones.

For Humans to thrive we must consume the raw materials our bodies desire. Low-protein diets will lead to diminished physical performance and health

What protein sources are the best quality?

While there is some controversy you may see online regarding which protein sources are the best for our health, the scientific literature has been clear for years. For most humans, the majority of your daily protein intake should be from animal-based sources.

Animal protein sources offer a greater bioavailability of nutrients than plant-based sources with a reduced caloric cost. Bioavailability is the ability to break down food into usable nutrients that our bloodstream during digestion. Our digestive tract is optimal for digesting animal products, however, we lack the fermentation process of ruminants (deer, elk, cows, etc.) to digest plant products into bioavailable nutrients...

Not to say that plants don't have a place in our diet but rather that they shouldn't be our main source of protein. The ability of animals (such as ruminants) to upcycle nutrients from plants is what creates their nutrient density when we consume them.

Plants also contain a high ratio of carbohydrates to their protein content. This increases the number of excess calories we consume when aiming to utilize plant foods as a primary source of protein.

Here are a few of the many essential nutrients we acquire better from animal sources than plant sources:

- Vitamin B12, Vitamin A, EPA & DHA, Heme Iron, Creatine, Carnosine, Taurine, Anserine, Vitamine D3, and Zinc!

Here is how we rank order protein sources:

1. Wild Game
2. Beef, Bison, Buffalo (Grass Fed if available)
3. Eggs (Pasture Raised)
4. Salmon (Wild Caught)
5. Chicken/Poultry (Free Range, Organic/Non-Grain Fed)
6. Pork (Organic/Non-Grain Fed)
7. Dairy (Grass Fed Organic if available)

How much protein should you be consuming?

The recommended daily allowance (RDA) for protein is .36 grams/lb of body weight. For a 200lb person that would be 72g of protein. However, the RDA is the amount needed to survive and as stated earlier we don't want to be in survival mode.

A better recommendation for protein consumption is .8-1.2g/lb of body weight. Most people fall comfortably around 1g/lb of desired body weight. The same 200 lbs person would now consume 200g of protein/day. However, say someone is 200 lbs with a goal weight of 170 pounds then this person should aim to consume 170g of protein/day rather than 200g.

To give you an idea of how this would play out across a day of eating, aim for 30-50 grams of protein from animal sources at each meal (given you are consuming three meals per day). The additional protein you consume from other foods will add to your total intake, however, to maximize your nutrient consumption prioritize meats, eggs, and dairy (if you tolerate dairy, this is variable from person to person).

Here is the breakdown of a few quality protein sources:

- Steak: 4oz
 - Protein: ~30 grams; Fat: ~ 20 grams; No carbohydrates
- 80/20 ground beef: 4 oz
 - Protein: ~ 24 grams; Fat: ~ 23 grams; No carbohydrates
- 1 Large Egg:
 - Protein: ~ 6 grams; Fat: ~ 5 grams; Carbohydrates: Less than 1 gram
- Chicken Breast: 4oz
 - Protein: ~ 30 grams; Fat: ~ 4 grams; No carbohydrates
- Salmon: 4oz
 - Protein: ~ 23 grams; Fat: ~ 13 grams; No carbohydrates
- Plain Whole Milk Greek yogurt: 1 cup
 - Protein: ~ 20 grams; Fat: ~ 10 grams; Carbohydrates: ~ 8 grams

Aim to consume .8-1.2 grams of protein per pound of ideal body weight each day

Fats

There is a good chance that your first instinct when you see the topic of fats is that they are bad for us. You have been told that they cause heart disease by clogging your arteries and you should be trying to eat as little of them as possible. If this is your gut reaction I implore you to keep reading with an open mind!

Fats, like protein, are an essential nutrient in our diet. We have discussed how protein is the basic building block of our body's structure and function, however, fat is protein's partner in crime. Fat molecules are long strands of carbon and hydrogen with different bonding that classifies them as monounsaturated, polyunsaturated, saturated, and trans fats.

These molecules serve as the walls to our cells and are the building blocks for our hormones. Think of each of your cells as a house, the fat makes up the entire perimeter. It acts as a barrier that can decide what to and what not to let in or out.

Are fats harmful to our health?

Fat has been demonized in the past 50 years, however, we do need it as a part of our diet. The studies showing the negative effects of eating diets rich in protein and saturated fats are observational studies that conclude correlations rather than causation. Without spending too much time on statistics and the scientific process essentially the follow-up studies where causal relationships have been assessed have not shown red meat, saturated fats, or dietary cholesterol to be responsible for the ailments of humans.

Fat is an essential nutrient and makes up roughly 60% of the human brain mass.

One study states that:

“fatty acids are among the most crucial molecules that determine your brain's integrity and ability to perform. Essential fatty acids (EFAs) are required for the maintenance of optimal health but they can not synthesized by the body and must be obtained from dietary sources”

Humans also have tens of thousands of miles of nervous tissue in our body encapsulated in seventy to eighty percent fat plus every cell membrane in our body is about fifty percent fat.

It is also noteworthy to mention that our brain and nervous system rely heavily on fatty acids as their main source of fuel to the mitochondria (energy producers by our cells). The brain consumes ~20% of our caloric intake via fatty acids and glucose in the mitochondria.

Mitochondria dysfunction has become more common amongst Americans and is a diminished ability to utilize fatty acids and glucose as fuel. This state is present in many lifestyle-related diseases and neurological conditions. Lack of quality fat consumption and overconsumption of sugar are factors that contribute to disruptions in energy production.

All this is to say that fats are an essential nutrient and play an important role in our biology.

Low-fat food products and avoidance of quality dietary fats hindered your ability to achieve optimized health

Quality sources of Fats

Fats in our diet come from animals or plants. Let's think about our ancestors and how they would have consumed fats. They would have only consumed fats in their natural state (i.e. from an animal or within the plant foods they were consuming). If they couldn't harvest fats from animals or produce oils from fruit trees they didn't consume them.

The recommendation for fat consumption is often to avoid animal fats and fats with higher saturated fat content and to focus more on unsaturated fats from refined plant sources. This is not evolutionarily consistent with our ancestors' dietary habits.

Healthy Fats (Not all-inclusive):

- Animal Fats:
 - Grass-fed Butter, Tallow, Ghee, Grade A2 Dairy
- Plant Fats:
 - Coconut oil, Avocado oil, Olive oil, Nuts & Seeds

Unhealthy Fats:

Processed seed oils are canola, corn, cottonseed, soy, sunflower, safflower, grapeseed, and rice bran. These are the main ones, however, we believe there is a concern for overconsumption of other seed oils as well due to the processes to derive them from their natural form.

To obtain these oils the seeds or waste products of the plant are processed and heated to a temperature that turns them into an oil. They are not naturally an oil. This makes the derived fat molecules unstable and inflammatory.

Being unstable means that when consumed and used to build our cell walls, they will be less resilient. For example, the walls of our arteries can break when stressed. The rancid aspect of these oils relates to increases in inflammation we see throughout our body with high seed oil consumption. This contributes to metabolic dysfunction and can further disease processes.

Remember how we discussed the large amount of fat that comprises our cell walls, nervous system, brain, and hormones? If we are consuming these types of fats we are building our house with brittle twigs that will eventually collapse when a storm comes (i.e. viruses, parasites, bacteria, and lifestyle-related diseases.)

Our rule of thumb is that if you can't take the plant or animal with your hands and extract the fat or make oil from them for consumption, then should you be consuming it at all? The next time you are at a grocery store take a look at some of the common things you are consuming. I can almost guarantee you that if you look at the ingredient list there is some form of vegetable oil listed. They are in everything.....

How much fat should we be consuming?

The RDA for fat intake is 20-35% of total calories or 44-77g for 2000 calories/day. Remember that this is the baseline amount to stay alive.

A more optimal fat intake is 30-50% of total calories. At 2000 cal/day this is 100-120g/day. This is dependent of course on goals and carbohydrate intake given that as fats go up carbs should go down and vice versa. The context of each individual will determine their ideal intake of dietary fats.

Key Takeaways:

1. Fats are healthy and essential if we choose the right sources
2. Fats should comprise 30-50% of our total caloric intake
3. Animal fats (specifically saturated) are essential to our health
4. Avoid Processed Vegetable/Seed Oils like the plague

Carbohydrates

Carbohydrates are a quick fuel source for all the cells in our body. The carbs we consume in the form of fruits, vegetables, and grains are broken down into glucose and used as fuel. Compared to fat, glucose is a quick burn primarily used for intense exercise bouts.

Why do we need Carbs?

It is interesting to note that carbohydrates are not an essential nutrient for human survival. Humans and other omnivorous animals can create glucose from the breakdown of protein and fats in the liver via gluconeogenesis (the creation of glucose) in the liver. This mechanism allows our body to maintain blood glucose levels during times of the year when vegetation is environmentally limited (winter/spring).

For most of human history, hunter-gatherers relied heavily on animal products during the winter months when carbohydrates were only seasonally available. In modern society, we have an abundance of carbohydrates due to innovations in agriculture and supply chains. The food supply abundance has led to overconsumption and diminished quality of carbohydrates in our diet with little to no times of reduced consumption. Specifically, the increase in processed foods high in simple sugars and processed fats has been a detriment to our health.

When consumed in an appropriate volume (dependent on your goals & lifestyle) and with high-quality sourcing carbohydrates have the following benefits:

- Glucose is our primary fuel source for the initiation of energy production (glucose starts the fire and fats keep it burning)
- Improved cognitive function (decreased glucose uptake in brain cells is at the root of all cognitive decline)
- Protein (muscle) sparing (maintained glucose levels decrease the utilization of protein as an energy source)

What should our daily carbohydrate intake be?

As with everything, it depends...

The context of each individual will determine the volume and types of carbohydrates that will assist you in reaching your goals.

Below are three different client avatars that demonstrate the differences in macronutrient consumption.

Sarah is a 45-year-old woman who has the goal of losing weight to optimize their body composition and minimize symptoms of/prevent chronic diseases. She has started to strength train three times a week but, her profession leaves them sitting most of the day.

Katie has the goal of optimizing her body composition but she doesn't have much body fat to lose. She trains five days per week and is very focused on optimizing her health to prevent disease and maintain her current fitness level.

Jordan is a younger human who strength-trains four days a week and plays competitive sports year-round. Athletic Performance and building muscle mass are his main priority.

For all of these clients, we will first optimize their protein and fat consumption based on the information we discussed in previous weeks.

Sarah is going to keep her carbohydrates to 20% of her total daily calories. For someone eating 2,000 calories a day, this would be 100g or less each day.

Katie will land her carbohydrate intake into the 20- 30% range. Based on 2,000 calories this would put her in the 100-150g range each day.

Jordan will have the most room for carbs in his diet with up to 30-40% of his daily intake totaling 150-200g each day.

These are simply estimates based on a 2,000-calorie/day diet. Everyone will be slightly different due to their goals and current body composition. A general rule of thumb is that those looking to lose a larger amount of weight (body fat) should aim for 100g or less per day, those who are in a maintenance stage or have less weight to lose will be somewhere between 100-150g, and athletes or humans who spend a large amount of time exercising can be in the 150-200g range.

These are the key contextual factors that influence the number of carbohydrates I suggest to my clients:

- Current Body Composition
- Activity levels inside and outside of the gym
- Chronic Diseases and Comorbidities
- Health and Performance Goals

High-Quality vs. Low-Quality Carbohydrates

Regardless of your goals, the type of carbs you are consuming matters. For years we have been fed the governmental food pyramid which suggests that we should consume six servings of whole grains daily.

High-Quality Carbohydrates:

- Sweet & Non-Sweet Fruits
- Fermented Vegetables
- White Rice
- Roots/Tubers
- Vegetables (Tolerance Depended)

Low-Quality Carbohydrates:

- Refined Carbohydrates
- Added Sugars
- Vegetables (Tolerance Depended)

Below is a list of eat more, eat some, and eat less. When constructing your meals if you align more with Sarah & Katie you should be sticking mostly with the Eat More list. Jordan will have room for the eat-some list. We should all be striving to stay away from the eat less list in our day-to-day meals.

This doesn't mean that we can never eat foods off the eat less list (We all do occasionally). We want you to strive to not make these foods the majority of your meals.

If you take the time to reprioritize the way you consume carbs you will find more satisfaction with the foods you are consuming as well as find that the carbs you were used to consuming were not serving you the way you thought they were.

Key Takeaways:

1. Carbs are not the enemy...but they can be if they are low-quality
2. Eat most of your Carbs from Quality sweet & non-sweet fruits
3. Determine your Carbs based on your goals

Micronutrients

Micronutrients are essential vitamins and minerals required by the body in small amounts to support various physiological functions, ranging from metabolism to immune function. While supplements offer a convenient way to meet these needs, the best quality micronutrients are found in whole foods. Whole foods contain a complex array of nutrients in their natural form, accompanied by other beneficial compounds like fiber and antioxidants. This synergy enhances absorption and utilization by the body, ensuring optimal health benefits. Consuming a diverse range of whole foods such as animal products, fruits, and vegetables provides not only the necessary micronutrients but also promotes overall well-being and longevity. Therefore, prioritizing whole foods over supplements is key to obtaining the highest quality micronutrients for optimal health.

Key Micronutrients for Humans:

- Vitamin A: Essential for vision, immune function, and skin health.
- Vitamin B Complex: Includes several B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). They play crucial roles in energy metabolism, red blood cell production, and nervous system function.
- Vitamin C: Important for immune function, collagen synthesis, and antioxidant activity.
- Vitamin D: Essential for bone health, immune function, and regulation of calcium absorption.
- Vitamin E: An antioxidant that helps protect cells from damage and supports immune function.
- Vitamin K: Necessary for blood clotting and bone health.
- Calcium: Critical for bone and teeth health, muscle function, and nerve transmission.
- Iron: Essential for the production of hemoglobin and red blood cells, involved in oxygen transport.
- Zinc: Important for immune function, wound healing, and DNA synthesis.
- Magnesium: Required for muscle and nerve function, energy production, and bone health.
- Potassium: Essential for proper heart function, muscle contraction, and fluid balance.
- Selenium: Acts as an antioxidant, supporting thyroid function and immune system health.
- Copper: Necessary for the production of red blood cells, connective tissue formation, and iron absorption.
- Iodine: Essential for thyroid hormone production, which regulates metabolism.
- Choline: Important for brain development and neurotransmitter function.

Hydration

Proper hydration is essential for maintaining bodily functions, from regulating body temperature to supporting digestion.

Water is the foundation of all life processes in the body, and staying adequately hydrated contributes to clearer skin, improved cognitive function, and overall vitality.

Hydration Tips:

- Aim for ½ your body weight in ounces of water every day
- Start your day with a full glass of water (12-16oz)
- Keep a non-plastic reusable water bottle with you throughout the day.
- Take sips regularly to stay hydrated.
- Monitor Urine Color
- Aim for pale yellow urine as an indicator of good hydration.
- Avoid drinking large volumes of water in the evening (45-60 minutes before bed)
- Bonus: Add sea salt or an electrolyte supplement to one glass of water each day. Hydration comes from the balance of water and electrolytes. If you find yourself drinking a lot of water but still feeling dehydrated you may have an electrolyte imbalance.

Digestion

A healthy digestive system is crucial for nutrient absorption and overall well-being. Proper digestion ensures that your body efficiently breaks down and absorbs nutrients, supporting energy levels, immune function, and a healthy gut microbiome. Addressing any digestive issues you have is essential for ensuring your digestive tract can assimilate the nutrients you consume into your bloodstream.

Many Americans have become accustomed to fast-paced lifestyles. We spend more daylight hours at work than with our families, consume food from a window rather than our refrigerator, and sit on the couch watching TV instead of at the table with our loved ones.

We have adopted an eat-and-run mentality while abandoning our rest and digest roots.

The fact that we have shifted from eating at home with our families to eating on the go isn't groundbreaking by any means, however, we want to help you see why this is less favorable for our physical and emotional health.

For most of human existence, food and shelter were our main priorities. We lived in tribes where there was a collective effort to hunt and gather food. When food was gathered the hard work was over. This allowed us to relax and enjoy the meal that came our way. As a community, we would bond over the nourishment.

Rest and Digest is referred to as a parasympathetic state in neuroscience. This means that our body feels calm, safe, and ready to recover from the day's energy expenditure. This state is achieved when our brain and body are not overstimulated by our environment (both internally and externally).

The issue arises when our lifestyle habits shift us to a sympathetic state. This state is referred to as fight or flight. Our nervous system is on high alert due to an overstimulating environment, survival threats, or excessive physical stress.

Staying in a sympathetic state decreases our ability to digest our food. Due to the brain's perceiving environmental threats, our body will not allocate as many resources to digest the food we consume because it fears that we may have to fight or flee at any moment.

Keys for great digestion:

- Enter rest and digest (parasympathetic) state before eating: 6 deep breaths, smell food, sit down to eat when possible - SLOW DOWN
- Chew slowly and thoroughly; place fork down between bites
- Limit liquid intake during meals.
- Put your phone down, turn off the TV, and close your laptop during meals.
- Tracking food intake thoroughly for short periods as well as noting how you feel after meals can help uncover sensitivities or allergens
- Bloating, gas, cramps, diarrhea, or constipation regularly are signs of an unhealthy gut and can affect your mental performance and body composition
- Incorporate probiotic-rich/fermented foods like yogurt, kefir, and sauerkraut for a healthy gut microbiome.
- Pay attention to hunger and fullness cues.

Behaviors that diminish digestion:

- Eating meals in a rush
- Eating meals while driving
- Eating meals while watching a screen (phone, TV, laptop, etc..)
- Eating meals after the sun has gone down
- Eating meals from fast food/restaurants
- Consuming large amounts of liquids directly before or during a meal

Consistency

Consistency is the key to developing a robust understanding of how your body responds to your nutrition changes. Often we see large shifts day to day in the types and quantity of food our clients are consuming. This creates difficulty in knowing what choices are beneficial and which ones are unhelpful. Aim to consume the same volume and types of food each day.

Daily Reflection Questions

1. Did I prioritize protein at each meal?
2. How much of my meals were Whole Foods?
3. Were my nutrition choices consistent with my goals?

Sometimes answers to these questions will not be ideal, which is okay, it happens. If you strive to follow the principles above you will develop a better sense of control over your nutrition, you will have less desire for poor-quality foods, and you will build the foundation for your journey to better health.

Utilize the infographics below for quick reference and to guide your nutritional choices!

Are you looking to take the next step in your health and fitness journey?

Our team of expert coaches in the fitness industry is here to guide you every step of the way. At PPP, we value connection, individualization, and education to ensure our clients receive personalized support tailored to their unique needs and goals.

Discover the difference our coaches can make in your wellness journey. Whether you're striving to lose weight, gain muscle, or simply improve your overall health, we're dedicated to helping you succeed. Don't settle for generic advice – experience the power of personalized guidance from professionals who truly care about your success.

Ready to take the next step? Contact us today to learn more about our coaching services and start your transformational journey toward a healthier, happier you!

Let's achieve your health and fitness goals together – because when it comes to your well-being, you deserve nothing but the best!

All The Best,

Andrew Cataldo, CSCS OPEX CCP

Director - Performance Division

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Email Andrew at andrew@primarypreventionpt.com with any questions about the information above.

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Determining Calories & Macronutrients

MACRONUTRIENT TARGETS

- Protein: 0.8-1.2 grams per lb of body weight (20-30% of calories)
- Fats: 30-50% of your total calories
- Carbs: 30-50% of your total calories

DETERMINING CALORIC CONSUMPTION

- Basal Metabolic Rate (BMR= Body Weight(lbs)/2.2 x 20) =
- Thermic Effect of Feeding (TEF = 10% Total Calories) =
- Exercise Energy Expenditure (EEE = 200-500 cal) =
- Non-Exercise activity thermogenesis (NEAT = 200-500 cal) =
- Total Daily Energy Expenditure Estimate (TDEE) = BMR + TEF + EEE + NEAT

WHOLE FOOD INDEX

Proteins

- Wild Game
- Wild Caught Fish
- Organ Meats
- Grass Fed Grass Finished Red Meats
- Coventionally Raised Red Meats
- Eggs
- Salmon
- Grass Fed/Raw Milk Dairy
- Grade A2 Dairy
- Bone Broth
- Turkey
- Chicken
- Pork
- Seafood
- Breakfast Meats



Fats

- Grass Fed Butter
- Grass Fed Beef Tallow
- Grass Fed Ghee
- Fish Oil
- Bone Marrow
- Grass Fed/Raw Milk Dairy
- Grade A2 Dairy
- Grass Fed Bone Broth
- Bone Broth
- Butter
- Tallow
- Ghee
- Coconut Oil
- Avocado Oil
- Olive Oil (Not For High Heat Cooking)

Carbs

- Fruits (Highest Quality):
 - Berries, Apples, Oranges
 - Bananas, Honey, Squash
 - Melons, Pineapples, Mangos
 - Dates, Avocados, Olive
 - Pumpkin, Zucchini, Cucumber
- Medium Quality Carbs:
 - White Rice, Fermented Veggies
 - Roots/Tubers, Artichoke Heart
 - Herbs, Coconuts
- Low Quality Carbs:
 - Brown Rice, Vegetables
 - Leafy Greens, Beets
 - Cassava, Alliums, Nightshades
 - Grains, Nuts & seeds
 - Legumes and Mushrooms
 - Coffee/Tea, Chocolate

