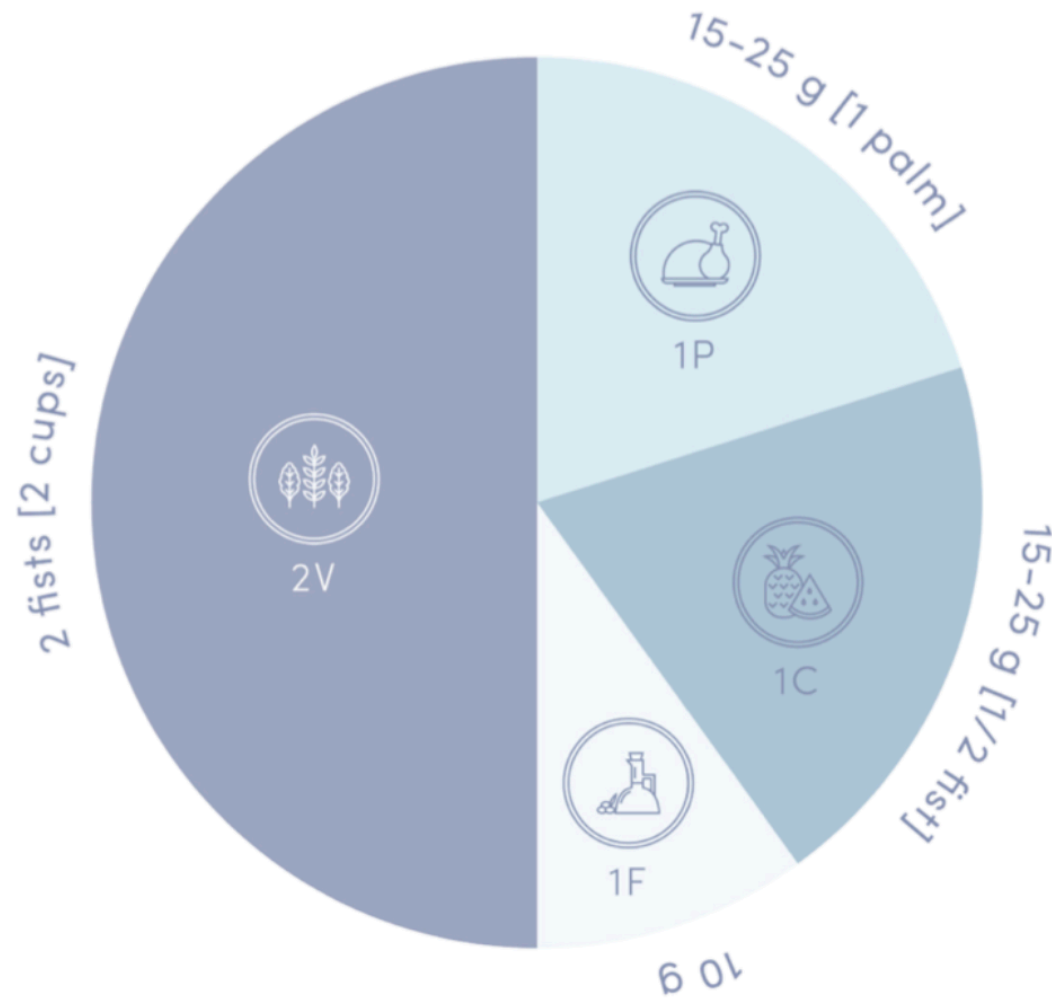
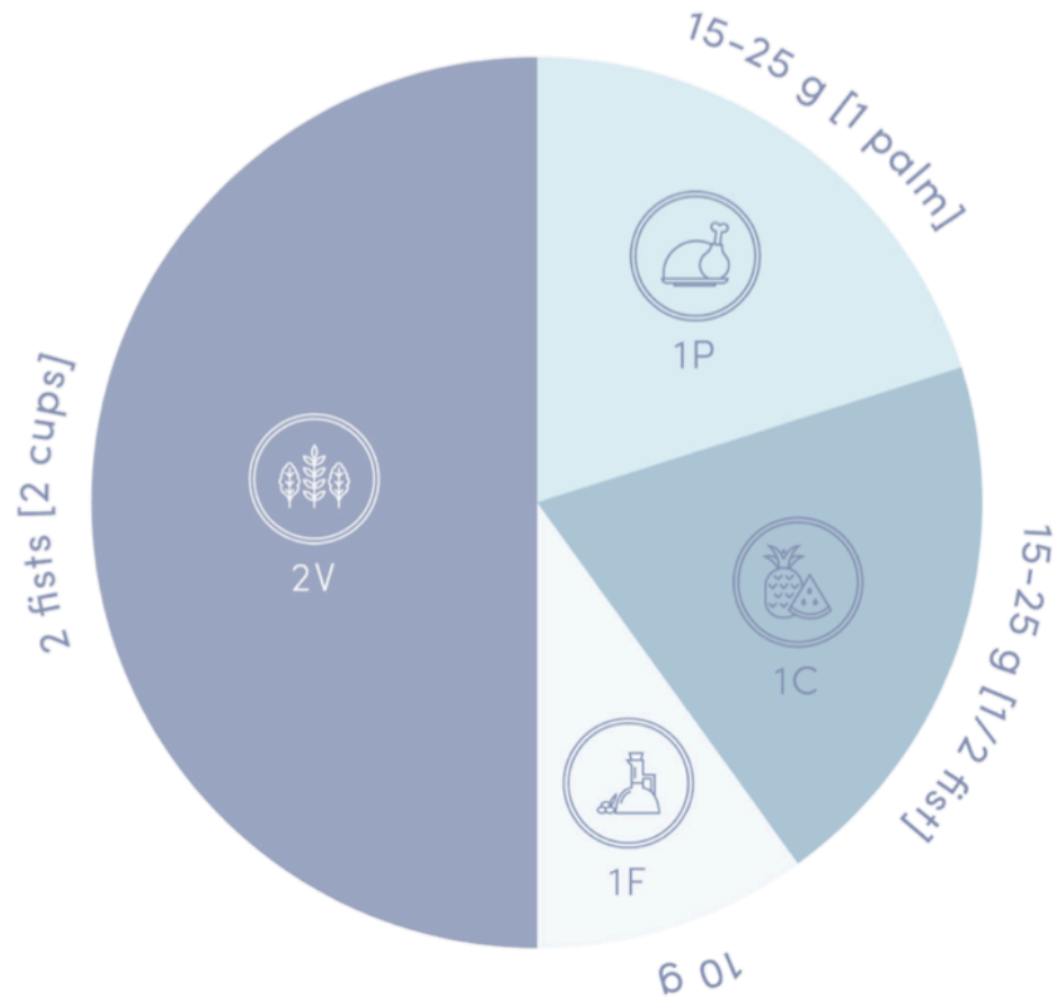


building the simply nourished plate



2V + 1P + 1C + 1F



foods to gather

vegetables	proteins	carbs	fats	flavors + others
 <p>SALAD GREENS</p> <ul style="list-style-type: none"> • dandelion greens • dark leafy greens <ul style="list-style-type: none"> • endive • lettuce <i>[all varieties]</i> <ul style="list-style-type: none"> • microgreens • radicchio • sea vegetables <ul style="list-style-type: none"> • spinach <p>CRUCIFEROUS GREENS + VEGETABLES</p> <ul style="list-style-type: none"> • arugula • bok choy • broccoli • Brussels sprouts • cabbage <i>[all varieties]</i> <ul style="list-style-type: none"> • cauliflower <ul style="list-style-type: none"> • kale • kohlrabi • mustard greens • radishes <i>[all varieties]</i> <ul style="list-style-type: none"> • Swiss chard <ul style="list-style-type: none"> • turnips • watercress 	 <p>FISH</p> <p><i>[wild caught]</i></p> <ul style="list-style-type: none"> • Alaskan salmon • anchovies <ul style="list-style-type: none"> • bass • canned tuna + sardines <ul style="list-style-type: none"> • shellfish • squid + calamari • white fish <p>POULTRY</p> <p><i>[pasture-raised]</i></p> <ul style="list-style-type: none"> • chicken • duck • eggs • turkey • ostrich <p>MEAT</p> <p><i>[grass-fed]</i></p> <ul style="list-style-type: none"> • beef • bison • elk • lamb • pork • prosciutto • venison • wild game 	 <p>SEASONAL FRUITS</p> <p>LOW SUGAR FRUITS</p> <ul style="list-style-type: none"> • berries • green-tipped bananas • lemon • lime <p>BEANS // LEGUMES</p> <p><i>[pressure cooked or pre-soaked if digestive distress is present]</i></p> <ul style="list-style-type: none"> • black beans • chickpeas // garbanzo beans • fava beans • kidney beans • lentils <i>[all varieties]</i> <ul style="list-style-type: none"> • lima beans • mung beans • navy beans • pinto beans • white beans 	 <p>NUTS + SEEDS</p> <ul style="list-style-type: none"> • almonds • brazil nuts • cashews <i>[limit if candida is present]</i> • chestnuts • chia seeds • coconut flakes // shreds <i>[unsweetened]</i> • flax seeds • hazelnuts • hemp seeds • macadamia nuts • peanuts <i>[limit if candida is present]</i> • pecans • pine nuts • pistachios • pumpkin seeds • sesame seeds • sunflower seeds • walnuts <p>OLIVES + CAPERS</p> <p>AVOCADO</p>	 <p>SPICES + HERBS</p> <ul style="list-style-type: none"> • basil • cilantro • mint • oregano • parsley • rosemary • sage • thyme <p>HONEY <i>[carb]</i></p> <p><i>[raw + local, if possible]</i></p> <p>SWEETENERS <i>[carb]</i></p> <ul style="list-style-type: none"> • coconut sugar • dates • maple syrup <i>[grade b]</i> <p>ALTERNATIVE SWEETENERS</p> <ul style="list-style-type: none"> • monk fruit sweetener • stevia • xylitol

vegetables	proteins	carbs	fats	flavors + others
<p>SHOOTS, STALKS + OTHERS</p> <p>—</p> <ul style="list-style-type: none"> • artichokes • asparagus • beets <i>[raw]</i> • carrots • celery • fennel • horseradish • jicama • rhubarb • lemongrass • okra <p>ALLIUMS</p> <p>—</p> <ul style="list-style-type: none"> • garlic • leeks • onions • scallions • shallots <p>MUSHROOMS</p> <p>SEEDED VEGETABLES</p> <p>—</p> <ul style="list-style-type: none"> • cucumbers • green beans • summer squash • zucchini 	<p>COLLAGEN</p> <p>—</p> <p><i>[grass-fed]</i></p> <ul style="list-style-type: none"> • bone broth • collagen peptides • gelatin <p>PLANT-BASED PROTEINS</p> <p>—</p> <p><i>[organic + non-GMO]</i></p> <ul style="list-style-type: none"> • edamame <i>[limit if estrogen-dominant]</i> • hemp protein powder • hemp tofu • pea protein powder • pumfu • tempeh <i>[grain-free, limit if estrogen-dominant]</i> • tofu <i>[sprouted if possible, limit if estrogen-dominant]</i> <p>DAIRY</p> <p>—</p> <p><i>[grass-fed + organic, limit if dairy intolerant]</i></p> <ul style="list-style-type: none"> • Greek yogurt <i>[plain]</i> • cottage cheese <i>[whole milk]</i> 	<p>ROOTS // STARCHY VEG</p> <p>—</p> <ul style="list-style-type: none"> • arrowroot • beets <i>[cooked]</i> • burdock root • cassava // yucca root • celeriac // celery root • chicory root • potatoes <i>[all varieties]</i> • parsnips • peas / split peas • pumpkin • rutabaga • taro root • tiger nuts • winter squash • yams <p>GRAINS</p> <p>—</p> <p><i>[sprouted if digestive distress is present]</i></p> <ul style="list-style-type: none"> • brown rice • buckwheat • corn <i>[organic + non GMO]</i> • millet • oats • quinoa • sorghum • white rice <i>[that's been cooked + cooled at least once]</i> 	<p>UNREFINED OILS</p> <p>—</p> <ul style="list-style-type: none"> • avocado oil • coconut oil // butter • cod liver oil • MCT oil • olive oil • red palm oil • sesame oil • walnut oil <p>DARK CHOCOLATE</p> <p>—</p> <p><i>[80% cocoa content or higher]</i></p> <p>DAIRY</p> <p>—</p> <p><i>[grass-fed + organic, limit if dairy intolerant]</i></p> <ul style="list-style-type: none"> • butter // ghee • cheese <i>[unprocessed + cultured + aged for 30+ days]</i> • cream cheese • sour cream • whole milk <p>DAIRY ALTERNATIVES</p> <p>—</p> <ul style="list-style-type: none"> • coconut cream • coconut milk <i>[canned]</i> • nut + seed milks <i>[unsweetened]</i> • nut // coconut yogurts <i>[unsweetened]</i> 	<p>VINEGARS</p> <p>—</p> <ul style="list-style-type: none"> • apple cider vinegar • balsamic vinegar • champagne vinegar • coconut aminos • red wine vinegar • rice vinegar • sherry vinegar • white vinegar • white wine vinegar <p>FERMENTED SOY</p> <p>—</p> <p><i>[organic + non-gmo, limit if estrogen-dominant]</i></p> <ul style="list-style-type: none"> • tamari • miso

foods to limit

vegetables	proteins	carbs	fats	flavors + others
 <p>NIGHTSHADES</p> <p>—</p> <p><i>[limit if digestive inflammation is present]</i></p> <ul style="list-style-type: none"> • eggplant • peppers <i>[both sweet and hot]</i> • tomatoes 	 <p>PROCESSED MEATS</p> <p>GRAIN OR SOY-FED ANIMALS</p> <p>SOY PRODUCTS</p> <p>—</p> <p><i>[non-organic // GMO]</i></p> <ul style="list-style-type: none"> • edamame • seitan • tempeh • tofu 	 <p>CORN + CORN PRODUCTS</p> <p>—</p> <p><i>[non-organic // GMO]</i></p> <p>GRAINS</p> <p>—</p> <p><i>[if gluten intolerant]</i></p> <ul style="list-style-type: none"> • barley <i>[and barley grass]</i> • bulgur • rye • spelt • wheat <i>[and wheatgrass]</i> <p>REFINED // STARCHY // PROCESSED FOODS</p> <p>—</p> <p><i>[packaged starches]</i></p>	 <p>DAIRY</p> <p>—</p> <p><i>[grain-fed // non-organic]</i></p> <p>PROCESSED CHEESES</p> <p>REFINED // HYDROGENATED VEGETABLE OILS</p> <p>—</p> <ul style="list-style-type: none"> • canola • corn • cottonseed • peanut • safflower • sunflower • soy 	 <p>SWEETENERS <i>[carb]</i></p> <p>—</p> <ul style="list-style-type: none"> • cane sugar • corn syrup • date syrup • evaporated cane juice <p>ALTERNATIVE SWEETENERS</p> <p>—</p> <ul style="list-style-type: none"> • aspartame • saccharin • splenda <p>FRUIT JUICE <i>[carb]</i></p> <p>YEAST</p> <p>ADDITIVES // PRESERVATIVES</p> <p>—</p> <ul style="list-style-type: none"> • carrageenan • food coloring dyes • MSG • natural flavors • sodium nitrate • sodium nitrite • sodium phosphate • spice extracts • yeast extract

vegetables [v]



- 2 v = 2 cups = 2 fists

- examples of ways to add veg to your day

- breakfast:

- veg in smoothies

- egg + vegetable hash

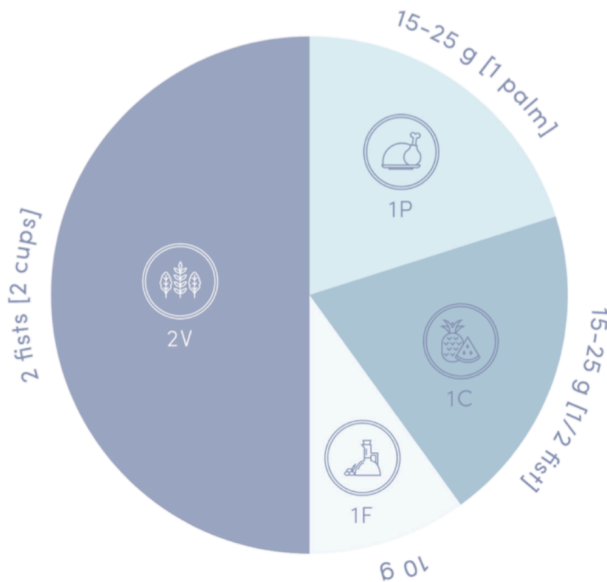
- green drink [powdered or fresh]

- lunch + dinner:

- salads

- sheet pan meal

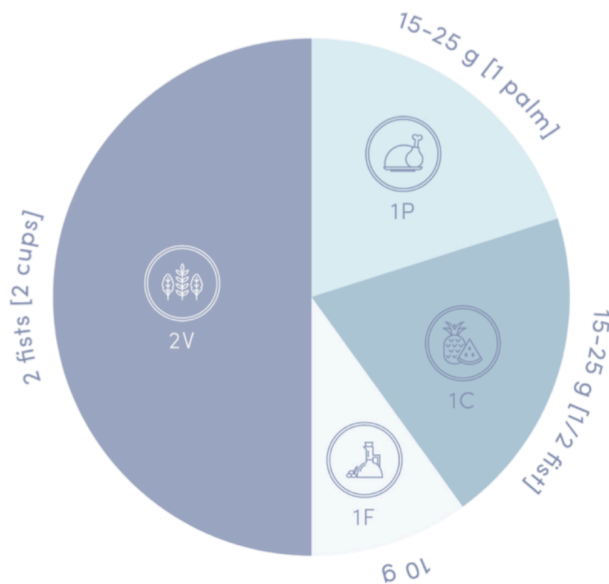
- soups



proteins [p]



- 1 p = 15-25 g = 1 ~ palm
- examples of ways to add p to your day
 - animal protein
 - plant protein
 - protein powder [sparingly]



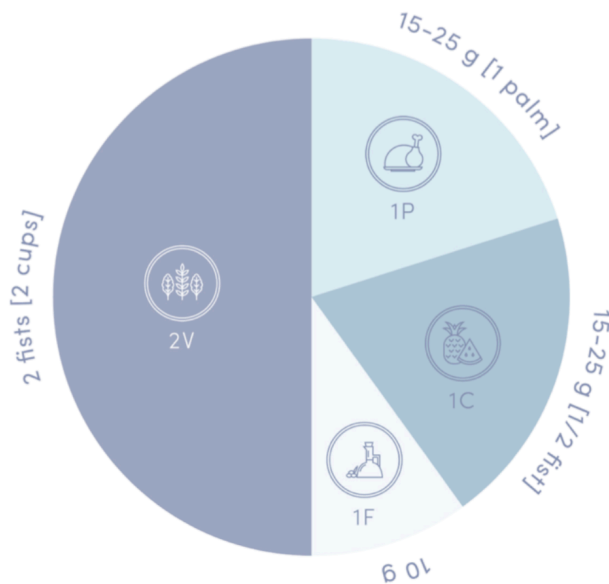
carbohydrates [c]



- 1 c = 15-25 g = 1/2 fist

- examples of ways to add c to your day

- roots
- fruits
- legumes
- grains



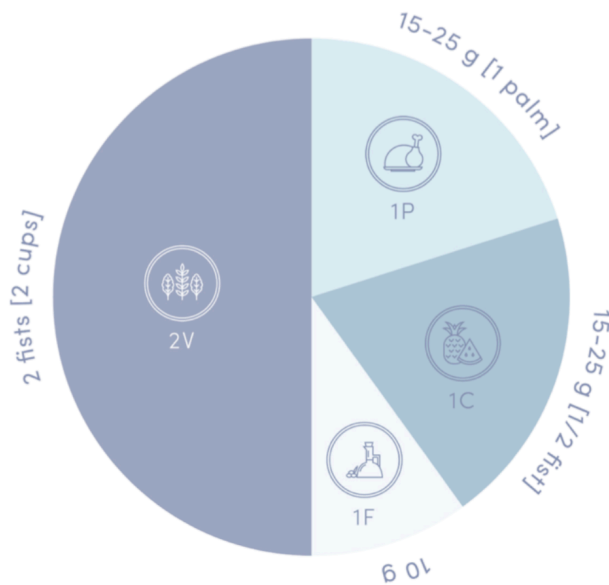
note: only starchy vegetables are counted as a carbohydrate

- starchy: roots + squash

fats [f]



- 1 f = 10 g ~ thumb or small handful



- examples of ways to add fat to your day
 - cook with olive oil // avocado oil
 - add fat to smoothies
 - sprinkle nuts on salad
 - top dishes with avocado

what about snacks?



- strive to snack \approx 1 x per day
- prioritize protein in snacks
- examples snacks:
 - roasted chickpeas [p + c]
 - turkey pepperoni + apple [p + c]
 - collagen in drink of choice [p + ?]
 - clean protein bar [p + ?]

what about sugar + wheat + dairy



- sugar + wheat + dairy are listed in red in your food list because they tend to have an inflammatory impact on wellness
- best way to determine what role it is playing in your body is to omit each group for 3-4 weeks and reintroduce
- consider omitting in this order sugar → wheat → dairy