

BAD FOODS - GOOD FOODS

BAD FOODS:

- Wheat, Barley, Rye, Oats, Oatmeal— even if it says that it is Gluten Free.
- ALL Fried Food
- Oils— cooking or salad. Yes, including Olive & Coconut Oil!
- Well done meat (rare or medium-rare is ok)
- Deli Meats, any nitrates added to meat— tell your butcher NO NITRATES
- Soda and any carbonated beverages— artificial or natural
- Skin of a baked potato (or yam, or sweet potato). If you boil a potato, then you can eat the skins.

GOOD FOODS:

- Eggs— soft scrambled in butter, soft boiled, poached
 - Butter
 - Salt
 - Dairy
 - Lard
 - Fish
 - Chicken
 - Pork
 - Lamb
 - Beef— rare and medium rare, NOT well-done, such as char-broiled or blackened.
 - Veggies
 - Fruit
 - Mixed, Salted Nuts— not peanuts
 - Nut Butters— with no added sugar
 - Rice
 - Millet
 - Pure Buckwheat
 - Beans & Legumes
 - Couscous (made from pearl millet only).
 - Quinoa
 - Corn
 - Coffee, Tea, Green tea, Red wine.
 - Any carbohydrate that is “Gluten Free” (except oatmeal).
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- Drink 4 to 8, 8oz glasses of pure water each day. Avoid soft plastic bottles.
 - Consume 20,000 ORAC points of antioxidants daily.
 - Organically grown & processed and foods free of artificial additives are always preferable.