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- **NON STARCHY VEGETABLES (5-7 CUPS/DAY)**
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots Celery
- Beet greens
- Bell peppers
- Bok choy
- Brocolli
- Brussel Sprouts
 Cucumber
- Cabbage

- Carrots Cassava
- Chicory
 - Chives
 - Collard greens
 - Coriander

• Eggplant

28 DAY RESET DIE

FOOD LIST

- Endive
- Escarole
- Fennel
- French (Green) beans• Okra
- Garlic
- Jalapeno peppers
- Jicama
- Kale
- Dandelions greens Kohlrabi

- Leeks
- Lettuce
- Mushrooms

- Onions
- Parsley
- Radicchio
- Radishes
- Shallots

- Snow peas
- Spaghetti squash
- Spinach
- Mustard greens Sugar snap peas
 - Summer squash
 - Swiss chard
 - Turnip greens
 - Water chestnuts
 - Watercress
 - Zucchini

*Steam veggies if there is digestive distress

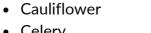
STARCHY VEGETABLE (1 CUP/DAY) APPROVED FRUITS (1 CUP/DAY)

• Berries:

Blackberry, Blueberries, Boysenberries, Elderberries, Gooseberries, Ioganberries, Raspberries, Strawberries, Acai

- Acorn squash
- Beets
- Buttercup squash
- Butternut squash
- Carrots cooked
- Grapefruit
- Hubbard squash
- Kabocha squash
- Leeks

- Lemons and Limes no limit
- Nectarines
- Oranges
- Parsnips
- Peaches
- Pumpkin
- Spaghetti squash
- Sweet potatoes
- Tomatoes
- Turban squash
- Turnip
- Yams



FATS (3-5 SERVINGS/DAY)

Eat small amounts at each meal. Helps with satiety, tastier meals and builds healthy hormones, a healthy brain and better gut function.

- Olives/Oil
- Coconut/Oil
- Nuts:

Almonds (sprouted), Cashews (sprouted), Hazelnuts, Walnuts, Pecans, Brazil nuts, Pistachio. Macadamia, Pine Nuts (all nuts should be raw, sprouted with no canola, peanut or sunflower oil.)

• Seeds:

Sunflower seeds, Pumpkin seeds, Sesame seeds, Chia seeds, Flax seeds

- Avocado
- Ghee
- Pasture Butter
- Cold water fish: Sardines, Kippers, Herring, Fish oil

PROTEIN (3 SERVINGS/DAY)

1 1/2 deck of cards = protein

- Eggs, cage free, organic
- Free range 100% grass fed beef, bison, lamb
- Free range, organic pork
- Cage free, organic chicken
- Wild caught, cold water fish (salmon and sardines are your best choices)
- Wild game: Venison, Elk, Antelope, etc.
- Designs for Health Pure Paleo Protein

Vegan: Combine sprouted beans, gluten-free grains, and nuts/seed, to make complete proteins for your meals. (You really have to be intentional about meal planning.)