

## Proteins

- Lean Grass Fed Beef, Buffalo, Bison, Venison, Elk, and Veal
- Skinless Chicken Breast (antibiotic and hormone free recommended)
- Wild White Fish: Cod, Sea Bass, Flounder, Halibut, Haddock, Red Snapper, Lemon Sole, Monk Fish, Whiting, Mahi-mahi, Rockfish, Scrod, Grouper
- Crab, Lobster, Shrimp (wild caught only), Scallop
- Vegetarian/Vegan Proteins: Egg whites, Hemp seeds, Chia seeds, Quinoa, Spirulina, raw shelled organic Edamame, organic Cottage Cheese

## Fruits

- Apples
- Oranges
- Strawberries
- Grapefruit
- Blueberries
- Lemons
- Limes

## Spices and Seasonings

- Lemon juice
- White or black pepper
- Himalayan crystal salt
- Any organic herb: garlic, parsley, basil, fennel, cilantro

## Drinks

- Water
- Mineral Water - No sodium or added sugars
- Black Coffee
- Teas: Wu-Long, Chamomile, Yerbe Mate, Green Tea
- 2% Organic Milk (1 Tbsp Daily for coffee)
- Lyte-Up

## Vegetables

- Asparagus
- Celery
- Cabbage
- Cucumber
- Zucchini
- Eggplant
- Tomatoes
- Onions
- Fennel
- Peppers
- Raw shelled organic Edamame
- Beet Greens
- Peppers
- Spinach
- Arugula
- Chard
- Red Radishes
- Green Beans (fresh only)
- Kale
- Lettuce (except iceberg)

## Bread

- Matzoh Cracker

## Adrenal Cocktail

- This cocktail will help nourish the adrenal glands and relieve symptoms of night time cravings and restless sleep. This has a cumulative affect and should be taken for at least 2 weeks until the food therapy used during Level 1 calms the adrenal glands and symptoms disappear.

## Miscellaneous

- Liquid Stevia
- Organic Honey
- Braggs Apple Cider Vinegar
- Braggs Liquid Aminos
- Braggs Healthy Vinaigrette or Ginger Sesame
- Organic Chicken/Vegetable/Beef Broth (no/low sugar or sodium added)
- Organic Tomato Paste
- Whole Foods 365 brand Dijon Mustard
- Cream of Tartar for Adrenal Cocktail
- Organic frozen or fresh Orange Juice for Adrenal Cocktail
- Oils: Hemp, Olive, Avocado, Flax, Grape Seed, Coconut (only use 1 tsp of oil as salad dressing)
- Grape Seed & Coconut Oil for low heat cooking only



## Protein Boosters

Exercise is a critical component of long-term health and vitality. Clients who choose to exercise during Level 1 need to incorporate food "boosters" into their daily regimen. Below are some great boosters:

- Mixed berries topped with chia seeds
- Cottage cheese with fruit
- Hard-boiled egg with fruit
- A handful of almonds or walnuts with fruit
- Avocado, cucumbers, salsa with grilled shrimp or chicken for mini-meal
- Lyte-Up, 2-3 Tbsp chia seeds for protein drink before or after a workout

Healthy fats are beneficial to your overall health, especially when you are exercising. Although it's better to just have protein before a workout, having a little extra healthy fat during lunch or dinner will really help complete your holistic health and wellness. Here are a couple options:

- 2 Tbsp avocado, olive, flax or hemp oil on top of salad
- Bragg Healthy Vinaigrette or Ginger Sesame salad dressing
- 3 egg-white omelet with veggies and avocado
- Warm quinoa, topped with fruit and nuts, cinnamon or pumpkin spice