

# LEVEL 1 BASELINE FOODS

Starting your Betr journey with these baseline foods will help calm the body and reduce internal inflammation. This leads to it functioning at a much higher capacity throughout Level 1. These recommendations are based on time-tested results. You should always consult your physician for your individual needs.

## PROTEINS

*\*antibiotic/hormone-free meats and wild-caught fish are preferred*

- Beef
- Chicken
- Eggs
- Shellfish
- Whitefish

## VEGETARIAN/ VEGAN PROTEINS

- Chia Seeds
- Chickpeas
- Cottage Cheese
- Edamame
- Hemp Seeds
- Lentils
- Nutritional Yeast
- Quinoa
- Spirulina
- Tofu

## FRUITS

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

## SWEETENERS

- Honey
- Liquid Stevia
- 100% Monk Fruit

## VEGETABLES

- Asparagus
- Cabbage/ Bok Choy
- Celery
- Cucumber
- Eggplant
- Fennel
- Green Beans
- Jicama
- Leafy Greens
- Okra
- Onions
- Peppers
- Red Radishes
- Tomatoes
- Zucchini

## SEASONINGS

- Any Herbs (fresh or dried)
- All Peppers
- Himalayan or Gray Sea Salt

## BEVERAGES

- Coffee
- 8 oz. Sparkling Water
- Tea (Black, Green, and all Herbal)
- 2% Milk (2 tbsp for coffee and tea only)

## EXERCISE BOOSTERS

- 1/4 cup Almonds
- 1/4 Avocado
- 2 tbsp Chia Seeds
- 1/2 cup Cottage Cheese
- 1-2 Eggs
- 2 tbsp Hemp Seeds
- 2 tsp Oils: Avocado, Flax, Olive, Hemp
- 1/2 cup Quinoa
- 1/2 Sweet Potato
- 1/4 cup Walnuts

## RECIPE USE ONLY

- Matzoh Cracker
- Melba Toast
- Panko Bread Crumbs
- Cream of Tartar
- Fresh or Frozen Orange Juice

## OTHER

- Bragg products (apple cider vinegar, liquid aminos, vinaigrette, ginger sesame)
- Dijon mustard
- Low Sodium Broths (chicken, beef, vegetable)
- Oils: Hemp, Olive, Avocado, Flax, Grape Seed, Coconut
- Siete Hot Sauce
- Tomato Paste