

LEVEL 2 - MY FOOD WORKSHEET

The goal of Level 2 is to build out your baseline Level 1 plan to add nutritional diversity by adding foods that provide healthy macro and micro nutrients - not to mention variety. Use this worksheet to identify the new foods you would like to add and indicate these under their respective category. Should one of the new foods cause any sensitivity symptoms (bloating, headache, rash, constipation, diarrhea, heartburn, fatigue or weight gain) hold off on adding any new foods for at least two days to get back to your baseline.

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) _____

ACTIVITY FUEL

- 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 _____