

My New Approach

BREATHE · NOURISH · MOVE

FOOD GUIDE

Clean Nourishment Reference

What to *Eat & Drink*

PILLAR TWO Animal Protein

- Beef, bison, lamb, venison
- Pork
- Chicken, turkey, duck
- Salmon, tuna, sardines, mackerel
- Cod, tilapia, halibut, trout
- Shrimp, crab, lobster, scallops
- Oysters, clams
- Eggs
- Bacon — no additives or sugar
- Liver and organ meats

PILLAR TWO Vegetables

- Spinach, kale, arugula, romaine
- Swiss chard, collard greens
- Broccoli, cauliflower, Brussels sprouts
- Cabbage, zucchini, cucumber, celery
- Asparagus, bell peppers, jalapeños
- Onions, garlic, leeks, shallots
- Carrots, beets, radishes
- Sweet potato, butternut squash
- Mushrooms, tomatoes, avocado

PILLAR TWO Fruit

- Blueberries, strawberries, raspberries
- Blackberries
- Apples, pears, peaches, plums, cherries
- Oranges, grapefruit, lemons, limes
- Bananas, mangoes, pineapple, papaya
- Grapes, watermelon, cantaloupe
- Honeydew, kiwi, pomegranate
- Figs, dates

BEVERAGES What to Drink

- Water — still or sparkling
- Black coffee
- Tea — green, black, herbal, white

Don't drink your calories. No artificial sweeteners.
If it came from the earth or an animal, eat it. If it was made in a factory, skip it.