

# Optional FOODS LIST

PROTEINS	VEGETABLES	FRUITS
<p><b>3 – 4 oz per serving, Roughly 25-30g/per serving</b></p> <p>Bison Catfish Chicken Thigh Clam Grouper Halibut Herring Mackerel Mahi Mahi Oyster Lamb Pork Scallops</p> <p>Trout Tuna Snapper Shrimp</p>	<p><b>1 C raw , ½ C cooked = 1 Serving</b> Unless Otherwise Noted</p> <p>Artichoke Leeks Beets Bok Choy Greens Sprouts Cabbage Cauliflower Celery Chard Collards Tomato Green</p> <p>Watercress Lettuce (4c) Mushrooms Mustard Greens Okra Radish Seaweed Snap Peas</p>	<p><b>½ = 1 Serving</b></p> <p>Pears Plantain</p> <p><b>1 = 1 Serving</b></p> <p>Oranges Grapefruit Kiwi Cranberries Apricot</p> <p><b>1 C = 1 serving</b></p> <p>Cantaloupe Watermelon</p> <p>Honey Dew Melon Cherries</p> <p><b>½ C = 1 Serving</b></p> <p>Grapes Pineapple</p>

GOOD FATS	Healthy Fats:NUTS/SEEDS	SPICES
<p><b>1 tsp =1 serving</b></p> <p>Avocado &amp; Oil Macadamia Oil Butter Coconut Oil Olive Oil Coconut Milk Sesame Oil Walnut Oil Ghee</p>	<p><b>Roughly 1 tbs = 1 Fat Serving (check labels)</b></p> <p>Chia Seeds Flaxseed Hemp Seeds Poppy Seed Pumpkin Seeds Sesame Seeds Safflower Seeds Sunflower Seeds</p> <p><b>4.5 G Fat = 1 Serving</b></p> <p>Almonds Brazil nuts Cashews Chestnuts Hazelnuts (filberts) Macadamia nuts Pecans Pine nuts</p>	<p><b>FREE</b></p> <p>Basil Bay Leaf Carob Cayenne Pepper Celery Seed Pepper Chive Cilantro Cinnamon Clove Cumin Curry Dill Fennel Wasabi</p> <p>Ginger Garlic Lavender Lemongrass Licorice Mint Chili Mustard Oregano Paprika Parsley Pepper Rosemary Thyme Turmeric Vanilla</p>

**NOTES :**