

REAL FOOD BLUEPRINT

- ✓ Focus on whole, unprocessed foods with as few ingredients as possible
- ✓ Eat local, organic produce when in season.
- ✓ Choose local, organic pasture raised meats when available.
- ✓ Steer clear of refined or overly processed food & beverage.

RUN TOWARDS

These are the most nutrient dense options that will contribute to increased health and vitality.

Meats by Land (click [here](#) for my favorite sources)

- › Beef
- › Duck
- › Goose
- › Pork
- › Bison/Buffalo
- › Eggs
- › Lamb
- › Quail
- › Chicken
- › Goat
- › Ostrich
- › Turkey

Meats by Sea

- › Catfish
- › Lobster
- › Salmon
- › Snails
- › Clams
- › Mackerel
- › Sardines
- › Snapper
- › Grouper
- › Mahi
- › Scallops
- › Swordfish
- › Halibut
- › Mussels
- › Shrimp/Prawns
- › Trout
- › Herring
- › Oysters
- › Tuna

Vegetables

- › Artichoke
- › Daikon
- › Mustard Greens
- › Squash
- › Asparagus
- › Radish
- › Sunchokes
- › Arugula
- › Dandelion Greens
- › Okra
- › Sweet Potato
- › Beets
- › Onions
- › Taro
- › Bok Choy
- › Eggplant
- › Parsley
- › Tomatillo
- › Broccoli
- › Endive
- › Parsnips
- › Tomato
- › Brussels Sprouts
- › Fennel
- › Peppers
- › Turnip Greens
- › Cabbage
- › Garlic
- › Purslane
- › Turnips
- › Carrots
- › Green Beans
- › Radicchio
- › Turnips
- › Watercress
- › Cauliflower
- › Jicama
- › Radishes
- › Yams
- › Celery
- › Kale
- › Rutabaga
- › Yuccas
- › Chard
- › Kohlrabi
- › Seaweed
- › Collard Greens
- › Leeks
- › Shallot
- › Snap Peas
- › Cucumbers
- › Mushrooms
- › Spinach

Fruits

- › Acai
- › Kiwi
- › Papaya
- › Strawberry
- › Apple
- › Lemon
- › Pear
- › Tangerine
- › Banana
- › Lime
- › Persimmon
- › Tangelo
- › Blueberry
- › Orange
- › Plantain
- › Goji
- › Mango
- › Pomegranate
- › Grapefruit
- › Melon
- › Raspberry

Fats

- › [Coconut Oil](#)
- › Butter
- › Lard
- › Animal Fats
- › [Coconut Cream](#)
- › Olive Oil
- › Sesame Oil
- › Nuts & Seeds
- › [Palm Oil](#)
- › Ghee

Supplemental Foods

- › Fermented Fruits/Veggies (sauerkraut, kimchi, kvass)
- › Cod Liver Oil
- › Kombucha
- › [Herbal Teas](#)
- › Bone Broth
- › Seaweed

Herbs/Spices

- › All

Liquids

- › Water (mineral, well, spring)

WALK TOWARDS

These are the foods that many have potential issues with. Pay closer attention to how you feel after consuming, use more sparingly.

Meats

- › Cured
- › Processed
- › Sausages
- › Hot dogs

Raw Dairy

- › Milk
- › Yogurt
- › Kefir
- › Cheese

Legumes/Beans

- › All, preferably soaked & slow cooked

Grains

- › Preferably soaked, unprocessed

Soy

- › Tempeh, tofu or miso (fermented preferred)

Cocoa/Cacao/Chocolate

- › [All](#)

Natural Sweeteners

- › Honey
- › Syrup
- › Coconut
- › Stevia
- › Maple
- › Dates
- › Sugar

Liquids

- › Caffeinated beverages ([coffee](#), teas)
- › Squeezed juice
- › Coconut water
- › Carbonated waters

Condiments

- › Ketchup
- › Mayo (homemade)
- › Sauces (teriyaki, hoisin etc)

RUN AWAY FROM

These are foods that are to be avoided when possible as they have been known to detract from overall health.

Grains

- › Processed, refined (breads, crackers, cereals, etc)

Sugar

- › Processed sugar
- › High fructose corn syrup

Fats/Oils

- › Vegetable oil
- › Canola oil
- › Soybean oil
- › Partially hydrogenated oils
- › Sunflower & safflower oil

Liquids

- › Soda
- › Processed juices
- › Tap water

Spices

- › Iodized salt