



Proteins (29)	Vegetables (24)	Healthy Oils (8)	Spices (25)
Chicken Breast Chicken Thigh Salmon steak Salmon Filet Snapper Flounder Halibut Trout Mackerel Bass Shrimp New York Steak Rib eye Steak Round Steak Ground Beef Beef Ribs Rump Roast Beef Stew Meat Pork Loin Pork Chop Pork Ribs Ground Pork Baby Back Ribs Bacon Pork Roast Lamb Chops Ground Lamb Lamb Rack Venison Steaks	Asparagus Avocado Artichoke hearts Brussels sprouts Beets* Carrots Celery Daikon Zucchini Fennel Root Kale Chard Dandelion Greens Spinach Acorn Squash* Butternut Squash* Yam* Sweet Potato* Red Pepper Yellow Pepper Green Pepper Red Cabbage Green Cabbage Napa Cabbage *dense carbohydrate - eat in moderation until leanness goals are reached	Coconut Oil Olive Oil Macadamia Nut Oil Avocado Oil Lard Tallow Butter Ghee	Allspice Basil Cardamom Cinnamon Celery Seed Dill Fenugreek Garlic Ginger Curry-Red Curry-Green Curry-Yellow Oregano Cilantro Nutmeg Rosemary Thyme Garam Masala Bay Leaf Himalayan Salt Herbs de Provence Chili Powder Paprika Cumin Black Pepper