

# RESTORE NUTRITION PLAN

## PROTEIN

### MEAT

Eggs  
**Grass-fed beef**  
 Lamb  
 Chicken  
 Turkey  
 Ground beef  
 Pork

### SEAFOOD

(at least 2x week)  
**Wild caught salmon**  
 Trout  
 Sardines  
 Cod  
**Oysters**  
 Liver  
 Anchovies  
 Shrimp  
 Snapper

Mackerel  
 Haddock  
 Halibut  
 Tuna  
 Clams  
 Mussels  
 Lobster  
 Crab

### WILD GAME

**Elk**  
 Venison  
 Buffalo  
 Cornish game hen  
 Turkey  
 Pheasant  
 Quail

### DAIRY

Greek or coconut yogurt  
 Whole milk from: Cows, Sheep, Goats

**CHEESES:**  
**Parmesan**  
 Mozzarella  
 Romano  
 Gruyere  
 Swiss

Gouda cheese  
 Brie  
 Fontina  
 Feta  
 Goat

### BEANS

White  
 Cranberry  
 Black  
 Pinto  
 Kidney  
 Chickpeas  
 Lentils

## VEGETABLES

### FATS & OMEGA 3

Olives  
**EVOO**  
 Cheese  
 Sour cream  
 Cream cheese  
 Coconut oil/cream  
 Avocados

Grass fed butter  
 Mayo made with avocado oil  
**Pasture raised eggs**  
 Wild salmon  
 Mackerel  
 Oysters

Sardines  
 Anchovies'  
 Walnuts  
 Pumpkin seeds  
 Chia  
 Grass-fed beef  
**Seaweed** and algae

Wild rice  
 Fresh ground flax seed

### UNLIMITED

Spinach  
 Kale  
 Arugula  
**Dark leafy greens**  
 Collards  
 Broccoli  
 Cauliflower  
 Cabbage

### LIMITED

Brussel sprouts  
 Broccoli sprouts  
 Microgreens  
 Watercress  
 Zucchini  
**Beets**  
 Bell peppers  
 Tomatoes

Onions  
 Garlic  
 Asparagus  
 Artichoke  
 Chard  
 Cucumbers  
 Eggplant  
 Squash

Sweet potato  
 Carrots  
 Peas  
 Turnip  
 Radish  
 Okra  
 Rutabaga

### FRUITS

**Avocados**  
**Raspberries**  
 Blackberries  
 Strawberries  
 Blueberries  
 Cherries

**Kiwi**  
 Papaya  
 Lemons  
 Pineapple  
 Pears

### BEVERAGES

Spring water  
**Green tea**  
 Ginger tea  
 Chamomile tea  
 Golden milk lattes  
 Nut milks  
 Warm water w/ lemon  
 Sparkling flavored waters

### NUTS AND SEEDS

**Walnuts**  
 Pumpkin  
 Sunflower seeds  
 Chia  
 Hemp hearts

Sesame  
 Fresh ground flaxseed  
 Pistachio  
 Almonds  
 Cashew

Macadamia  
 Hazelnuts  
 Brazil nuts  
 Pecans

### COOKING FATS

**EVOO**  
 Unrefined coconut oil  
 Unrefined avocado oil  
 Butter

Ghee  
 Bacon grease  
 Beef tallow from grass fed cows

### HERBS & SPICES

**Garlic**  
 Basil  
 Parsley  
**Turmeric**  
 Himalayan sea salt

Spearmint  
 Cocoa powder  
 Everything but the bagel seasoning  
 Dark chocolate (70% or higher)  
 Spirulina up 2x week

**AVOID:** Gluten containing foods, added sugar, vegetable oils and excessive caffeine. **\*Bold Items:** High in hard to get nutrients

[WWW.THEADDITIONNUTRITIONIST.COM](http://WWW.THEADDITIONNUTRITIONIST.COM)