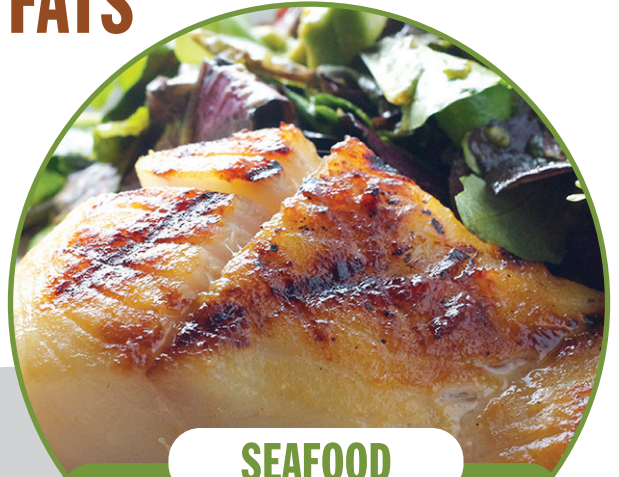


FEED YOUR BODY WITH HEALTHY FATS



MEATS

Grass fed & free range: beef, lamb, venison
Organic poultry: Chicken, turkey Organic,
free range eggs.



SEAFOOD

Wild oily fish: salmon, sardines, mackerel,
herring, and anchovies; Shellfish.



DAIRY & DAIRY SUBSTITUTES

From grass fed cows: Organic Whole milk and
full fat dairy products, butter*, ghee*, lard*,
fermented/cultured kefir & yogurt (unsweetened),
nut & seed milks (unsweetened)



NUTS & SEEDS

Organic nuts & seeds such as almonds, cashews,
macadamia, walnuts, pecans, Brazil nuts, hemp, chia,
pumpkin, sunflower, sesame, flaxseeds. Nut & seed
butters (without added sugar or oils)



ORGANIC COLD-PRESSED OILS

Coconut oil*, coconut butter*, extra virgin olive oil,
MCT Oil, flaxseed oil, avocado oil, walnut oil,
pumpkin seed oil, hemp oil



EXTRAS

Avocados, olives, 70%-85%
dark chocolate or raw chocolate

*these are the only fats we
should be cooking with. ALL
others should be used
unheated on salads, etc.