

Eat Real: Your Genes Will Fit Better

Meats/Eggs/Fish

Beef/Pork

Bacon
Flank steak
Top sirloin steak
Ground beef
London broil
Chuck steak
Pork loin/chops
Pork sausage
Ribs
Roasts
T-Bone steaks
Any other cut not listed

Poultry

Chicken breast/legs/thighs/wings
Turkey breast /legs/thighs/wings
Game hen breasts/legs/thighs/wings

Eggs

Chicken (go for the enriched omega 3 variety)
Duck
Goose

Other meats

Rabbit meat (any cut)
Goat meat (any cut)
Lamb chops/roasts/leg
Veal (any cut)

Organ meats

Beef, lamb, pork, and chicken livers
Beef, pork, and lamb tongues
Beef, lamb, and pork marrow
Beef, lamb, and pork "sweetbreads"

Game meats

Bison (buffalo)
Caribou
Elk
Emu
Goose
Ostrich
Pheasant
Quail
Venison
Wild boar
Wild turkey

Shellfish

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Scallops
Shrimp

Fish

Bass
Bluefish
Cod
Drum
Eel
Flatfish
Grouper
Haddock
Halibut
Herring
Mackerel
Monkfish
Mullet
Northern pike
Orange roughy
Perch
Red snapper
Rockfish
Salmon
Scrod
Shark
Striped bass
Sunfish
Tilapia
Trout
Tuna
Turbot
Walleye
Any other wild caught fish available

Fruit

Apple
Apricot
Banana
Blackberries
Blueberries
Boysenberries
Cantaloupe
Carambola
Cassava melon
Cherimoya
Cherries
Cranberries
Figs
Gooseberries
Grapefruit
Grapes
Guava
Honeydew melon
Kiwi
Lemon
Lime
Lychee
Mango
Nectarine
Orange
Papaya
Passion fruit
Peaches
Pears
Persimmon
Pineapple
Plums
Pomegranate
Raspberries
Rhubarb
Star fruit
Strawberries
Tangerine
Watermelon

Vegetables

Artichoke
Asparagus
Beets / Beet greens
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Cucumber
Eggplant
Endive
Green onions
Green beans
Jicama
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard greens
Onions
Parsley
Parsnip
Peppers (all kinds)
Pumpkin
Radish
Rutabaga
Seaweed
Snap peas
Spinach
Squash (all kinds)
Sweet Potato
Swiss chard
Tomatillos
Tomato
Turnips / Turnip greens
Watercress

Healthy Fats

Nuts and Seeds (limited)

Almonds
Brazil nuts
Cashews
Chestnuts
Hazelnuts (filberts)
Macadamia nuts
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Nut Butters (limited)

Almond Butter
Cashew Butter

Oils (Non-Vegetable)

Olive
Avocado
Nut oils
Coconut
Palm

Other

Avocado
Real Butter
Coconut milk

Spices

Anything but salt!