



CHEATSHEET

WHAT TO EAT CHEAT SHEET 2.0

protein

ANIMAL (*pastured, grass-fed*)

- Chicken
- Turkey
- Duck Eggs
- Lamb
- Buffalo
- Beef

FISH (*wild, low mercury*)

- Salmon
- Trout
- Sea Bass
- Sardines
- Anchovies
- Mackerel
- Shrimp
- Cod
- Haddock

VEGAN

- Beans (*except canned baked beans*)
- Quinoa
- Non-GMO organic sprouted tofu
- Hemp Hearts
- Rice & Pea Protein Powder

vegetables

- Greens
- Spinach
- Kale
- Chard
- Romaine
- Mustard greens
- Lettuce
- Arugula
- Bok choy
- Endive
- Tomatoes
- Cucumber
- Sprouts
- Bamboo shoots
- Brussels sprouts
- Snap peas
- Green beans
- Broccoli
- Cauliflower
- Radish

fruit

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Strawberries
- Kiwi
- Green apple
- Oranges
- Grapefruit

complex carbs

ROOT VEGGIES

- Yams
- Japanese yams
- Potatoes
- Parsnips
- Plantain
- Squash
- Carrots
- Beets
- Nuts

GF GRAINS

- Oats
- Rice
- Quinoa
- Amaranth
- Millet
- Buckwheat

fat

- Avocado
- Coconut
(100% organic, extra virgin, cold-pressed)
- Olives
(100% organic, extra virgin, cold-pressed)
- Seeds
- Nuts



MAGIC PLATE

HEALTHY MEALS AT A GLANCE

