



Innate Diet™ Recommended Diet:

Vegetables

- Organic if possible. If not, wash before consuming. Look at Dirty Dozen/Clean Fifteen.
- Eat raw as much as possible. If not, lightly steam in the beginning.
- Eat as many dark colored vegetables as possible and as many different colors as possible. Heavy in the greens/sprouts and limit starchy vegetables like potatoes.
- Examples: cucumber, zucchini, summer squash, celery, radish, tomatoes, turnip greens, asparagus, cabbage, cauliflower, spinach, sprouts, broccoli, beet greens, collard greens, red/green/yellow peppers, kale, squash, onion, snow peas, brussel sprouts, garlic, avocado, green beans, carrots

Animal Protein

- All meats should be lean, grass fed, free range, hormone free and antibiotic free whenever possible.
- Organ meats are healthy IF they are from hormone free and antibiotic free, grass fed animals.
- Examples: lean beef, lean lamb, turkey (do not eat skin unless organic), chicken (do not eat skin unless organic), eggs (6 or less per week), wild salmon, limited cod (6x/month or less), snapper, rockfish, haddock, halibut
- Lactose free whey, hemp or other vegetable protein can be used as a meat substitute.
- Google “Mail Order Free-Range Meats” to find suppliers.

Fruits

- Best to eat first thing in the morning.
- Eat as much local, organic, or non-sprayed fruits as possible. These are more likely to be vine ripened and less likely to be sprayed with agents that are used to prevent over ripening.
- Fruits that are dark in color contain higher amounts of antioxidants.
- Examples: blueberries, raspberries, pears, strawberries (organic ONLY), blackberries, kiwifruit, plums, nectarines, peaches, cranberries, green apples, red apples, grapes, raw figs, bananas, organic raisins
- Tip: Find a local source of good fruit and fill a freezer full for the winter months.

Nuts/Seeds

- Great source of both protein and healthy fatty acids.
- Examples: almonds, walnuts, Brazil nuts, sunflower seeds, pumpkin seeds, ground flax seeds

Grains

- Examples: whole oats, wild/whole grain rice (Limited)

Water

- Consume 1 gallon= 4 liters = 128 ounces per day. Remember, water can come from what you drink and from water dense foods like veggies.
- Best water is Alkaline Water:
 - Reverse Osmosis System (More realistic for a household)
 - We recommend Water Revolution (www.purechirowater.com)
 - Ask about our Water Club.
- Alkalize your water with lemon or lime juice.



Toxic Additives to food:

- Hydrogenated Fat
- Partially Hydrogenated Fat
- Trans Fat
- Added Salt
- MSG (monosodium glutamate)
- Hydrolyzed protein (disguised MSG)
- Aspartame and other artificial sweeteners (Equal, Sweet N Low, Splenda)
- Any and all chemical food additives and colors
- Non-fiber carbs (sugar)
- Corn syrup

Food choices to avoid:

- Fried foods (frieds, donuts, chips, etc.)
- Processed and non-fiber carbs (flour, pasta, bread, etc.)
- Grains (limited whole grains-wild rice and whole oats)
- Dairy (limited non-pasteurized dairy)
- Juices (limited, very diluted)
- Caffeine (very limited- I apologize to the addicts)
- Sprayed, early harvested fruits and vegetables
- Grain fed, antibiotic fed, hormone fed meats
- Non-filtered or non-distilled water
- Dried fruits (limited, organic only)
- Corn products
- Peanuts
- Tap Water
- Soy Products (limited if fermented)
- Shellfish (bottom feeders- bioaccumulate toxins)
- Tuna (top of food chain- bioaccumulate mercury)
- Farmed fish (higher toxicity, less omega 3s, etc.)
- Smoked meats (full of nitrates and nitrites)
- Pork (high in parasites, mold spores in fat)
- Carnivores (i.e. fish that eat other fish bioaccumulate toxins)
- Alcohol (yes, even wine is bad)

Remember, no one is perfect and perfection is only an illusion. Be at your best 80% of the time. If you choose to make an unhealthy food choice, enjoy it!