



Meats

Beef, Buffalo, Lamb, Goat, Venison: organic, pasture raised, grass finished is best; organic is a good second choice

Pork, Wild Boar, Rabbit: organic, pasture raised is best; organic is a good second choice

Chicken, Turkey, Duck Quail, Eggs: organic, pasture raised is best; organic is a good second choice

Fish: wild-caught, sustainably fished is best; avoid farm-raised; avoid shellfish and mussels

Bacon, Sausage, Deli Meat: organic, pasture raised, grass finished without nitrates, nitrites, sulfites, MSG, sugar or carrageenan

Sources

Monroe Farm Market: online marketplace of local food

Hillyrock Farm: pasture raised, grass-finished beef

Stompin' Crick Farm: antibiotic & hormone free

Applegate Farms: hotdogs, bacon, deli meats



Vegetables

Organic is best: focus on dark leafy greens and a variety of bright colors. No Soy, No Beans.

Artichokes
Asparagus
Beets & Beet Tops
Broccoli
Brussels Sprouts
Cabbage
Carrots (raw)
Cauliflower
Celery
Collards
Cucumbers
Fennel
Garlic
Kale
Leeks
Lettuce
Mustard Greens
Onions & Shallots
Parsnips
Pumpkin
Radishes
Rhubarb
Rutabaga
Swiss Chard
Turnips & Turnip Greens
Watercress
Winter Squash
Yams
Yellow Squash
Zucchini



Grocery List

Remède Physique



Fats for Cooking

Coconut Oil

Ghee

Red Palm Oil

Olive Oil

Avoid all artificial fats and oils such as hydrogenated or partially hydrogenated oils.

Fats for Eating

Avocados

Coconut Butter (aka Coconut Manna)

Coconut Flakes

Coconut Milk

Olives

If the inflammatory markers in your blood work are in the functional range then raw, organic nuts and seeds can be eaten in moderation.



Fruits

Apples

Apricots

Blackberries

Blueberries

Cherries

Figs

Grapefruit

Kiwi

Lemon/Lime

Peaches

Pears

Plums

Raspberries

Strawberries

Avoid Dried & High Sugar Fruits

No Dairy

No cow's/sheep's/goat's milk, cheese, yogurt, kefir, butter or cream. "If it comes from a teat, DON'T EAT."

Choose unsweetened, full-fat coconut milk in BPA-free containers.

[Natural Value](#)
[Native Forest](#)
[So Delicious](#)



Sweeteners

Stevia

Luo Han (Monk Fruit)

Once blood sugar has stabilized honey, maple syrup and glucose (dextrose) may be tolerated in moderation.

Beverages

No caffeinated teas. No coffee. No soda. No alcohol.

Herbal teas or naturally decaffeinated black and green tea is a good choice.

Alternative coffee beverages like [Teechino](#) are acceptable.

Unsweetened coconut water is good in moderation.

Drink plenty of fresh pure water daily (your body weight divided by 2 = the number of ounces your body needs to be properly hydrated).