

Pro-Metabolic Food List



Protein	Carbs	Vegetables	Fat & Sweets
Meat & Poultry beef bison chicken eggs lamb pork turkey wild game organ meat (liver, etc)	Root Veggies arrowroot beets carrots cassava jicama pumpkin squash tapioca rutabagas sweet potato taro yams yuca Fruit apples apricots banana blackberries blueberries cantaloupe cherries coconuts cranberries currants dates figs grapefruit grapes honeydew melon kiwis lemon & lime magos nectarines orange papaya peaches pears pineapple plantains plums pomegranates raspberries strawberries watermelon	Veggies artichokes arugula asparagus beet greens bok choy broccoli brussle sprouts cabbage cauliflower capers carrot tops celery chives collard greens cucumber dandelion greens endive garbic herbs kale lettuce mushrooms napa cabbage okra onions radishes radicchio scallions shallots swiss chard turnips turnip greens water cress zucchini	Fats avocado avocado oil coconut oil grass-fed butter ghee MCT oil olives olive oil Sweeteners cane sugar coconut sugar maple syrup raw honey Sweets cacao dark chocolate
Fish (wild caught preferred) anchovies catfish cod halibut herring mackrel mahi mahi salmon sardines snapper tilapia trout tuna			
Shellfish clams crab crawfish lobster mussels octopus oysters prawns scallops shrimp squid			
Dairy (if tolerated) cottage cheese greek yogurt goat cheese raw/organic milk			