

CORE VEGGIE CARBS Low Glycemic Load High Water Content/Fibre (Cupped hands portion)	CORE STARCHY CARBS Low to Mid-Range Glycemic Load (Fist-sized portion (1 cup cooked) 1 x's daily: within 2 hours post-exercise)	CORE PROTEINS Choose Organic, Grass-Fed Versions Whenever Possible	CORE FATS Choose Organic, Fresh/ Raw Versions Whenever Possible
<p>Leafy Greens: Bok Choy, Broccoli Raab, Chard, Collards, Dandelion Greens, Escarole, Kale, Mustard Greens, Spinach etc.</p> <p>Low Glycemic Veg: Artichokes Asparagus Bok Choy Broccoli Brussels Sprouts Cabbage (any kind) Carrots Cauliflower Celery Cucumbers Aubergine Fennel Garlic Green Beans Leek Lettuce (any kind) Mushrooms Onions Peppers Radish Spaghetti Squash Sprouts (any kind) Sugar Snap/Snow Peas Summer Squash Tomatoes Cougette etc.</p>	<p>Starchy Vegetables: Beets, Parsnip, Sweet Potato, Pumpkin, Turnip, Butternut Squash, etc.</p> <p>Legumes: All Beans (Aduki, Black, Garbanzo, Lentils, Lima, Navy, etc.) * Beans are 1/2 high fibre carb and 1/2 protein Peas (Black-Eyed, Split, etc.)</p> <p>Whole Grains: Mid-Range to High Glycemic Load Buckwheat, Corn, Millet, Oats, Quinoa, Rice (whole grain, like brown, wild, basmati, etc.), Limited amounts: Brown Rice Pasta, Sprouted Corn tortilla</p> <p>1 PER DAY: Low Glycemic Load Fruits: Berries -Blueberries, Raspberries, Strawberries, etc.</p>	<p>Beef: All Lean Cuts</p> <p>Lamb: All Lean Cuts</p> <p>Fish/Seafood: Farmed Bay Scallops, Farmed Blue Mussels, Sardines, Tilapia, Wild Alaskan Salmon, Skip Jack/ Chunk Light Tuna, Wild- Caught shrimp, etc.</p> <p>Poultry: Chicken, Turkey (light meat)</p> <p>Pork: All Lean Cuts</p> <p>Wild Game: All</p> <p>Eggs - Hen & Duck</p> <p>Protein Powder: plain whey, hemp, rice, mixed vegan</p>	<p>Oils: Avocado oil, Coconut oil, First cold-pressed olive oil, Flaxseed oil (no heat), Macadamia nut oil, Sesame oil, etc.</p> <p>Nuts and Seeds: Raw, unsalted best: Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Nut Butters, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts, etc.</p> <p>Fruits: Avocados and olives</p> <p>Spreads/ Condiments: Grassfed butter or ghee, Guacamole, Hummus, Pesto, Olive tapenade, etc</p>

