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METABOLIC  
FEMALE

<p><b>CORE VEGGIE</b>  <b>CARBS Low</b>  <b>Glycemic Load High</b>  <b>Water</b>  <b>Content/Fibre</b>  <b>(Cupped hands</b>  <b>portion)</b></p>	<p><b>CORE STARCHY</b>  <b>CARBS Low to</b>  <b>Mid-Range</b>  <b>Glycemic Load</b>  <b>(Fist-sized portion, 1</b>  <b>cup cooked)</b></p>	<p><b>CORE PROTEINS</b>  <b>Choose Organic,</b>  <b>Grass-Fed Versions</b>  <b>Whenever Possible</b></p>	<p><b>CORE FATS Choose</b>  <b>Organic, Fresh/ Raw</b>  <b>Versions Whenever</b>  <b>Possible</b></p>
<p><b>Leafy Greens:</b>            Bok Choy, Broccoli            Raab, Chard,            Collards, Dandelion            Greens, Escarole,            Kale, Mustard            Greens, Spinach etc.</p> <p><b>Low Glycemic Veg:</b>            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            Courgette etc</p>	<p><b>Starchy Vegetables:</b>            Beets, Parsnip, Sweet            Potato, Pumpkin,            Turnip, Butternut            Squash, etc.</p> <p><b>Legumes:</b>            All Beans (Aduki,            Black, Garbanzo,            Lentils, Lima, Navy,            etc.) * Beans are ½            high fibre carb and ½            protein            Peas (Black-Eyed,            Split, etc.)</p> <p><b>Whole Grains:</b>  <b>Mid-Range to High</b>  <b>Glycemic Load</b>            Buckwheat, Corn,            Millet, Oats, Quinoa,            Rice (whole grain, like            brown, wild, basmati,            etc.), Limited            amounts: Brown Rice            Pasta, Sprouted Corn            tortilla</p> <p><b>1 PER DAY:</b>            Low Glycemic Load            Fruits: Berries            -Blueberries,            Raspberries,            Strawberries, etc.</p>	<p><b>Beef:</b>            All Lean Cuts</p> <p><b>Lamb:</b>            All Lean Cuts</p> <p><b>Fish/Seafood:</b>            Farmed Bay            Scallops, Farmed            Blue Mussels,            Sardines, Tilapia,            Wild Alaskan            Salmon, SkipJack/            Chunk Light Tuna,            Wild-Caught shrimp,            etc.</p> <p><b>Poultry:</b>            Chicken, Turkey            (light meat)</p> <p><b>Pork:</b>            All Lean Cuts</p> <p><b>Wild Game:</b>            All</p> <p><b>Eggs - Hen &amp; Duck</b></p> <p><b>Protein Powder:</b>            plain whey, hemp,            rice, mixed vegan</p>	<p><b>Oils:</b>            Avocado oil, Coconut            oil, First cold-pressed            olive oil, Flaxseed oil            (no heat),            Macadamia nut oil,            Sesame oil, etc.</p> <p><b>Nuts and Seeds:</b>            Raw, unsalted best:            Almonds, Brazil Nuts,            Cashews, Chestnuts,            Hazelnuts,            Nut Butters, Pecans,            Pine Nuts, Pumpkin            Seeds, Sesame            Seeds, Sunflower            Seeds, Walnuts, etc.</p> <p><b>Fruits:</b>            Avocados and olives</p> <p><b>Spreads/            Condiments:</b>            Grass-Fed butter or            ghee, Guacamole,            Hummus, Pesto,            Olive tapenade, etc</p>