

Research is now showing that a diet high in healthy fats and low in carbs (like grains, corn, etc.) is best for optimal health. Most health problems are related to inflammation and foods like grains will cause an inflammatory process in the body when eaten in excess. Brain problems like memory and focus issues start to resolve, chronic pain disappears, blood-sugar handling problems like Type 2 Diabetes improve as well as autoimmune disorders improve.

As a rule, if you like eggs, eating them every morning is a great way to start the day. The yolk is loaded with good cholesterol, essential for brain health as well as to keep our cells functioning optimally. Cook some veggies and add the eggs for an omelet/crepe. Use sea salt and pepper (cayenne is healthier than black), turmeric/curry for extra anti-inflammatory properties. Ginger is very anti-inflammatory too.

For lunch and dinner,  $\frac{1}{4}$  to  $\frac{1}{3}$  of your plate should have protein with the balance being veggies and some extra healthy fats like avocado, nuts.

By following a diet like this, you are more likely to get into ketosis or fat burning rather than sugar-burning. When you eat this style, you will find that your brain functions better, less “brain fog”, less inflammation in joints and muscles, your body will start to eliminate toxins, the cells repair and you’ll find your energy increases. And added benefit, is that when you are in ketosis and burning fat for fuel, it’s a cleaner form of fuel that doesn’t produce “free radicals” or toxins that degrade the cells.

## Fats and Oils

Fats will be the majority of your daily calorie intake when you are on a keto-friendly diet. Consuming fats are very important to our bodies.

Eating foods like wild salmon, tuna, trout, and shellfish can help provide a balanced diet of Omega-3’s. If you don’t eat fish, I recommend taking a fish oil supplement.

Try to avoid hydrogenated fats and trans-fats such as margarine which have been linked to coronary heart disease and inflammation. For vegetable oils (olive, soybean, flax, or safflower) choose the “cold pressed” options or non-hydrogenated (lards, beef tallow, ghee, or coconut oil).

Foods that are great for fats and oils (organic and grass-fed sources are preferred):

- Avocado
- Butter / Lard
- Chicken Fat
- Beef tallow
- Macadamia Nuts
- Ghee

Your best bet when it comes to protein is choosing anything organic or grass fed, and using free-range or pastured (these are the best) eggs. This will minimize your bacteria and steroid hormone intake.

- Fish. It's preferable to eat wild like catfish, cod, flounder, halibut, mackerel, mahi-mahi, salmon, snapper, trout, and tuna and stay away from farm-raised (high in pesticides).
- Meat. Beef, Veal, Goat, Lamb, and other wild game, Pork loin, pork chops, and ham.
- Poultry. Chicken, Duck, Quail, Pheasant.
- Peanut Butter. Go for natural peanut butter, but be careful as they have high counts of Omega-6's and carbohydrates. Try to opt for macadamia nut or almond butters.

### Vegetables

- It's preferable to eat vegetables that are grown above ground and are leafy greens.

### Dairy

Organic milk products are preferred and choose full fat over low fat or fat free.

- Heavy Whipping Cream
- Hard and soft cheeses – (Cheddar, Mozzarella, Cream Cheese, Marscapone)
- Sour Cream
- Cottage Cheese

### Nuts and Seeds

- Nuts and seeds are best when they are roasted peanuts if possible, as they are actually legumes which are not highly permitted in the ketogenic diet food list.

**Spices** Read labels to make sure there's no sugar as an ingredient.

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| • Sea salt       | • Cilantro | • Rosemary |
| • Black Pepper   | • Cinnamon | • Sage     |
| • Basil          | • Cumin    | • Thyme    |
| • Cayenne Pepper | • Oregano  | • Turmeric |
| • Chili Powder   | • Parsley  |            |