

## *Real Food Manifesto*

### The Real Foods You Should Be Eating Plenty Of On A Regular Basis

#### *Fats*

- Egg yolks
- Ghee
- Clarified butter
- Butter
- Lard
- Bacon fat
- Tallow – beef and lamb fat
- Duck fat
- Coconut oil
- Palm oil
- Cacao butter
- Macadamia oil
- Extra-virgin avocado oil
- Extra-virgin olive oil
- Sesame oil
- Raw nuts and seeds

#### *Proteins*

- Organ meats – liver, heart, kidney, brain, pancreas
- Fish
- Seafood
- Eggs
- Wild game
- Lamb
- Beef
- Fowl
- Pork

## *Carbohydrates*

- Sea vegetables
- Land vegetables
- Fruits
- Dates and dried fruits
- Raw honey – local
- Maple syrup – 100%
- Natural sweeteners – stevia herb, lo han guo, erythritol, xylitol
- Refined sugars – molasses, rice and pure glucose syrups

## *Grains (carbs)*

- Organic white rice
- Non-GMO organic corn
- Pseudo-grains – actually seeds like quinoa, buckwheat, millet
- Whole grains – einkorn being the preferred choice

## *Legumes*

- Green beans
- Peas
- Organic peanuts
- Fermented organic soy – natto, miso, gluten-free soy sauce, tempeh
- Other beans

## *Fermented foods (include but not limited to)*

- Fermented cod-liver oil
- Sauerkraut
- Kimchi
- Kombucha
- Amasai
- Kefir
- Soy sauce – gluten free
- Tempeh
- Miso

## *Dairy*

- Amasai
- Kefir
- Yoghurt – fermented for at least 18 hours
- Goat
- Sheep
- Buffalo
- Camel
- Cow
- Ghee, clarified butter, and butter oil – 99.99% fat
- Butter – unsalted, 80%
- Cream – 35-50%
- Cheese – 4-40%
- Yoghurt – 4-10%
- Raw milk – 4%

## *Salt*

- New Zealand kelp salt – sea salt with added kelp
- Celtic sea salt
- Himalayan crystal salt

## *Herbs and spices (include but not limited to)*

- Parsley
- Oregano
- Rosemary
- Basil
- Thyme
- Garlic
- Turmeric
- Ginger
- Cinnamon
- Cumin
- Nutmeg
- Raw unsweetened cacao powder

## *Water*

- Spring and artesian well water
- Filtered water – chlorine and fluoride filters or reverse osmosis, but you must add back minerals to RO water
- Bottled water – glass and stainless steel
- Coconut water – full of electrolytes

## **The Top 5 Fake Pretend Food-Like Products Never To Eat Again**

### 1) Industrial Seed Oils (Vegetable Oils)

- Canola – aka rapeseed
- Corn
- Soya
- Cottonseed
- Safflower
- Low-oleic sunflower
- Peanut and groundnut
- Rice bran
- Grape seed

### 2) Table salt

### 3) Instant Coffee

### 4) Pasteurised milk

### 5) Wheat

***LET REAL FOOD BE YOUR GUIDE & LET YOUR GUIDE BE REAL FOOD***