

CLINICAL NUTRITION DIET PROTOCOL

GOOD FOODS:

Eggs—soft scrambled in butter, soft boiled, poached
Butter
Salt
Dairy
Fish
Chicken
Pork
Lamb
Beef—rare/medium rare
Veggies
Fruit
Mixed, Salted Nuts—no peanuts
Nut Butters—no extra sugar
Rice
Millet
Pure Buckwheat (Isn't wheat).
Beans
Couscous (made from pearl millet only).
Quinoa
Corn (**IF you can find non-GMO**)
Coffee, Tea, Green tea, Red wine.
4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.
Lard!
20,000 ORAC points of antioxidants daily - Do a Google search for “ORAC food values” and figure out which foods to eat to get to this number.

Any carbohydrate (except oatmeal -see below) that is “Gluten Free” is OK.

BAD FOODS:

Wheat
Barley
Rye
Oats, oatmeal - even if it says that it is Gluten Free.
Fried Food
Oils—cooking or salad. Yes, this includes Olive Oil!!!
Well done meat (rare or medium-rare is ok)
Deli Meat, any nitrates added to meat – tell your butcher **NO NITRATES**
Soda or any carbonated beverage within 1 hour of a meal – reduces stomach acid
Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.