

# ROAR+nutrition

Follow this guideline 80%, indulge 20%

Date: \_\_\_\_\_

## Organic Vegetables

( 4-6 cups per day total, fresh, COOKED)

1. 1-6 cups of green vegetables – pick ANY – broccoli, broccolini, kale, spinach, arugula, bok choy, green beans, celery, brussel sprouts, asparagus, fennel, zucchini, leeks
2. 1-2 cups colored vegetables - colored carrots, beets, mushrooms, peppers, onions, cauliflower

**Cooking method:** roasting, steaming, light sautéing – colors should remain bright. Use coconut oil or butter for cooking, olive oil as a condiment.

**As instructed by your consultant:**

Raw vegetables \_\_\_\_\_

Salads \_\_\_\_\_

## Quality Protein (3 servings per day COOKED)

1. 3 whole eggs
2. 4-6 ounces of protein per day, small fist size

Choose from the following:

- **Beef, veal or game meat** – organic, grass-fed
- **Fish** – salmon, sardines, anchovies, haddock, petrol sole, summer flounder, trout – wild, yellowfin or Bluefin tuna
- **Other seafood** – scallops, shrimp, squid, clams, mussels, oysters, lobster, crab, crawfish - wild
- **Poultry:** free range chicken, duck or goose, pork - pastured

**As instructed by your consultant:**

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## Quality Fats (eat items 1-3 daily)

1. 2TBS of butter – Kerrygold brand, or pastured and free range, raw, can be used for low temp cooking
2. 3 eggs – pastured, free range
3. 1 handful of almonds or walnuts - RAW

**Bonus Fats =)**

4. Extra virgin olive oil or avocado oil – organic generous amount, do not cook, consume raw
5. Organic coconut oil - 2-3TBS for cooking or raw consumption

**As instructed by your consultant:**

\_\_\_\_\_ large organic avocado

\_\_\_\_\_ TBS of organic coconut oil, cream or milk

\_\_\_\_\_ 2-3oz servings of wild fish

\_\_\_\_\_ 8oz cup of bone or marrow broth

Other \_\_\_\_\_

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## Organic Fruits OR Carbohydrates

(2-4 servings per WEEK TOTAL, FRESH)

Choose from the following:

1. 1-4 cups of berries - strawberries, blueberries, raspberries, blackberries, boysenberries
2. 1-2 servings of other fruits – small apple, lemon, lime, small apple, small pear, apricots (2 per serving), plums (1-3 per serving)

3. 1-4 cups of grains or starchy vegetables

Quinoa, wild rice, sweet potato, teff, sprouted whole grains pumpkin, butternut squash, yam, carrot - organic

**As instructed by your consultant:**

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