

## 30 Days of Power – Foods To Include

### Animal protein (preferably grass fed).

Beef, lamb, venison, pork, game.

### Fish and seafood (sustainable).

White fish, anchovies, herring, mackerel, sardines, wild trout, wild salmon (canned or fresh).

### Organ meats (organic)

Max 2 times a week

Lamb, chicken, beef heart, liver or kidney.

### Non dairy milks (unsweetened & without carrageenan- a carcinogenic thickener).

Almond, coconut, cashew.

### Seeds, max 2-3 handfuls a day.

Chia, black sesame, flax, hemp, pumpkin, sesame.

### Healthy oils & saturated plant fats.

Extra-virgin organic coconut oil (for high-heat cooking) sustainable palm oil, extra-virgin olive oil (dressing), MCT oil (for salads, smoothies and coffee), Extra-virgin coconut butter.

### Above ground vegetables (unlimited & plentiful).

Artichoke, asparagus, aubergine, avocado, bean sprouts, beet greens, broccoli, brussels, cabbage, carrots, cauliflower, celery, chicory, courgette, fennel, fresh herbs, garlic, ginger, green beans, jalapeno peppers, kale, lettuce, mangetout, marrow, mushrooms, mustard greens, onions, peppers, radish, rocket, seaweeds, shallots, sugar snap peas, spinach, spring greens, spring onion, swiss chard, tomato, turnip greens, watercress.

### Fruit (limit to 1 portion a day).

Apple, berries (fresh or frozen), lemon, lime, kiwi, Pomegranate, watermelon.

### Beverages (anything caffeinated has a half life of 10 hours, consume before 11am).

Coffee, tea (green, red, black, herbal), mineral water.

### Poultry (organic only).

Chicken (with or without skin), duck, eggs (free range, organic), turkey.

### Dairy (Grass fed).

Unsalted Butter (Kerrygold, Yeo Valley), ghee, single or double heavy cream, full fat greek yogurt.

### Bone broth & stock (organic only).

Daily homemade from beef, lamb, venison, chicken, turkey or duck.

### Nuts, max 3-4 handfuls a day.

Almonds, brazils, cashews, chestnuts, hazelnuts, macadamias, pecans, walnuts.

### Nut & seed butters.

Almond, chasew, macadamia, sunflower seed.

### Other good fats.

Coconut milk, avocado, cocoa butter, olives.

### Fermented Foods (daily).

Sauerkraut, kimchee, nato, pickled veg.

### Safe Staches (earnt by exertion- 60-100g for each 60 minutes of intense exercise) at dinner only, max 4 times a week, monitor tip off's.

Beetroot, celeriac, parsnip, pumpkin, swede, sweet potato, turnips, squash, white potato, white rice, well prepared beans and legumes, quinoa (ancient grains), gluten-free porridge oats.

### Condiments, staples & spices.

Almond flour, arrowroot (a natural thickener), cider vinegar, cocoa powder, coconut flour, mustard, dried or fresh herbs & spices, mayonaise (homemade), pomegranate powder, gros sel guerande sea salt (1-2 tsp a day), gluten-free tamari or soy sauce, tahini (sesame seed paste).