It is wise to use ingredients that are organic and local.

**Dairy** (All Cow Dairy Must Be A-2 Milk)
- A2 Milk
- Buffalo Butter
- Coconut Cream (unsweetened), Milk, and Yogurt
- Colostrum
- French/Italian Cheese
- Ghee
- Goat Cheese, Milk, and Yogurt
- Organic A2 Butter (Grass-Fed)
- Organic A2 Cream Cheese
- Organic A2 Heavy Cream
- Organic A2 Sour Cream

**Fats**
Oils (Use Freely)
- Algae
- Avocado
- Caprylic Acid (build a tolerance)
- Coconut
- Cod Liver
- Macadamia
- MCT
- Olive
- Perilla
- Red Palm
- Rice Bran
- Sesame
- Walnut

**Fruits**
Use As Hormetic Foods and When In Season (Except for Avocado)
- Apples
- Avocados
- Blackberries
- Blueberries
- Cherries
- Citrus (not as juice)
- Crispy Pears (Anjou, Bosc, Comice)
- Dates
- Figs
- Kiwis
- Nectarines
- Peaches
- Plums
- Pomegranates
- Raspberries
- Tomatoes (PC)

**Herbs and Condiments**
- All Non-Seed Teas and Spices (No Chili Pepper)

**Protein**
Keep Grams of Protein at Around 1/5 of Your Body Weight in Lb. (Formula: lbs x 0.2 = g of protein)
Fish (Wild Caught)
- Alaskan Halibut
- Alaskan Salmon
- Anchovies
- Calamari
- Clams
- Crab
- Freshwater Bass
- Hawaiian Fish
- Lobster
- Mussels
- Oysters
- Sardines
- Scallops
- Shrimp
- Squid
- Trout
- Whitefish

**Meat** (Grass-Fed)
- Beef
- Bison
- Boar
- Bone Broth (not OK for HI)
- Collagen
- Elk
- Gelatin
- Lamb
- Organ Meats
- Pork
- Prosciutto
- Rabbit
- Sheep
- Wild Game
- Venison

**Nuts / Seeds** (minimum intake)
- Brazil Nuts
- Coconut (coconut water not allowed)
- Flaxseeds (highly estrogenic, so keep at minimum)
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pistachios
- Pecans
- Psyllium
- Sesame
- Walnuts

**Flours**
- Almond (in moderation)
- Arrowroot
- Coconut
- Grape Seed
- Green Banana
- Green Plantain
- Hazelnut
- Hi-Maize
- Sesame
- Sweet Potato (PC)
- Tiger Nut

**Noodles**
- Kelp Noodles
- Korean Sweet Potato Noodles (PC)
- Shirakaki Noodles (Konjac Noodles and Miracle Rice)
- Zucchini (PC)

**Poultry** (pasture raised, not only free-range)
- Chicken
- Cornish Hens
- Dove
- Duck
- Eggs (Pasture Raised)
- Goose
- Grouse
- Pheasant
- Ostrich
- Quail
- Turkey
Vegan Proteins
• Cricket Flour
• Hemp Protein
• Hemp Tofu
• Pea Protein
• Rice Protein (May be high in Arsenic)
• Tempeh (Must Be Grain Free)

Resistant Starches
• Baobab Fruit
• Beets (not sugar)
• Butternut Squash (PC)
• Cassava (PC)
• Celery Root and Celeriac (PC)
• Glucomannan (Konjac Root)
• Green Banana Starch
• Green Mango Starch
• Green Papaya Starch
• Green Plantain Starch
• Hi-maize Starch
• Jicama
• Millet
• Parsnips
• Persimmon
• Rutabaga (PC)
• Sorghum
• Sweet Potato (PC)
• Summer Squash (PC)
• Taro Root (PC)
• Tiger Nuts
• Turnip (PC)
• Yam (PC)
• Yucca

Vegetables
Vegetables
Cruciferous Vegetables
• Arugula
• Bok Choy
• Broccoli and Broccoli Sprouts
• Brussels Sprouts
• Cauliflower
• Collards
• Green and Red Cabbage
• Kale
• Kimchi
• Kohlrabi
• Napa Cabbage
• Radicchio
• Raw Sauerkraut
• Swiss Chard
• Watercress

Leafy Greens
• Algae
• Basil
• Butter Lettuce
• Dandelions Greens
• Endive
• Escarole
• Fennel
• Mesclun (Baby Greens)
• Mint
• Mizuna
• Mustard Greens
• Parsley
• Perilla
• Purslane
• Red and Green Leaf Lettuce
• Romaine
• Seaweed and Other Sea-Vegetables
• Spinach

Sweeteners and Deserts
(Keep Alcohol Sugars At A Minimum)
• Carob
• Chicory Root/Inulin
• Coconut Milk Ice Cream (the unsweetened blue-label one)
• Dark Chocolate
• Erythritol
• Goat Milk Ice Cream (unsweetened)
• Glucose
• Monk Fruit
• Luo Han Guo
• Raw Honey
• Stevia
• Trehalose
• Xylitol
• Yacón

Other Veggies
• Artichokes
• Asparagus
• Beets
• Carrot Greens
• Carrots
• Celery
• Chicory
• Chives
• Cilantro
• Daikon Radish
• Garlic
• Jerusalem Artichokes
• Hearts Of Palm
• Leeks
• Okra
• Onions
• Mushrooms (not OK for HI)
• Nopales Cactus
• Radishes
• Scallions
• Sunchokes

Vinegars
• Apple Cider Vinegar
• Any Other Without Sugar

Wine and Spirits
• Red (In Moderation)