

Fat Loss Accelerator - List Of Acceptable Foods

Oils/Animal Fat

Coconut oil
Macadamia oil
Extra virgin olive oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Sesame oil
Beef tallow

Sweeteners (only used as a training wheel)

Stevia (Sweetleaf or Stevita)
Erythritol (Swerve)
Xylitol

Nuts and seeds (1 oz max/day)

Macadamia nuts
Walnuts
Pistachios
Pecans
Coconut milk (unsweetened dairy substitute)
Coconut milk/cream (unsweetened, full-fat canned)
Hazelnuts
Chestnuts
Brazil nuts
Pine nuts
Flax seeds
Hemp seeds

**Nuts and seeds should be an occasional treat.*

Dark Chocolate

85% or higher

Vinegars

All (Without added sugar)

Flours

Coconut
Almond
Hazelnut
Sesame
Chestnut
Cassava
Green banana
Sweet potato

**Use responsibly.*

Ice cream

Coconut milk dairy

Dairy products

Real parmesan
Ghee
Butter
Coconut yogurt
Organic heavy cream
Organic greek yogurt
Organic sour cream
Organic cream cheese
Aged cheese

**Acceptable in small amounts.*

Liquor

Red wine (6 oz)
Hard liquor (1 oz)

**Limit alcohol as an occasional indulgence.*

Fish (any wild caught)

Whitefish
Freshwater bass
Alaskan halibut
Canned tuna (in water)
Alaskan salmon
Shrimp
Crab
Lobster
Scallops
Squid
Clams
Oysters
Mussels
Sardines
Anchovies
Mackerel
Herring

Fruits

Avocados
Blueberries
Raspberries
Strawberries
Cherries
Kiwis
Lime
Lemon
Sweet fruit in moderation (mango, orange, banana, etc.)

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Vegetables

Broccoli
Brussel sprouts
Cauliflower
Bok choy
Napa cabbage
Chinese cabbage
Swiss chard
Arugula
Watercress
Collards
Kale
Green and red cabbage
Radicchio
Kimchi
Celery
Onions
Leeks
Chives
Scallions
Chicory
Artichokes
Radishes
Daikon radish
Cilantro
Okra
Asparagus
Garlic
Mushrooms
Leafy Greens
Romaine
Red and green leaf lettuce
Spinach
Endive
Dandelion greens
Butter lettuce
Fennel
Escarole
Mustard greens
Parsley

Basil
Mint
Perilla
Algae
Seaweed

**Consume vegetables that your body tolerates. Refer to the Plant Toxicity Spectrum List.*

Resistant starches

Sweet potatoes or yams
Rutabaga
Parsnips
Yucca
Celery root
Konjac root
Jicama
Taro root
Turnips
Green mango
Green papaya

**Consume responsibly.*

Pastured Poultry

Chicken
Turkey
Pastured or omega-3 eggs
Duck
Goose

Meat (grass fed and grass finished/pastured)

Beef
Pork
Bison
Lamb
Prosciutto
Wild game
Bacon (nitrate and sugar free)

Organ Meat

Heart
Kidney
Liver
Testicles
(grass fed and grass finished beef liver is king!)

**You only need to eat 0.5-1 oz. per day.*