

CUT THE CRAP

HEALTHY FOOD CHOICES

complex carbs

WHOLE GRAINS 1/2 CUP

- Barley
- Brown Rice
- Bulgar
- Buckwheat
- Coconut Flour
- Farrow
- Lima Beans
- Millet

WHOLE GRAINS 1/2 CUP

- Lentils
- Oat Bran
- Oat Flour
- Oats
- Polenta
- Quinoa
- Quinoa Pasta
- Chickpea Pasta

WHOLE GRAINS 1 SERV

- Sprouted Tortillas
- Whole Wheat Bread
- Whole Wheat Pita
- Whole Wheat Flour
- Whole Wheat Pasta
- Whole Wheat Crackers
- Popcorn
- _____

healthy fats

OILS 1 TBS

- Avocado Oil
- Extra Virgin Olive Oil
- Coconut Oil (moderate)
- Canola Oil
- Sunflower Oil
- Flaxseed Oil
- 70% Dark Chocolate
- MCT Oil

NUTS & SEEDS 2 TBS

- Almonds
- Walnuts
- Coconut
- Flaxseed Meal
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Almond Butter 1 TBS

OTHER SOURCES

- Avocados ¼ item
- Parmesan Cheese 1 TBS
- Romano 1 TBS
- _____
- _____
- _____
- _____
- _____

hacks

SUGAR HACKS

- Stevia Leaf
- Erythritol
- Monkfruit
- Local Honey 1 TSP
- Cinnamon
- Nectevia 1 TSP
- Truvia
- _____

PERSONAL HACKS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PANTRY HACKS

- Bragg's Liquid Aminos
- Coconut Aminos
- Pasta Sauce
- Bone Broth
- Chicken Broth
- Salsa
- Tomato Sauce
- Chili Sauce

free

CONDIMENTS use freely

- Mustard
- Balsamic Vinegar
- Extracts
- Cocoa powder
- Sea Salt
- Cardamom
- Ginger
- Turmeric
- Garlic

HERBS & SPICES use freely

- Sage
- Paprika
- Pepper
- Chili Flakes
- Basil
- Thyme
- Oregano
- Parsley
- Cilantro
- Baking Soda/Powder

HYDRATION

- Water
- Sparkling Water
- Herbal Teas
- _____
- _____
- _____
- _____