

What Is Real Food?



FRUITS & VEGETABLES: Always seasonal, locally grown and organic when possible

WHOLE GRAINS: 100% whole-wheat and whole-grains; gluten and wheat-free grains when possible



BEANS & LEGUMES, including green peas, snap peas and lentils: Fresh and organic when possible; buy BPA-free cans

NUTS & SEEDS: Raw, unsalted, unsweetened, and organic when possible



UNREFINED, VIRGIN COLD-PRESSED OILS & FATS: Coconut and olive oil, grass-fed butter and ghee

SPICES, HERBS & SEASONINGS: Fresh or dry; minimally processed and organic if possible



NATURAL, UNREFINED SWEETENERS: Maple syrup, agave syrup, honey, and coconut palm sugar

BEVERAGES: Water, naturally sweetened tea and coffee, natural juices, milk, alcohol in moderation



DAIRY & EGGS: Always free-range, grass-fed, pasture-raised, locally sourced, directly from a farmer when possible; in moderation

MEAT & SEAFOOD: Wild, grass-fed and humanely raised without hormones and antibiotics; in moderation

